

from the heart



www.medaille-trust.org.uk

Lent Fundraising for the Medaille Trust

REFUGE AND FREEDOM FROM MODERN SLAVERY

The whole school community pulled together last week to fund raise for the Medaille Trust who are one of the one of the leading providers of support for survivors of modern slavery in the UK.

Students learnt in their assemblies all about the Trust and its founder and the appalling plight of those who find themselves enslaved. The girls took the issue seriously and worked incredibly hard to plan their fundraising stalls and the school was awash with posters attracting business for each stall.

While the cause was serious, the afternoon itself was one of unbridled joy with girls showing wonderful enthusiasm and a competitive spirit to raise money for this good cause. The power of our community was evident across the school and we raised **£3,971.50** for the charity.

The Medaille Trust was started by the late Sr. Ann Teresa SSJA in 2006 with the support of Catholic Religious Congregations across the country. Sister Jane Maltby, a past provincial for the Society of the Sacred Heart is a trustee of the charity.

More photos overleaf.



Fundraising for the Medaille Trust



Sponge the Teacher



Guess the teacher, from baby photos

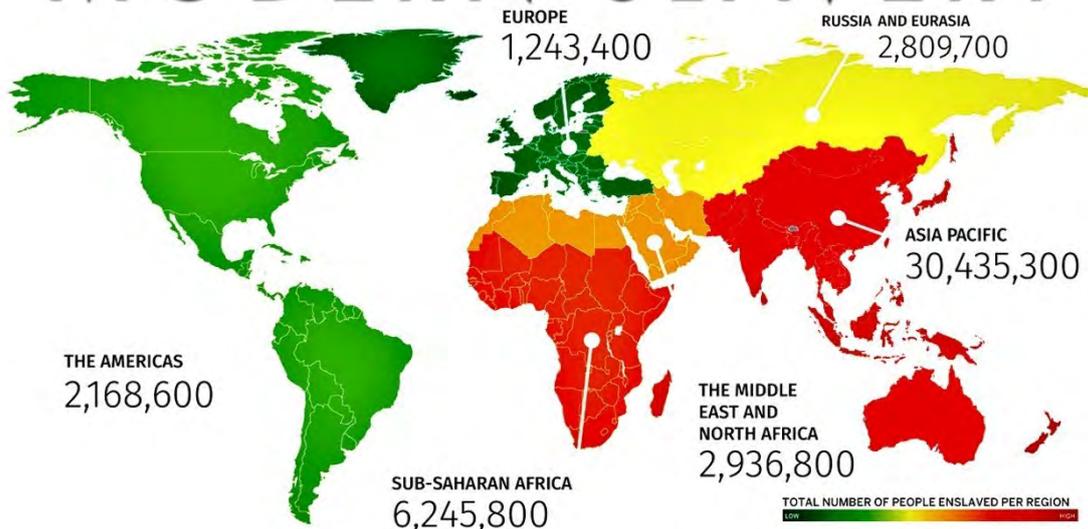


Ms Maton takes aim with her power water pistol

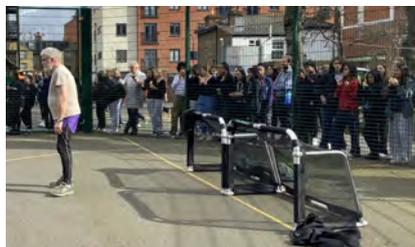
Face painting

Hair braiding

MODERN SLAVERY



Fundraising for the Medaille Trust



Staff football tournament with a huge crowd of supporters



Guess the weight of the Easter bunny

School Play - Antigone

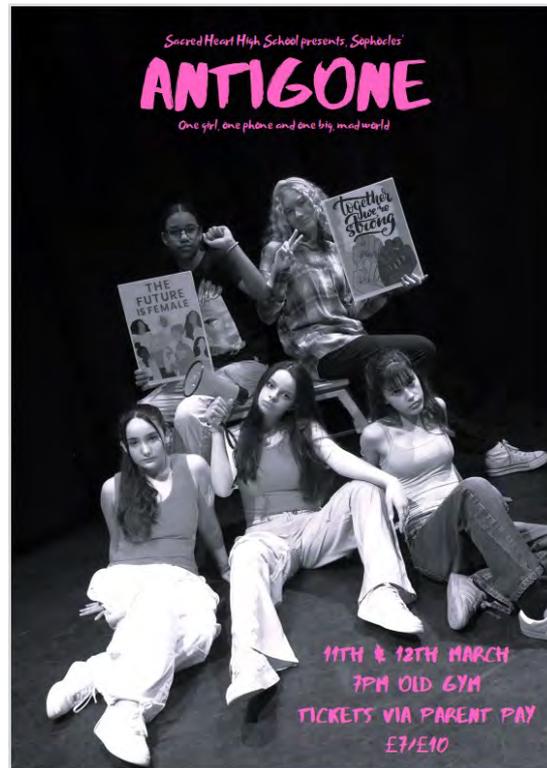
2024 adaptation

Antigone was written by Sophocles in 441BC. Today, it is more important than ever for our young people to find their voice and confidence to speak up about the issues they deem important no matter how big or small they might be. However, as Antigone and her friends discover, it is one thing for teenagers to find their voice and be heard, it is another thing entirely to be listened to by those in power.

In this production of *Antigone*, some key changes were made to bring the production into the 21st century. This *Antigone* positions both Antigone and her chorus of supporters and friends as empowered teenage girl activists standing together in campaigning for justice, peace and love. However (like many teenage girls on a mission!), their enemy takes the form of adults who refuse to listen. In this version, Antigone buries Polynices' body and broadcasts it live on TikTok to millions of her followers which results in her being sentenced to death.

This show featured poetry spoken by narrators, a live band playing No Doubt, Nirvana and John Lennon and contemporary dance.

Congratulations to the whole cast of this amazing show! The performers absolutely raised the roof of the Old Gym with their talent, commitment, and energy. The audience were gripped by the power of their storytelling in all three performances. Next stop...the West End! (We wish!)





Contemporary Sounds Music Competition



Tuesday 19 March marked the return of the Contemporary Sounds Music Competition where bands, ensembles and soloists competed against one another. It was a vibrant night full of wonderful live music including the bands: Akerz, Angels, Jewels, Feedback, Psychadelics, Time Out, Ash, and Proven. Also performing were: Isabella C, Ava K, Megan M, Dina, Sofia N, Pippa, Gabriella C, Olivia Z, Lydia, Suzi, Amelia M, Kate, Jasmine M, Sophia C, Chelsey and Vanessa.



Our two judges were Mr. Williams, Head of English and a highly valued musician at Sacred Heart, and Louisa Tooth, a talented vocalist and a former student. Both had the very difficult job of choosing this year's winners as well as providing valuable feedback to the various acts performing.

Congratulations to *Feedback* for winning Best Overall Sound with their incredible performances. Congratulations as well to Ava K for winning Best Vocalist; to Sophia C, Kate and Jasmine M for Best Ensemble; and to the band *Angels* for Best Band.



A huge thank you is also due to Mr. Kellet who worked tirelessly to prepare all the acts for their performances and for supporting them throughout the year. This event would not be possible without him.

The competition was a huge success and there are many performers and audience members already eager for next year's event!



Robotics Competition

Success for Sacred Heart Sixth Formers!



On Saturday 16 March, Ally, Ameer, Abrar and Ewelina competed in the First Tech Challenge South East regionals at the American School in London against 22 other teams.

Since September, they have been constructing, designing and programming a robot along with Giulia and Anna in Year 13, students from St Paul's Girls' School and with the help of mentors in preparation for the event. They have also supported the fundraising for this club, through selling laser cut robot keychains and other items during the Christmas fair.

Their goals for the robot were to have a fully functioning autonomous mode, an active intake system, a drone launcher and a self-suspension mechanism; however they ran into many problems which were fixed throughout the day. In the end, they were runners up for the Design Award, the Inspire Award, won the Control Award and have successfully qualified for the national competition in Cambridge, where they will be competing against teams from across England.

