



NEWSLETTER

"ILLUMINATIONS"

December 2017



Early in December Kelmscott Art Department were proud to present an art show with a difference. A wide selection of art work showing diverse themes and media were projected on the side of the school building for students, staff, visitors and the wider community to see and admire. We were also honoured to have the Mayor of Waltham Forest open the evening and were entertained with festive songs from our school choir. We hope to make this an annual event to celebrate the talents our students have.



LONDINIUM!

In October, a group of year 7 and year 8 students spent a day at the Museum of London finding out about some of the ancient inhabitants of London. During the day the students got the opportunity to discover some amazing things about the lives of these people through the permanent museum exhibition as well as actually handling some of the artefacts that have been found under the streets of modern London. Some students dressed up as citizens of Londinium and everyone took part in writing speeches to encourage the armies of Rome and the ancient Britons under Boudicca. It was a great day out!



Professional Interview Day

On Thursday 23rd November, Kelmscott School welcomed guests from a wide range of businesses, local government and educational institutions to interview our ambitious year 10, 11 and 12 students.

At Kelmscott, our aim is to raise aspirations and provide students with the knowledge, confidence and experience to make well-informed realistic choices about their futures and prepare them for their next stage in work and life after Kelmscott. Our Professional Interview Day is an annual event which supports our aim, giving students the experience of preparing for and participating in a mock interview, giving them a taste of adult life and inspiring them to strive and succeed. It was an exciting day! Our students really enjoyed the experience and were given some great feedback by the employers.

Sefika Mehmet
Head of Careers Education



Eye Health Awareness

The importance of good eyesight in childhood cannot be overstated. Around 80% of a child's learning occurs visually, yet many children do not see well enough to reach their full potential. There are more than 1 million children in the UK with undetected vision problems.

It is very important that all children have their eyes tested regularly. Signs a child has a problem with their sight include:

- sitting too close to the TV
- rubbing their eyes a lot or blinking a lot
- holding objects very close to their face
- Difficulty in seeing the board at school or words when reading

Even if children do not show any of the above signs, they could still have an underlying eye condition. Once a child's vision has been checked and is shown to be normal, they should continue to have regular eye checks every 1-2 years because problems can occur at any age. Eye tests will ensure any problems such as childhood conditions like squint and amblyopia (lazy eye) or myopia (short-sightedness) are picked up early.

Children aged under 16, or aged 16 to 18 and in full-time education are entitled to a free annual sight test under the NHS at their local optometrist. Should they need to wear glasses, children are also entitled to optical vouchers issued by the optometrist to help towards the cost.



Eating a rainbow of colourful fruit and vegetables helps ensure young eyes get the nutrients they need to grow healthily.

Foods like tomatoes, melon, grapes and blueberries as well as fish,

chicken, eggs and whole grains are packed with eye-friendly nutrients.

As part of our Eye Health Awareness campaign, YHC members received training from Andrew Davies from Eye Heroes. The YHC were given information about the various eye health problems that can occur, how many people in the UK are affected, activities to promote good eye health and information about eye testing. Students used this training to host their own stand at the recent Health and Well Being Carousel day.

Following on from this training, on Wednesday 8th November the YHC were pleased to invite Bhavin Shah, Behavioural Optometrist / Director of Central Vision Opticians to undertake some student eye screenings. Bhavin completed a range of tests to identify any students who should be referred for more extensive testing.

We would like to thank Andrew and Bhavin for their support with this campaign.



Eye Heroes

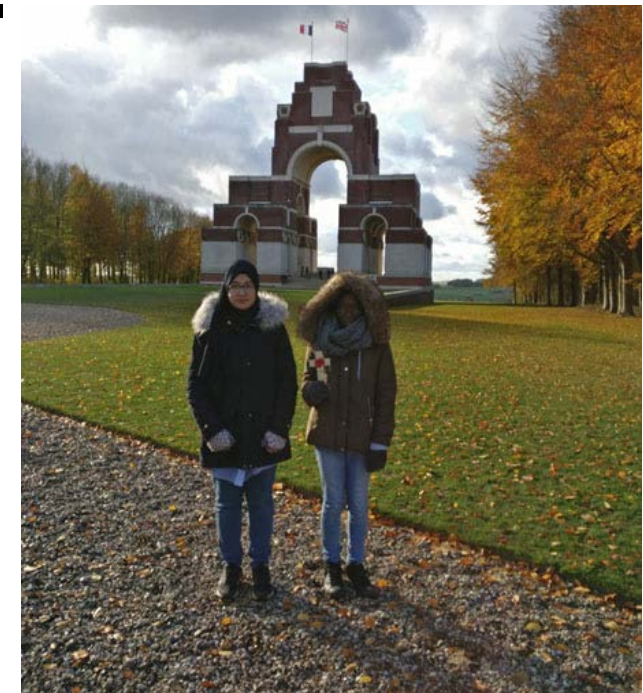


Central Vision Opticians

327 Regents Park Road
Finchley, N3 1DP
020 83431122

HISTORY NEWS....

