



Headteacher's Update

27th January 2023

I would like to start this week's update by thanking Mr Hall, Subject Leader PE and Mr Flynn, PE Teacher for their excellent healthy diet and lifestyles assemblies this week. The assemblies were both informative and engaging and also gave us a bit of insight into student habits. There were two things that I noted in particular. Firstly, I was surprised to see the number of students who raised their hands stating that they did not eat breakfast before arriving at school in the morning. This may be for a variety of reasons. However, research does suggest that, amongst other things, breakfast does support children being more energetic and alert in the morning, improving factors such as cognitive function and memory. As a reminder, our caterers, Cucina, are happy to provide any student with free porridge before school in the morning and there are also a variety of other breakfast items available. We are more than happy to provide a free breakfast for any child where the cost of living is an issue.

The second mixed response was related to bedtimes, where it appears that even in key stage 3 some students are staying up late playing on video games and other electronic devices. Some of this may well be a hangover from the lockdowns. Similar to breakfast, we know that erratic sleep patterns will impact on children's performance in school. It can also have an impact on a child's development as it is during our sleep cycle that our bodies repair, recover and grow. Interestingly, along with Miss Charlton, I have been teaching the A level psychologists about the sleep wake cycle and, amongst other things, the importance of external factors in helping us to manage this cycle. Most people will be aware of the importance of light or the absence of it in alerting us that it is time to prepare to sleep but other social factors are also important such as the standardisation of meal times and bedtime routines. The research in this area is interesting, but what it does suggest is that greater structure around sleep and meal times should support children and adults to manage issues such as sleep, well being and personal development.

On Wednesday of this week, I attended the PiXL national conference in Westminster along with Mrs Foster, Deputy Headteacher. As a reminder, PiXL is a national schools network that primarily shares best practice across its membership. Whilst the format of the conference has changed a little since the pandemic, it is clear that the organisation is still working to try to meet the needs of school leaders and their schools across the country. One issue (amongst many) that was discussed at the

conference was vaping as it is clearly something that is taking place in schools and communities across the country. Vaping is really problematic for schools. Research suggests that while vapes (or e-cigarettes) are safer than cigarettes, they are addictive and should not be used by under 18s. Furthermore, they were designed to help smokers to quit the habit rather than a habit in themselves. Ultimately, what has been found is that many young people who would not necessarily have become smokers are actually using vapes.

Whilst we have put in a significant amount of work to address the issue of vaping, we know that this will be an ongoing battle for some time. Part of the issue is the sale of vapes to under 18s in local convenience stores and we are working with the police liaison team to try to address this part of the issue. We have significantly increased our checking of student toilets, particularly during break times and will be carrying out searches of students who are suspected of vaping or have previously been sanctioned for vaping. The final point that I would make on this issue is that we do require parental support. If a member of the pastoral staff does contact a parent to discuss a possible issue related to vaping then please do not dismiss it out of hand. As previously mentioned, this is a national issue, which will only be dealt with effectively with strong home-school partnership.

Industrial Action - Wednesday 1st February

At this point in time, it appears inevitable that the industrial action will take place this coming Wednesday. I have asked Mrs Harvey and the Sixth Form team to communicate the plans for Sixth Form face to face teaching for that day. There will be some disruption to lessons in Year 11. However, there is a plan in place for the day, which should ensure that all lessons are covered. For students in Years 7 to 10, lessons will be shared remotely via Google Classroom. Please note that staff who have chosen to take industrial action are not obliged to set work, which will mean that for most students, there will be a mixture of lessons from their timetable plus some additional English and Maths work shared on the day.

Once again, we are sorry that parents are being inconvenienced. As a reminder, the NEU and its membership are in dispute with the Government and not the school, Vanguard Learning Trust or parents and carers. School will resume on Thursday 2nd February to all year groups.

Year 11 Trial Examinations Results Assembly

Earlier this afternoon, students received their GCSE trial examination results during a specially arranged results assembly. There was a mixture of pride, disappointment and frustration when results envelopes were finally opened and it is important that we celebrate with those students who have made good strides forward or who have simply achieved good or outstanding outcomes. There are a number of important next steps. Whilst it is easy to focus on the grades achieved, the most important activity is to look at the marks awarded on each question of each paper sat and ensure that there is a clear understanding of how to gain the additional marks that may have been missed. This should be done in green pen. Some students may wish to readjust their personal targets. However, in doing this, they should ensure the targets remain challenging but achievable with the right amount of effort and effective strategy. We would also ask that parents and carers take the time to sit down with their child over the weekend to review their outcomes and discuss possible next steps. All students in Year 11 have, or will be interviewed by a member of the Senior Leadership Team to review progress, discuss next steps and review post-16 options. Finally, as a reminder, the Year 11 parents evening takes place next Thursday. Miss Hockley has written to all parents and carers explaining how to book appointments. The system is currently open for bookings.

Eco Council Update

Here at the Eco Council we are a passionate group of students that want to change the environment in and around our school. In our meetings we have discussed ways to make our school more eco-friendly, such as banning all plastic packaging where we can, significantly improving recycling can and introducing healthy food options and generation juice into our school canteen. What is generation juice? Generation juice is juice and flavoured water that students and teachers can put in their own reusable water bottle. So far we have saved over 18000 plastic bottles, some of which would have entered landfill sites. We really do appreciate the support of parents and carers for our projects. One simple way to support our work would be to ensure that all students are able to bring a reusable water bottle to school daily.