Overall, the experience was an amazing insight into some engineering industries, as it allowed them to extend their skills in problem solving, teamwork and communication and develop general knowledge of how parts fit together. We are very proud of their achievements and excited to see them continue improving their robot in time for the Nationals on 21 June. We are very grateful to the coordinator of the club, Jesus Anorve Munroy from SPGS for his support of our students.



200 years later, Sacred Heart reflects on the anniversary of the death of Lord Byron in April 1824

World Book Week 2024 was a timely opportunity to reflect on the life and works of one of England's most infamous Romantic poets – George Gordon Byron, the 6th Baron. Over two mornings, all of Year 8 and Year 10 were taken on a journey through Byron's life and writing by the Heritage of London Trust, London's independent heritage charity, set up in 1980 by the Greater London Council to rescue historic buildings and monuments.

The charity's focus this year is on restoring – and ideally re-placing – the 'only' full statue in London of Byron which is currently languishing in an enclosed roundabout on the fringes of Hyde Park. They began each session with a talk in the chapel, reminding the girls of the wealth of history and culture that surrounds them in London, encouraging them to keep their eyes peeled, and then moving on to draw particular attention to Byron and his poetry. This was timely given Year 8's focus on the Romantic and Victorian poets and also served as a great introduction for Year 10 as Byron is one of their set poets for GCSE.

After the initial group talk, the years were split into form groups for a more targeted reading of one of Byron's works – *She Walks In Beauty* (Year 8), and *When We Two Parted* (Year 10). The summation of each session was for the girls to create their own poems – in celebration of beauty – and many were inspired to submit their efforts for competitive review – watch this space for the results!

In addition to being supported by a couple of young lawyers who provide pro bono support to the Trust, the girls were ably assisted in their endeavours by the expert guidance of Kira Nelson, a young emerging poet and screen writer studying Creative Writing at Brunel, who is the current Poet for Places 2023 winner. It was an inspiring event all round with something for everyone and the girls threw themselves into the event with enthusiasm and gusto, even if somewhat horrified by some of the details behind why Byron was referred to as 'mad, bad and dangerous to know'!





A Sacred Heart Passport

Letter from Jane Doris (nee Barry)
Alumna from 1959-66

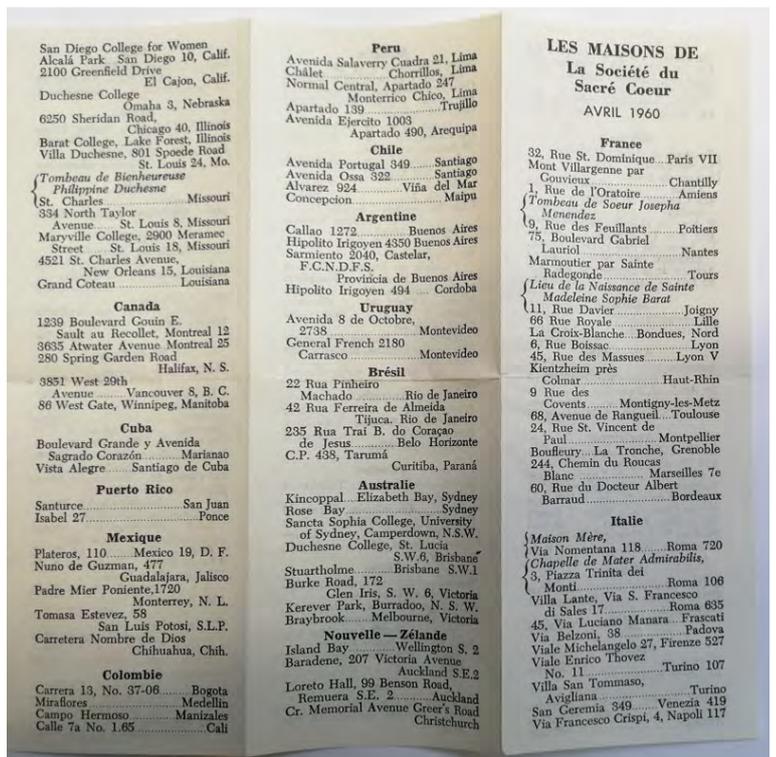
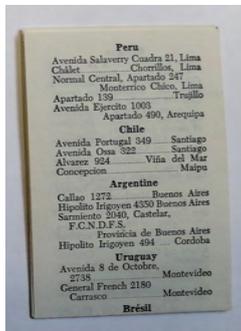
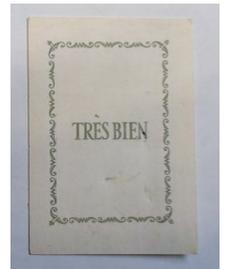
Jane very kindly sent in some school magazines from the early 1960's together with what is referred to as her 'Sacred Heart Passport' and badge.

Inside the tiny passport envelope, which is about 7cm wide (2 1/2 inches), there is a small printed and folded list of all the houses/foundations of the Society of the Sacred Heart across the world.

The envelope also contains a small card about the size of a modern business card. On one side it states 'tres bien' (well done Jane, you were obviously very good!). On the reverse is Jane's name, identifying her as a former student at Hammersmith.

It's as if you could take this with you where ever you travelled and you could present it at another Sacred Heart school across the globe to identify yourself as part of the family. Loving that idea!!

Jane says that when she was travelling as a student she always took this with her 'just in case' she got stranded somewhere, but she never in the end needed to use it.



Drama trips, trips and more trips!

This year we have seen...



The Witches at The National Theatre (Year 7)



Metamorphosis at The Lyric (Year 10,12,13)



Guys and Dolls at The Bridge Theatre (Year 10)



Tess of the D'Urbervilles at Sadlers Wells (Year 12,13)



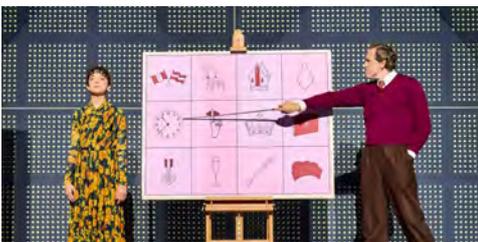
Oh! What a Lovely War at Southwark Playhouse (Year 11)



Picnic at Hanging Rock at RADA (Year 12,13)



The House of Bernarda Alba at The National Theatre (Year 13)



Pygmalion at the Old Vic (Year 13)



Fantastically Great Women Who Changed the World at Wimbledon Theatre (Year 10)



Kin at The National Theatre (Year 10)

Library

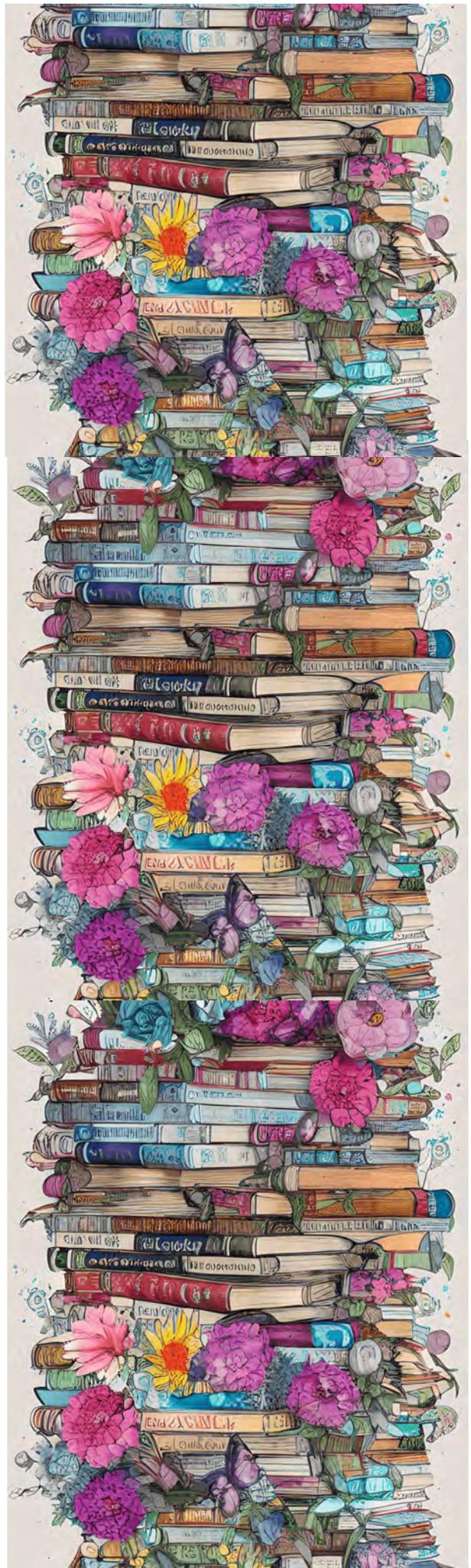
It has been another busy term in the library, with Paired Reading – a scheme which sees Year 12 students mentoring Year 7 readers – continuing twice a week; the Year 7s really appreciate the opportunity to work with our older students. Wednesdays welcome the Story Writing Club, a lively group of talented young writers led by Mr Jones. Throughout the week, the library helpers have done an excellent job at keeping the shelves tidy – thank you to those girls who have so consistently volunteered – and the Year 12s and 13s have continued to relish the space as a place for quiet study.

Just before the end of Michaelmas term, several Sacred Heart students entered pieces for 'The Glitch', a mini-saga writing competition in which entrants had to write a thrilling story in one hundred words or under. The girls were very successful indeed, and our mini-sagas impressed the judges so much that they are due to be published in 'The Glitch' anthology, which is a great achievement.

Many congratulations to the twenty-six girls involved: Romy A (7R), Enara B (10E), Eva B (7R), Matilda C (10H), Sofia C (7S), Jessabelle E (10T), Gadea F (7T), Nia F-A (7H), Allegra F (7E), Martyna F (10S), Siyenna G (7E), Charlotte G (8H), Alice G (8E), Regina LG (7E), Teresa L (7H), Alex M (8A), Mia M (8E), Anastasia N (7E), Rebecca O (7E), Seraphina P (8E), Ariana Q (8H), Alessandra Q (8T), Carolina RP (10R), Anna R (7T) and Felicity T (10R). Leonor B (9R) also entered a very exciting story, but unfortunately it was slightly too long to qualify for the official anthology; however, all of these students' entries are available to read in the library in our own *Sacred Heart High School Anthology 2023*. We look forward to the results of the next mini-saga competition, 'Mission Catastrophe' and many more exciting stories!

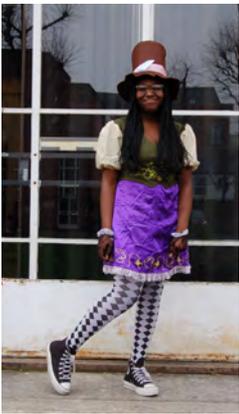
One of the biggest school literary events of the year, World Book Day 2024 (photos on the following pages) was a wonderful celebration of reading; there were some excellent, creative costumes on display ranging from Willy Wonka to Sherlock Holmes, and everyone in between! We were excited to welcome author Marianne Levy, and the Year 7s and Year 9s greatly enjoyed the opportunity to hear her talk about her books and writing process. The success of her visit was amply illustrated by the fact that students had borrowed all of the copies of *Accidental Superstar* and *Face the Music* from the library by the end of her visit on Thursday! In addition, members of staff submitted 'Shelfies', anonymous images of their favourite books, for a tricky school-wide competition. Congratulations are due to everyone who took part – and especially to the winner, Ellen H (8T), who managed to identify eight of the eleven members of staff, and to the two runners-up, Gabriela S-B (8T) and Agathe M (7T).

We also celebrated International Women's Day in the library with a selection of the works of wonderful female writers and some of the greatest female characters from literature. British Science week saw a mixed display of science-fiction and science facts to tempt a wide variety of readers. In the coming weeks, we are looking forward to bringing a large number of new books to our shelves, with a focus on adding to and completing our existing series. We were delighted, too, to add texts which had been specially requested by students to our catalogue.



World Book Day 2024

World Book Day 2024 was a riot of colourful costumes in school as students across all year groups expressed their love for reading through imaginative and creative costumes. Several teachers got involved too!





Guess the teacher, from their book shelf at home



PSHE Curriculum Day

Thursday 8 February 2024

We had a wonderful PSHE Curriculum Day on Thursday 8 February with almost 30 visitors coming in to talk with students. They shared good advice and some to spoke about their life experiences.

These included:

Our **Community Police Officers**, who spoke to students in Year 9 about drugs and keeping safe.

Defence Lab Training who instructed sixth formers in self-defence and **Shin Bushido Karate & Self Defence** who did the same with Year 9.

Onyi Anyado (a motivational life coach) who spoke to students about some of his own experiences and how to get the best from life.

LMK (Let Me Know) an education charity who came to speak to Year 10 about healthy relationships.

Seeds for Kids who came to run a food workshop with Year 7 about healthy nutrition.

Positively You who came to run a workshop with Year 8 about setting goals for themselves and creating a growth mindset and inspiring empowered learning.

Bath University and The Money Charity who both came in to talk to our sixth formers about managing a budget at university and managing finances generally including pensions.

Siren Training who came to run first aid training for Year 12.

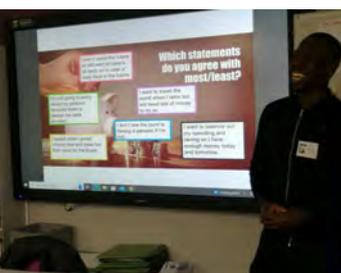
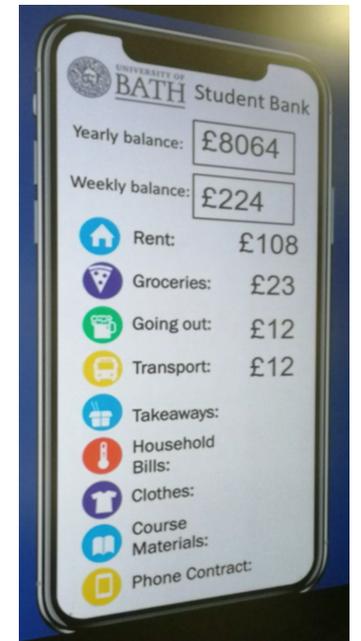
Last but by no means least, seven wonderful **alumnae** who came to speak to Year 11 about their careers in marketing, finance, film & TV makeup; law and acting. We are so grateful to our past students for their commitment to come back and share their experiences.

Ms Maton



Our alumnae speakers:

- Alexandra Mountford - Marketing
- Mairead Corby - Finance
- Rachel Lennon and Kate Benton - Make Up Artists
- Bernadette Chandler - Law
- Elena Fernandes - Acting





Other Year 10 forms supported the following charities:



'Our primary objective at S2R is to offer our clients 12 Step-based addiction treatment based on their need rather than their ability to access funding.'



Redthread is a youth work charity aiming to support and enable young people to lead healthy, safe and happy lives.

SPEAR

homelessness to independence

We are a local charity for people experiencing homelessness in South-West London. We recognise that homelessness is much more than just a housing issue, so we provide a range of accommodation and support services to support people to reach their full potential.



Links to Fishing Charities and Angling Websites that help disabled anglers, disadvantaged anglers or people with a serious illness.

During our PSHE lessons this term Year 10 worked on the First Give programme. First Give is a charity that partners with schools to inspire young people to make a positive change in society.

In our PSHE lessons Year 10 students learned about social issues in our local community, reflected on the issues that are most important to them and researched local charities working in West London.

As part of the programme, our wonderful Y10 tutors invited representatives from the various charities into school for their form groups to learn more. Students then planned a range of social action activities in support of their charities with the hope of raising awareness.