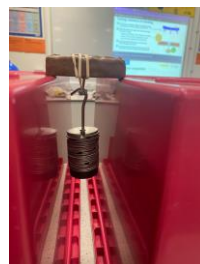
Mika Assumption (10P)

CREST Award

The CREST Award for our first group of students is coming to an end and they have worked incredibly hard. Students have been working towards the prestigious British Science Association's Bronze CREST Award and this has been taking place every Wednesday after school.

The award is aimed at developing flair in the Science, Technology, Engineering and Maths. They are the country's largest national award scheme for project work in STEM subjects. Students have spent 10 hours on

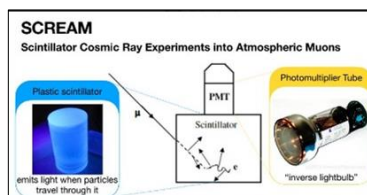
researching, testing, concluding and evaluating the properties of composite materials with the aim of producing a material that is both lightweight and strong. The pictures below show their work with bio composites and mechanical testing.



**Mrs Ehsan & Dr Abbas
Science Department**

SCREAM Project

On Tuesday Dr Linda Cremonesi and Dr Alexander Booth (Queen Mary University (QMU)) visited Vyners to train our Year 12 physics cohort on using particles detectors in measuring atmospheric muons. This is a part of the science department super-curriculum activity at Vyners. The muon is an elementary particle similar to the electron but with a much greater mass. It is an unstable subatomic particle with a mean lifetime of $2.2 \mu\text{s}$, much longer than many other subatomic particles. Our Year 12 Physicists will be able to use this very sophisticated equipment in school during the time of the project. Then, they will be able to present their work at QMU later this year.



Dr Abbas, Science Department

Sports Update

The Year 7 boys indoor athletics team qualified through to the borough final in 2nd place last week. The final took place today on Monday and a strong effort secured a win - off to the London Youth Games we go!



Dylan Lewis (8H) ran in the Middlesex cross country championships, which is a club competition, on Saturday at Parliament Hill - a 3K race in icy conditions. He ran brilliantly and has qualified for the English national cross country finals in

Loughborough in March which is an amazing achievement.

Ten Vyners students competed in the Middlesex schools cross country competition yesterday as they had each qualified via the borough competition and as such, were representing Hillingdon. A special mention to Dylan Lewis (8H) who came 6th and Issy Stone (10J) who came 10th. Both should qualify through to represent Middlesex at the national finals in Nottingham in March. All of our runners performed well on what was a tough course. Well done to all ten competitors!

**Miss Hawes,
Year 7 Leader; PE department**

Goodreads Library Guides

Students can expect to see these Library Guides in the LRC. Each book will have been recommended as part of Vyners Goodreads. Students can always borrow a book Monday to Thursdays in Break 2



House Captains

A big thank you to all our House Captains who are doing a wonderful job promoting House Events.

Our House Captains are:

Cheshire

Neha Baral
Tabita Nazari
Alexander Janssen
Shayaan Mirza
Samira Garad
Rehya Deol

Fry

Holly Bell
Sebastian Zerman-Parr
Chloe Rooney

Gell

Devina Daby
Phoebe Gardner
Amaya Nagendran
Diana Elong

Huxley

Himmat Jhita
Abhayjeet Singh Dhanoa
Simran Malhotra
Adydan Tariq
Neha Rana
Jack Barrell

Jaggur

Shaheer Azizi
Rachael Hunter
Hirva Patel (Vice Captain)

John Miles

Mustafa Sharif
Michaela Wong
Oscar Lambourne

Parks

Ciara Davies
Lenai Clarke
Yousef Saidam
Annabel Glennister (Vice Captain)

Windsor

Jessica Castro Nunes
Jaya Patel
Henry Lowenthal
Phoebe Gardner

The next House Competition is House English. Different staff members have taken photographs of their bookshelves. What you need to do is match the staff member to the bookshelf! Images of the shelves will start to go into the LRC next week. Entry forms will be available in the LRC from Monday 20th February. The winners will be announced on World Book Day - **Thursday 2nd March**. Prizes to be announced.



Poet Laureates

Things I Learnt at School

*From how to write
to how to find my voice.
And not to care that I wasn't the same as everyone else.
That sometimes friendships fall
apart. But sometimes they reform.
And bruises heal and you find out what's real.
That competition can drive you places
that you never thought you'd see.
It taught me hope and how to believe.
I learnt that mistakes are powerful stepping
stones not obstacles on my path.
That tired eyes are windows to a better future.
And how to understand discomfort as a lesson
taught by life and all its possibilities.
I learnt that everything that happens
Makes me, me.*

By Ruby Farrington (9C), Nathan Betts (8F), and Shaza Nasrath (10H)

Wishing all families a wonderful weekend.

Headteacher Commendations

Dylan Lewis (8H)
Abdullah Nojoum (8H)
Olivia Norden (8H)
Elsie Norton (8H)
Elena Seferi (8H)
Leo Stockwell (8H)
Lincoln Tam (8H)
Amelia Warlow (8H)
Eleanor Wong (8H)

Weekly attendance figures by year group
Week ending 20th January 2023

Year Group	Weekly Attendance
Year 7	96.1%
Year 8	95.1%
Year 9	94.6%
Year 10	90.4%
Year 11	93.6%

Top 3 Tutorial weekly attendance
Week ending 20th January 2023

Tutorial	Weekly Attendance
7H	99.7%
9M	99.3%
8W	98.7%

Thursday 2 nd February	Year 11 Parents Evening
Monday 13 th to Friday 17 th February	Half Term
Thursday 23 rd February	Year 9 Parents Evening
Thursday 9 th March	Year 8 Parents Evening
Thursday 30 th March	Year 10 Parents Evening
Friday 31 st March	End of Spring Term
Monday 17 th April	Start of Summer Term