On Friday, our six Year 10 form groups competed in the First Give Final in which they presented on their charities, their missions and activities carried out by students to raise awareness. One group from each form class represented their form with the hope of winning £1,000 for their charity.

Our winning group was 10A who won £1,000 for Victim Support.



'Victim Support is an independent charity dedicated to supporting victims of crime and traumatic incidents in England and Wales. We provide specialist help to support people to cope and move on to the point where they feel they are back on track with their lives.'



We're the national charity for children's play in healthcare, supporting children to experience the power of play to boost their wellbeing and resilience during illness.

We advocate for play professionals, support families, and empower children to experience the power of play.

Ockham's razor

Contemporary Circus Workshop

In January, Year 12 and 13 Drama students attended a contemporary circus performance of *Tess of the D'Urbervilles* by Ockham's Razor at Sadlers Wells. The company combine contemporary circus and visual theatre to create highly physical stories on stage with interesting use of set. Students were then lucky enough to participate in a workshop with the Artistic Director of the company Lottie Mooney. Students used long sticks as a starting point to create physical performances around the idea of journeys which have influenced their own devising work in class.



Shakespeare Schools Festival



On Thursday 14 March, a group of eleven Year 8 students showcased an innovative interpretation of four Shakespearean classics at The Exchange in Twickenham, as part of the Shakespeare Schools Festival 2024.

Embracing a feminist perspective, they skilfully examined Shakespeare's portrayal of women by placing Shakespeare himself on trial. The performance included scenes from *Romeo and Juliet*, *Macbeth*, *A Midsummer Night's Dream*, and *King Lear*, challenging conventional norms and initiating thoughtful discussions.

Their presentation not only paid homage to Shakespeare's enduring legacy but also served as a catalyst for conversations surrounding gender equality and the representation of women in his plays.

Congratulations to the students who took part!



Debating

A busy term for Sacred Heart debaters has led to excellent results for students of all year groups. Sacred Heart girls were able to debate issues as varied as the romanticisation of motherhood, the gig economy and the American Dream in the weekly Beginner, Intermediate and Advanced after-school clubs.

We also hosted St Paul's Girls' School and Latymer Upper for a friendly debate where Sacred Heart students performed well and prepared for this term's competitions.

Year 9 and 10 students also took part in a show debate for the cast of this year's school play, Antigone, where they debated the merits of protest.

This term's exceptional achievements culminated in a weekend trip to Durham University, where Sacred Heart girls took on the top debaters from all across the country.

JANUARY

Junior Debate Shield at Queens College School

1st Place Violet F, Ava K, Seraphina P, Marina S, Bethelle F

FEBRUARY

Year 7-8 German YMCA Competition

3rd Place Francesca S, Clara C

Sixth Form Debate Shield at SHHS

3rd Place Remi O, Sheyda C

Middle Debate Shield at Ealing Fields

3rd Place Perpetua P, Gabriella Q

MARCH

Junior Debate Shield at Fulham Boys

1st Place Violet F, Ava K, Seraphina P, Marina S, Bethelle F

Fictional Worlds at South Hampstead High School

1st Place Perpetua P, Gabriella Q, Emily M

Durham Schools Debate Competition

Please see the report on page 21.



Marina speaking, Violet, Bethelle



Marina, Violet and Anushka at South Hampstead High School



Gabriella and Emily at South Hampstead High School

Physics in Action Year 12 Trip

On Monday 4 March, Year 12 Physics students attended the Physics in Action Trip at Emmanuel Centre, London. The trip was an excellent opportunity for students to develop their learning beyond the classroom. It was an exciting day of informative discussions, interactive sessions, and inspirational stories that gave our students factual insight into the world of physics in real life.

Five sessions of phenomenal physics were brought to the students by the brightest and most experienced in the field of physics who shared their expertise on a wide range of topics, from quantum computing to fusion energy and planetary science. A special session on examination success provided students with the tools to excel. There were plenty of interactive sessions throughout the day including polls, quizzes, and a session for students to ask questions to the scientists.

Mrs Nikaj

I found the talk about fusion power interesting because it's a new type of green energy which is just starting to be used and to be able to watch a video to actually see how it's created using plasma which is pink is riveting. Also finding out how they managed to create a micro-star on earth which required large amounts of energy and how this new-found form of energy could revolutionise our global energy sources. I also really enjoyed the talk on the NASA Curiosity Rovers and seeing how we as humans are able to venture to places we never thought we could by using robots and controlling them from earth.

Chiamaka

I liked the talk about detecting radiation using AI the most because I found it fascinating how we can train AI to aid us in identifying substances and how if you train AI enough, it develops the ability to not only recognise objects but also generate its own images when given a prompt. I also enjoyed the talk about the Mars Rover as I thought that it was really cool that a robot can be controlled from that far of a distance and what work actually goes into programming and manipulating it.

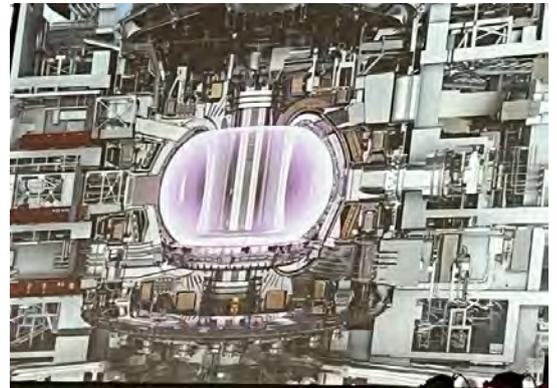
Ally

I enjoyed listening to the nuclear fusion talk as it was a topic that I had not learned properly about. I found it interesting that they were able to reach such high temperatures, and also the idea that possibly in the future it could be a main source of energy across the globe. I really liked watching the video of it taking place as I had never seen anything like it before, and having it be shown visually intrigued me even more.

Ame

I had a lot of fun on the trip and I learned a lot about different things that interest me such as nuclear fusion and quantum computing. I also got to speak with one of the professors about nuclear fusion energy and she gave me some tips on my EPQ. It was very inspiring!

Stefania



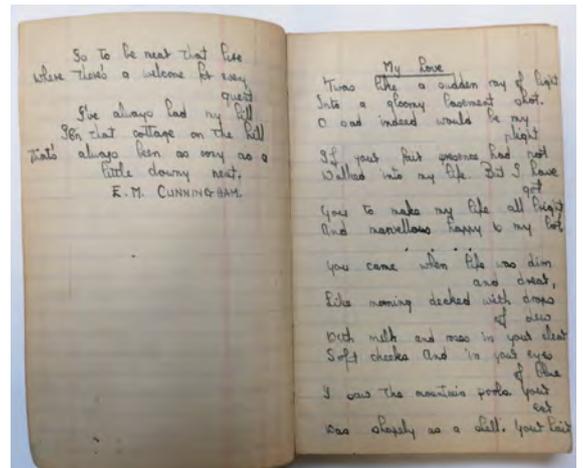
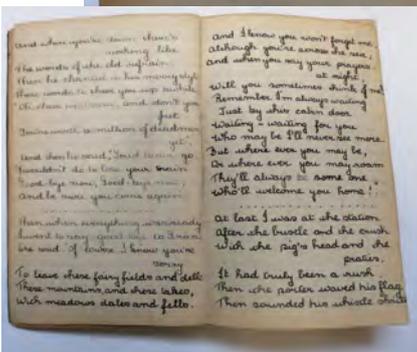
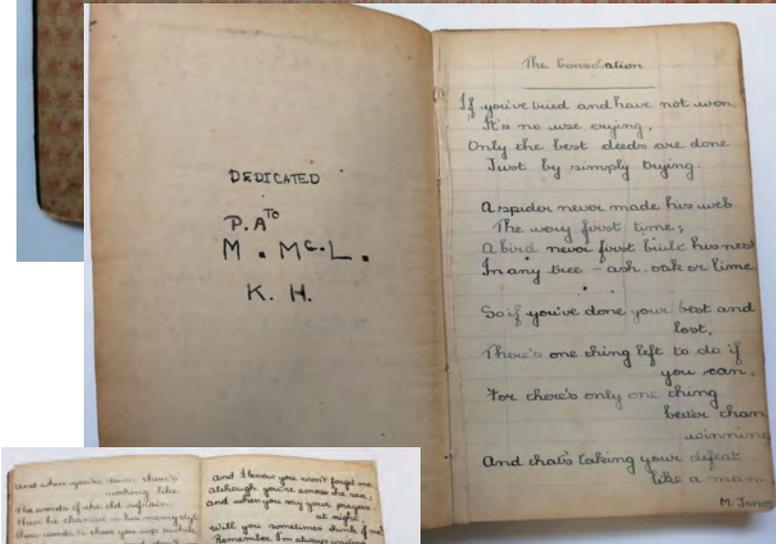
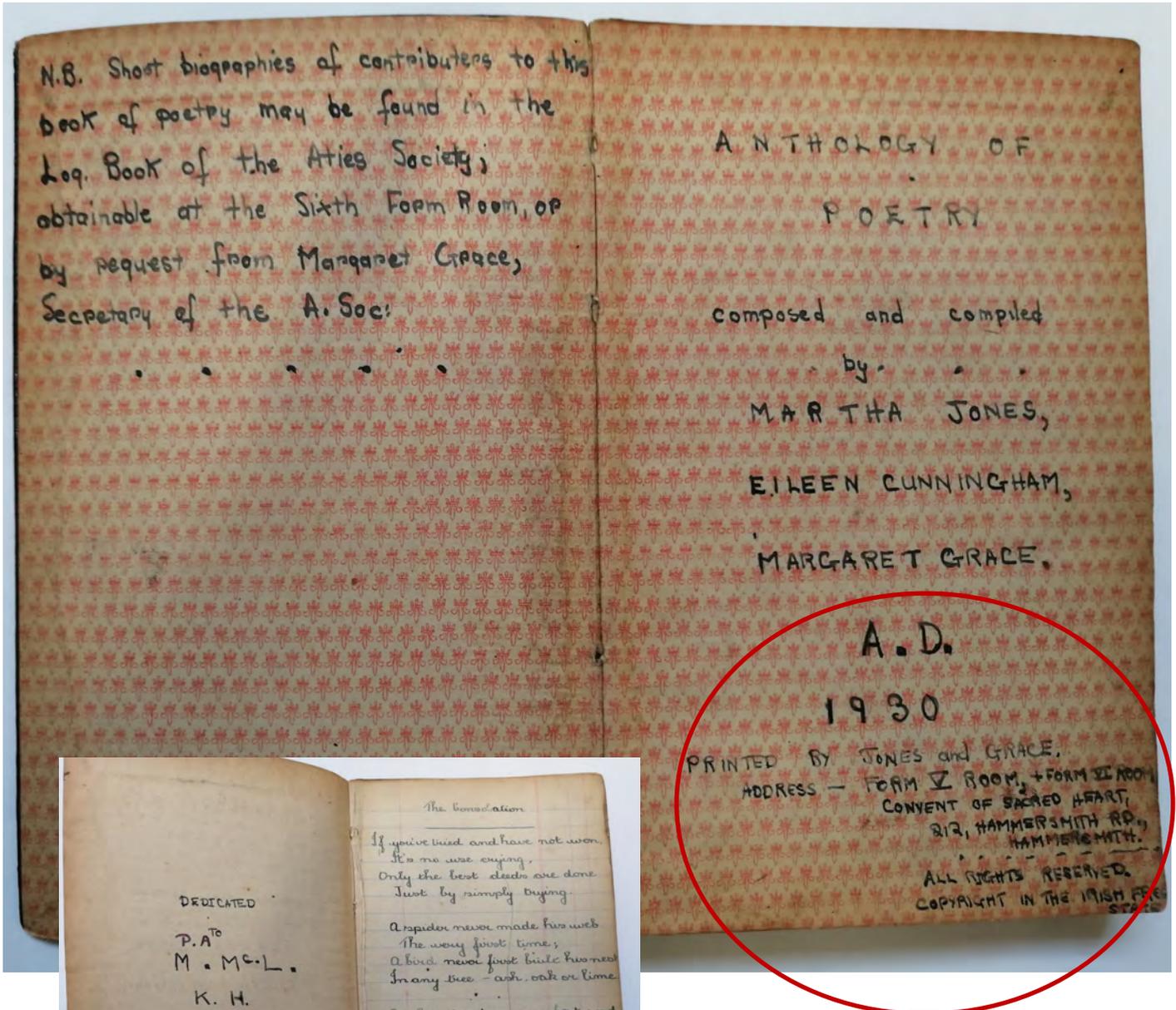
Stefania with the professor.



A new discovery from 1930!

What was the Atties Society – we have no idea?

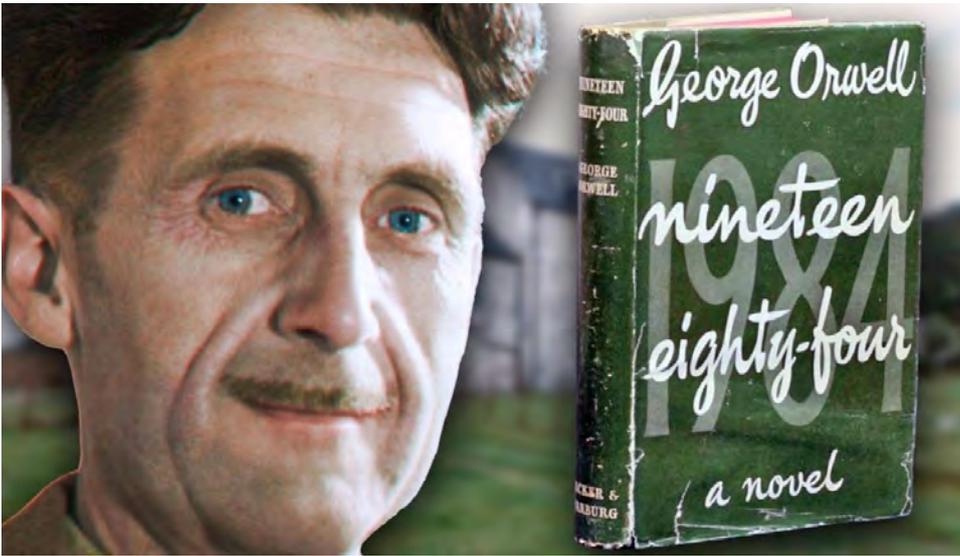
A member of our local community popped into school to hand over a book that he found at the back of his late father's attic. A few of the (literally) 100 or so pages (!!!) of this handwritten book are shown below and overleaf. Contains many lovelorn poems! Zoom in to get the detail.



A-Level English Literature trip

'1984 in 2024: What Would Orwell Say?'

Panel Discussion at Thames Christian School



The George Orwell lecture at the Thames Christian School was one of profound thought, with highly experienced critics providing extensive perspectives. Overall it ignited my (and everyone else's) intrigue into the heavy discussion of dystopia and Orwell's role in that dimension. I felt admiration for the words of the lecturers, and such depth of the subject is found only through those with such dedication to it; therefore it not only provoked conceptualisation, but was also genuinely fascinating and enjoyable.

Anna D G, Y12

A group of Year 13 English Literature students and I, attended a discussion lecture at Thames Christian School called '1984 in 2024: what would Orwell say?'. The speakers were Dr. Nathan Waddell, University of Birmingham, Dr. Lisa Mullen, University of Cambridge and Dorian Lysnkey, Author of 'The Ministry of Truth': a biography of George Orwell's 1984.

This was extremely informative for us as students who study dystopian literature for A-Level, in particular George Orwell's 1984. Being able to listen to people who have spent years of their life researching and exploring the life of George Orwell and how it led him to write the way he did and want to express the meanings behind his work was so useful to listen to.

We can now all use quotes of things they said on the day as extra support and analysis for our English essays. They discussed significant moments in this fascinating man's life and how it led him to his ever-changing beliefs and search for the truth. They said that they believe that George Orwell in 2024 would say that he always wants us to think for ourselves and never settle on just one belief; always strive to find our own truths and be creative - words I believe all Sacred Heart students should embody.

Arianna O'C, Y13



Short Story by Michela B

I traced the stone wall with my index finger stepping cautiously over the broken tiles of the ancient Victorian roads. My father had once told me that the roads were constructed by the Romans. They had colonised and recemented the roads he had said. I chuckled half-heartedly to myself. The very reason I was trying to escape my home was that it did not feel the same. The house felt like someone had left the fridge open overnight and it had infected the whole house with cold. Frost creeping through every crevice. Yet it was not cold and icy but more frigid and unpleasant. The house seemed draped with frowns and melancholy faces.

The street beneath me seemed to weep too. I felt the sadness I carry with me had become an awful disease and everything I touched turned to darkness. It had been seven days now since everything changed. Seven days had gone by since my world had crumbled at my very feet. Seven days since my father passed away. As I began to remember my body felt a dominant ache in the stomach.

He was perfectly healthy both of mind and spirit. He was my very best friend in the whole wide world. He had the wittiest sense of humour and conducted himself in a manner where one could not help but laugh. Everyone adored him and worshipped him. This only made the past seven days that much harder.

Peering around me cautiously I questioned how I had ended up here. The last I remember was the ebbing of the pavement of the familiar street I had lived in my whole life. I had arrived at my favourite tree in the park. It was my father's favourite place to sit back and relax. He often perched himself up with his spine to the tree reading a newspaper. Tears began to swell in my eyes. I could not keep it in any longer.

Treading cautiously over to the tree, I saw a squirrel, perched exactly where my father would sit. Still crying, expecting the squirrel to scurry away fearfully, I moved closer to it, but the squirrel did not move, only looked up at me with confidence. Puzzled, I knelt to be closer, in eye contact to the animal.

The squirrel looked up at me with what could only be described as a soft, harmless, and trusting smile. I maintained eye contact with the animal as I wiped away my tears and made sure I was not losing my sanity or conducting this animal from my mind. However, the squirrel continued to stare at me with its delicate and posed smile. I recognised that smile, it belonged to my father. I stared at the squirrel unchangingly afraid if I blinked moved or even looked away the magic would disappear. The squirrel let out its paw. Through my peripheral vision I caught sight of it and gave the animal my hand. He stroked my hand gently and suddenly I felt I was once again a little girl admiring her father adoringly. After what felt only a short while the squirrel removed its hand cautiously. It began to remove its eyes from the blurring eye contact we had been having and retreated back into his tree, my tree, my father's tree.

Contently, I stood up and looked around me. Green filled my eyes in a way it never had done since I was a child. The world felt bright and colourful. Flowers seemed to grow in every pattern through the park filling the field with an array of colour. Sweet melodies were being sung and previously rainy clouds had now subsided to form a sunny clear blue sky. Blue was my father's favourite colour.

I had not felt like this in a long time.

I was infected with happiness.



Short Story by Elisabetta T

As my gaze shifted from the tattered leaflet I was holding to what was in front of me, a warm nostalgic feeling ran through me and settled in my stomach. This was the zoo I used to always go to with my parents when everything still seemed so innocent. I shifted my focus back to the leaflet where ink smudges stained the different sections of this bustling zoo, but I still managed to work it out. Of course I still remember every inch as I had memorised it by my 11th birthday party. Everything seemed so magical and special. My enormous balloon was about to make me drift off into space, but luckily I had my father's warm hand holding me down.

I crossed the cobbled bridge and approached the ferocious and intimidating creatures. Tigers. Although, now they didn't seem so threatening to me any more. I didn't realise everything could change so much as you grow older. The towering brick wall which my father had to hold me above to see what exciting, intriguing animal was lying there, wasn't so towering any more. The tiger's tail curled and swung as I got closer, but it wasn't so menacing. I knew there was nothing it could do, and just that made that warm feeling become replaced with disappointment.

I continued walking further up ahead, through the winding paths as the sun beamed its rays onto the back of my legs. Opposite me were tall, elegant creatures. With their black polka dots positioned perfectly as if painted precisely onto a background of a light mustard fur. Their necks rose and fell, each time bringing a new breeze along with them. "This hasn't changed at least," I thought to myself as crowds of people started obscuring my view holding rectangular shaped objects which with a click produced a blinding light.

I gently moved away and was coming near to the exit, but something caught the edge of my vision. Big, brown beasts. Some rolling on the floor, flattening their perfectly combed fur, others growling at the hundreds of eyes fixed on to them. I was reminded instantly about my first trip to the zoo. My flip-flops kept clanking as they slammed against the cracked ground, creating a rippling echo across the zoo, and my arm was still hurting from how forcefully I tugged onto my parents clothes, but I did it. I got them to come and buy me one of these massive furry creatures. I was so excited. I knew exactly where I was going to place it in my room. In the centre of all my other teddy bears, with some which had slight tears on the ears or the arms, but they were still fine. That was one of my happiest moments.

Now staring deeply into one of the actual creatures and then to the side where the teddy bears were hanging from the back of their neck, I knew I was never going to experience such a feeling of pure joy again. The sun was now starting to descend below the horizon, disappearing, and a cool breeze made the hairs on my legs stand on edge. I slowly walked below the large sign printed in red "EXIT" and I didn't look back. I knew everything I needed to know now. It was all complete.



Short Story by Alicia N

It was early morning. A thin blanket of frost coated the grass, changing its vibrant green colour into a pale icy white. The air was cold and seemed to pinch your skin but despite this, the sun shone in the sky, its warm rays producing a hazy yellow colour and contrasting with the cold colours of the landscape. The trees stood still watching over those who passed by with sternful expressions. Somewhere in the distance, the quiet song of a bird was calling out into the morning.

A young boy walked by, dressed in a thick winter coat. A soft wool scarf was wrapped around his neck and a small fabric hat adorned his head, resting on top of it. His cheeks were a pale shade of reddish-pink, the cold air pinching and gnawing at them.

The boy wasn't expecting much to happen this morning. It was going to be the same as any other ordinary day; he was going to head over to the lonely off-licence shop nearby, buy some bread and head back home where he would be able to be sheltered away from the harsh unfriendly winter cold.

As the boy continued to walk, his leather winter boots slowly trudging across the frozen ground, something watched him from behind a tall solemn oak tree, its branches long and crooked. The boy was unaware. He continued to walk, determined to get back to the warmth of his home.

There was a sudden crunching noise as the thing watching made its way out from behind the tree and across some leaves that were coated in frost. The boy quickly glanced over.

There stood a young red fox, its fur matted. There was dry mud and dirt caked in its once bright orangish fur. Its eyes were like yellow glass, reflecting the sunlight, and its tail was ragged like an old piece of fabric.

The fox stared. And the boy stared back. He had never seen such a scrawny looking animal before; it was quite an unusual surprise to him. Hesitantly, the boy slowly approached the fox, his footsteps gentle and as quiet as possible. The fox pricked its torn ears up, its tail lowered to the ground.

The boy slowly reached out a hand; he was trying to show the peculiar little animal that he meant no harm whatsoever. The fox, almost immediately, reached out its snout, sniffing in the direction of the boy's hand, curious. Its ragged tail wagged slightly.

The boy took this as a sign to get closer. He carefully approached it, reaching out his hand to touch the foxes' rough fur. His breath was shaky. The fox stared up at his hand and nudged its head towards it. The boy could feel its rough muddy fur rub against his bare skin and he couldn't help but gasp in surprise.

There was nothing but a calm silence after that; it seemed like nothing could go wrong...

The silence was soon broken by the loud barking of some dogs nearby. Startled, the fox retreated, its ears bent back and its tail tucked in between its legs. It slowly backed off, turning its slender back to face the boy before running off into the distance. The boy simply watched. There wasn't much he could do about it.

He watched as the fox ran off, the barking of the dogs in the distance growing louder and nearer...



Durham Schools Debate Competition



Gabriella, Pip, Tara, Emily, Kamina, Remi, Sheyda, Marian, Anna, Viktorija



Gabriella, Pip, Tara, Emily, Kamina, Remi, Sheyda, Marian, Anna, Viktorija



Remi



Pip speaking, Gabriella, Tara, Kamina

A weekend packed with debate – sounds a bit stressful, no? What about one filled with great food; discussions with interesting people on interesting topics; and enthralling sights that hold great historic significance in the wonderful captivating little city that is Durham. Spending a weekend packed with debate in Durham was a privilege to experience.

Durham's definitely the best place to visit if you want a good workout – due to its hilly terrain and cobbled streets it's guaranteed you'll be left huffing and puffing after a mere 10 minute walk. Nonetheless, the aforementioned 'hilliness' of the city only added to its appeal and charm, with arguably, the star of the show, the cathedral situated on top.

We, the debaters, got to visit Durham Cathedral on the second day of our stay. The 10th century cathedral managed to support the cultural richness and history of the city as a whole, with its intricate architecture and religious works of art – most likely the result of many lifetimes' hard work, passion, blood, sweat, tears and labour. Finally to top it all, the most exciting part, a couple of scenes from the Harry Potter movies were filmed there!

Other than the obvious excitement of places of great historic significance, Durham's town centre was abundantly filled with small businesses and places to eat out – obviously for Friday night dinner we thought it most ethical to support this sweet little Italian restaurant called Zizzi's.

The only thing tastier than Italian cuisine provided by an independent restaurant is that of freedom - provided by Durham University. Two nights in Durham University supervised by teachers undoubtedly gave me a small taste of the university student experience – we got keys for our dorms and everything! Staying in Grey College gave us all a good picture of what Durham was like as a university: traditional with a compact feel that gave a sense of community, yet so filled with things to do – it was hard not to fall in love with the place.

Emily

Durham, I think, is special in the sense that it has a very genuine and friendly feel to it in addition to its immense beauty and unique history. It's not particularly big, especially the old part of the city – despite it quite often feeling like you have in fact travelled a longer distance, what with all the hills – but I think that is what makes it the perfect place to host and participate in a competitive yet interesting debate tournament. We arrived in Durham in the afternoon and despite the intense cold weather we were extremely excited to see the city and compete in the five rounds of debate that lay ahead of us.

I must say that the trip to Grey College – situated on a hill – did test my physical endurance, however, we eventually made it, and, as is custom with Durham, were rewarded with an astounding view of the cathedral and the city below, a fair trade for the exercise in my opinion.

We had dinner on Friday at Zizzi's in the city centre and then went to see the cathedral in all its glory while it was dark which was just as beautiful as it was inside it the following morning. We had the opportunity to go around the shops before our first round of debating which we all thoroughly enjoyed and was great to do before we walked, or rather ran to catch up the others, to the lecture halls – also situated on a hill – for our first round!

Honestly, I can say wholeheartedly that the rounds, motions, and all things debating during this trip were, above all things, fun. The whole feel and atmosphere in the lecture hall before the start of the competition and in between rounds, was one of pure anticipation and excitement, and occasionally was transformed into a temporary setting for karaoke!

From the commercialisation of social movements to gambling and housing assistance, I would say the range of the motions we discussed and people we met combined to form an engaging and memorable debate tournament. Aside from the huge distances people had travelled and the many different schools they had come from and despite the fact we recognised many faces, the tournament was extremely inclusive and communal.

We laughed and had a good time and learnt a lot, I feel, and got to watch the open semi-finals which had exceptional speeches that have vastly improved our knowledge of high-level debating and given us insight to the debaters we may, hopefully, become in the future.

Durham now holds a special place in all of our hearts and we hope to return again next year for what we are sure will be as rewarding and fun as this special weekend.

Perpetua

STEAM workshop at Godolphin and Latymer



On Monday 11 March Year 7 students attended a STEAM workshop at The Godolphin and Latymer School. The students worked in small groups to repair broken elements of a game console. The kits were provided by Team Repair, who focus on STEM education through the power of repair. They are designed to inspire students about STEAM subjects and to nurture sustainability mindsets through repair. This was a fantastic opportunity for our students to take their learning beyond the classroom and get hands-on with real products, developing an intrinsic interest in how things work and uniquely exploring the KS3 STEM curriculum. *Mrs Nikaj*

Student reviews

Hello my name is Clara and I went on the STEM trip to Godolphin and Latymer school. I was one of a large group of students that were selected and in my opinion it was a lot of fun. We went on this trip on Monday 11 March. Once we arrived, we were separated into groups of four and we started the activity. We had to build a console. We were given all the electronic elements of it so our task was to put it together.

We had to unscrew the RAM and put the screen in place. This was a bit tricky because the clasp of the screen was very thin which made it hard to keep it in place. Once we completed this stage we were allowed to play a couple of games on the console but we discovered a problem. The down button was not working.

We had to unscrew the console again and we found a small bit of fluff blocking the down buttons sensor. This meant that the console would not register when we pressed down the button. Once we fixed the button and rebuilt the console, we played a couple more games and found the console in perfect working condition. After that we had a small break with brownies and then we came back to the activities.

The next activity was to make a paper circuit and we had to use copper tape, a light bulb, redirector, crocodile clips and scotch tape. We had to stick the light bulb and redirector to the copper tape using the scotch tape.

After that we used the crocodile clips to attach the ends of the circuit to the battery pack of the console we had made before. Then we made a button out of copper tape that connected the circuit together.

Once we pressed the button the light bulb lit up and we moved on to the final activity. It was a quiz and whoever won would get a pack of skittles. The questions were all related to the trip but sadly my group didn't win. All in all I think this was a great trip and I learnt a lot from it. I am so pleased that I got picked for this brilliant trip and I would gladly do it again.

Clara C 7A

The trip to Godolphin and Latymer was an amazing experience full of action-packed activities including repairing a game console. It was really fun and it was great to take part in not only because everyone was kind and welcoming but also because we learnt loads about electric circuits.

The trip is definitely a trip I would do again if I had the chance and I recommend it to anyone who has a curious mind and is eager to learn more about science.

Apolline R in 7A

On Monday 11 March 2024, some other Year 7 students and I attended a STEAM workshop at The Godolphin and Latymer School to repair broken elements of a game console. We had a team of Year 10's guiding us on every step to repair the game console.

There was also a quiz on scientific questions and we had to work in our mini teams to complete the quiz. The teams were made up of four students per group. The prize for the winning group was skittles but unfortunately, for one of the questions we were given, every group got the answer incorrect so no one got the prize.

The question was "what lens is found in a magnifying glass?" The correct answer was "convex lens". I personally had a fantastic time there learning new skills and participating in fun activities. I hope that in the future our school will be able to organise more events like this one as I would definitely like to take part in them.

Sophia K 7S

When I was at Godolphin and Latymer, I really enjoyed it! The activity was to disassemble a "retro video-game console" and then reassemble it; the second activity was to make a paper circuit. There were many challenges along the way and it was such a fun experience. I also felt such kindness from the members of staff and it was really fun. The day was very enjoyable and I had fun trying to make a console and circuit, I found many ways to overcome the challenge and my group persevered through all of these challenges. I had a fun day!

Sophie K T, 7T



Madeleine Sophie Barat Music Competition

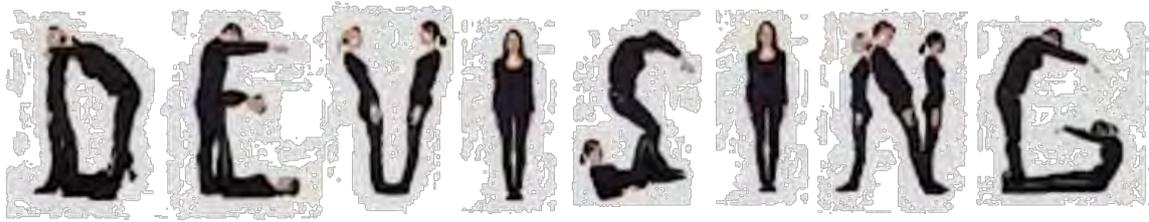
On Wednesday 28 February the music department hosted the Madeleine Sophie Barat Music Competition. Several of Sacred Heart's finest musicians came to perform including Ysabella, Emanuela, Sofia, Tala, Apolline, Carolina, Asta, Natalia, Ting Ting, Lavinia, Aleksandra, Suzi, Micol and Natalie.

A big thank you to our judges - Richard Jones, a professional violinist who performs in a range of Jazz, Pop and World Music genres; and Evie Asio-Okwalinga, vocal music lead from the Triborough Hub! They both had a very hard time choosing the winners for both the intermediate and advanced categories.

Congratulations to Micol for winning Best Overall Performance; and to Asta for winning the Advanced Class, and to Emanuela for winning the Intermediate Class.

A big thank you to everyone who came out to support the performers. We look forward to welcoming you all back next year!





GCSE Devised Drama Performances

On 6 February, Year 11 GCSE Drama students performed their devised pieces that they had been working on since November.

This component of the course requires students to make a 20 minute play from scratch in response to a stimulus. Our stimuli are always political, and this year focused on students finding their voice.

From this, groups create a didactic (political) message and then a play inspired by German theatre practitioner Bertolt Brecht, featuring three scenes that portray this didactic.

This year's performances were entitled:

Is it all just a double standard?

Silence, is it a woman's problem?

Systematic Error,

A Woman's Looks Do the Talking for Her

Teens: The Best Years of Your Life?

Congratulations Year 11!



Future Sounds



In January, several groups auditioned for the chance to perform at the Future Sounds competition presented by The Tri-Borough Music Hub and The Rhythm Studio.

Four bands, Feedback, After Hours, Sólace and The Runaways performed in the preliminary rounds and two of the bands made it through to the finals!

On 20 March Feedback and After Hours each performed a cover and an original song to a panel of professional judges from a variety of recording studios.

Despite a few technical difficulties with the sound system, both bands showed great resilience and performed wonderfully.

Although neither band won the competition, all the girls involved enjoyed the experience and are eager to attend next year.



Eco Hour

On Friday 22 March, the school, led by the SHHS Eco Committee took part in the Earth Hour 2024. This involved turning off the lights and not using the boards to help lower our energy use.

There was an amazing sense of community as the whole school came together to reduce our carbon footprint, and there were many outstanding ways in which we were fully immersed in the hour, such as learning about renewable energy resources in science, and learning key terminology in languages. Many teachers and pupils felt proud to be doing their part for the school.

This is all a joint effort for our school to achieve a green flag, to show our dedication to making our school environmentally friendly. Thank you to everyone for making this day a huge success.

Clara L C Y9



Litter Picking

Eco-committee school spring clean

Last week, as part of a mission to take action on environmental sustainability in our school, about six eco-committee students had the great initiative to do a great big litter clean-up. At first glance, we could find bits of litter around, but as we searched the more intricate places, there was tons of rubbish left lying around for us to pick up. I think that for just a small number of people, we did a great job collecting all the rubbish, and watched an informed tutorial on the steps to do so. We were able to fill 3 bin bags, which was a surprising amount seeing how much it surpassed our original goal.

We saw so many foods and products gone to waste left on the floor and some things I wondered how it even got there in the first place! As tiring as it was, we all felt extremely proud of how well we'd done, and all knew that we were one step closer to achieving the green flag for our school. By participating in the great British spring clean, we are contributing to what will very soon become a litter free environment. As part of our steps to becoming an eco-school we have to contribute some sort of action plan for working on something we haven't really spent time focusing on before.

After our environmental review, we realised that we weren't putting enough effort into waste and litter. This is why we felt that it was the perfect time to help our school in practice, and work towards many more environmental events to come, such as an eco-friendly cross curriculum lesson. One of our litter heroes said, "Even though it may not seem like much, every little bit helps to better our environment."

Overall, this is one of the most impactful things the eco-committee has done to benefit the way we look at the world to make it a cleaner and sustainable school for the better.

Eliana F B 9H



End of Term Award Assemblies

Students have been gathering for their awards assemblies as we approach the end of term. Photos below are from the Year 7 assembly. Two students from every form were nominated by their form tutors and two students across the year were nominated by the Head of Year for *'going above and beyond this term'*. Some other awards are shown below.



Girls with 100% attendance



Year 7 Goals Graduates

'Form Group with the most achievement Points' was 7R. Treats circulated to the whole form.

Lent Service

Wednesday evening's Lent liturgy focussed on the journey from the garden to the cross. Seven candles were extinguished, one by one, to remind us of the darkness of sin.

Thank you to the choir, instrumentalists and readers for such a reflective and prayerful service



A Final Word

As we draw towards the end of our Lenten journey, our liturgy last night with its central theme of 'From the garden to the Cross' helps us to focus on the central message of the most important week in the Church's liturgical calendar - the suffering, death and resurrection of Our Lord. Ultimately, it is a message of hope for us all and a reminder of Christ's love for each and every one of us in a broken world.

I wish you all a very peaceful and holy Easter break.

Mrs O'Donovan, Headteacher

Trinity Term Key Dates overleaf



TRINITY TERM

APRIL 2024		
Monday	15	Professional Training Day for Staff (school closed to students)
Tuesday	16	All students return
Tues-Monday	16-22	Cultural Celebration Week
Friday	19	Evening Cultural Celebration with parents 5.30-8.30pm
Monday	22	PSHE
Tuesday	23	GCSE Drama Scripted performances (during the school day)
Wednesday	24	GCSE Scripted performances (during the school day) Silver Duke of Edinburgh Practice; UKMT Junior Mathematics Challenge Spring Concert 6pm (parents welcome)
Friday	26	Silver Duke of Edinburgh Practice
Monday	29	PSHE; A-Level scripted performances 4pm
MAY 2024		
Thursday	02	Year 13 Final Day; Year 8 Parent Teacher Meeting 4-7pm; Year 13 Leavers' Ball
Friday	03	PTFA Live Auction Evening 7.15-10.00pm
Monday	06	Bank Holiday, school closed. Hyacinth Day, Janet Erskine Stuart.
Tuesday	07	Year 11 Final Day
Wednesday	08	Bronze Duke of Edinburgh
Thursday	09	Bronze Duke of Edinburgh; GCSE Exams begin
Friday	10	Bronze Duke of Edinburgh; PSHE
Monday	13	GCE Exams begin
Wednesday	15	Concert 6pm, more details to follow
Monday	20	PSHE
Thursday	23	Alumnae reunion for those who attended in 2000s –2010s
HALF TERM Monday 27 May – Friday 31 May inclusive		
JUNE 2024		
Monday	03	All students return to school
Friday	07	Feast of the Most Sacred Heart of Jesus, Mass at 11am <i>Outside, weather permitting. All parents welcome to join us for this unique event.</i>
Thursday	13	Year 7 Parent Teacher Meeting 4pm-7pm
Mon - Wed	17-26	Exam Week for all students
JULY 2024		
Tuesday	2	Alumnae reunion for those who attended in 2010s - 2020s
Wednesday	5	Sports Day
Wed-Friday	10-12	Performances of the school Musical 'Fame
Wednesday	17	Arts Week / Activities Week
Thursday	18	Arts Week / Activities Week
Friday	19	Arts Week Showcase / Activities Week; Term Ends 1pm
SUMMER HOLIDAYS		
AUGUST 2024		
SEPTEMBER 2024		
Monday	02	Professional Training Day for Staff (school closed to students)
Tuesday	03	Professional Training Day for Staff (school closed to students)
Wednesday	04	Year 7 and Year 12 only
Thursday	05	All students return