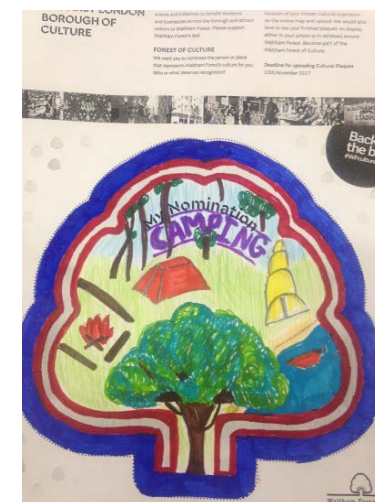
This year at the start of November, Ms Briand and two students from Kelmscott School, took part in the World War One Centenary programmed. They travelled to France and Belgium and took part in a number of First World War activities along with other schools from England. This was an enriching time for the students and teachers who attended and one of the most memorable activities was the comparison of the WWI army uniforms and rations with the modern day army uniforms and rations. The students were able to try on the uniforms and try some of the rations for themselves. They also enjoyed visiting the battlefield and taking part in a battle re-enactment as well as visiting the Menin Gate for the Last Post Ceremony. In fact, Fezya Yesildas, represented Kelmscott School well when she took part in the ceremony and layed down a wreath for the fallen. Both Feyza and Camden enjoyed the trip. This was a great opportunity and we are glad that all who participated enjoyed it.



Waltham Forest of Culture

Students in Ms Dempsey's Year 8 and 10 classes have been uploading suggestions for the Waltham Forest of Culture, the borough's bid to become London's first borough of culture for 2018. They made artwork on the templates and wrote their reasons for their suggestions which included, Kelmscott School, Epping Forest, The Empire Cinema and The Market.

You can take a look at what our young people have contributed at www.walthamforestofculture.co.uk



FOREST OF CULTURE

Back the bid
#WFCulture19

ABOUT THE FOREST

We want you to nominate the person or place that represents Waltham Forest's culture for you. Who or what deserves recognition?

Use the **oak tree template** to create a Culture Plaque, take a photo and upload it to the map using the button below and become part of the Waltham Forest of Culture.

FROM LITTLE ACORNS...

Is there something more needed to completely satisfy your cultural appetite? Tell us what is missing... What else would you like to see in your local area? You can plant an acorn and it may just grow into a mighty oak!

Use the **acorn template** to tell us your idea. Tell us how you think that service, event or facility could benefit young people in your area. Take a photo, upload your acorn to the map using the button below and plant the seed.

Careers Fair

Our annual Careers Fair at Kelmscott School aims to support students, ensuring they are prepared for a successful transition from school to further education, employment or training. On Tuesday 16th October, we held our annual Careers Fair in order to educate our students, inspiring them to broaden their careers horizons and prepare them for the next step of their educational journey. We had a range of employers and training providers from a range of industries as well as colleges who were available to advise pupils in making their decisions post 16. It was a great event which motivates pupils.

Holding a Careers Fair enables us to bring business leaders and college providers on site, in order to raise the aspirations of our students, and to inform them about options after Kelmscott School.

A huge thank you to all those who attended and supported us.

Ms Mehmet
Head of Careers Education



Year 10 Health and Wellbeing Carousel Day

On Thursday 12th October 2017 the Youth Health Champions held a carousel day for all Year 10 students in the hall.

As part of the role the YHC aim to educate and inform young people about a wide range of health topics and issues affecting them today and this event is the perfect opportunity to deliver this message in a fun and interactive way.

The YHC members not only had to manage the event and look after our guests, but they also had to take it in turns to deliver their own message, the Eye Heroes programme, which aims to raise awareness of the importance of regular eye tests and eye health.

Other information available related to personal safety, healthy relationships, personal safety, stop smoking services, dementia awareness, mental health, healthy eating and drug awareness.

Our own School Nurse gave tips and advice on how to manage exam stress and Walthamstow Leisure Centre brought along two bosu balls for the students to test their core stability and balance skills.

Jason and Charlotte from the London Fire Brigade brought along uniforms, breathing apparatus and a “victim” for students to rescue from a mock smoke filled room. Jessica Tunks (YHC member) and Molly Waterfall achieved the best time of just over 26 seconds to save the casualty – an amazing time and thanks to excellent communication skills.

In the afternoon session 14 lucky students were treated to a relaxing mindfulness session to help them learn how to relax.

Feedback from our Year 10s has been incredibly positive with an overwhelming majority having enjoyed the event and found the information incredibly useful.



For their first event the YHC performed incredibly well and our guests praised their enthusiasm, manners, hospitality, commitment and knowledge. Guests praised our Year 10s for their engagement and politeness.

Well done to the YHC, Jessica, Ida, Sarthak, Olivia, Hani, Subhana, Lauren and Isaq.

We could not hold such events without the incredible support we receive from a large number of people and organisations and we would like to thank the following people of making this day so successful and for giving up their time to support it:



- Charlotte Fitzsimmons – Waltham Forest, London Fire Brigade
- Jason Neat – Waltham Forest, London Fire Brigade
- Jamie Jenkins - Borough Commander Waltham Forest, London Fire Brigade
- PC Denise Warner —School’s Officer, Metropolitan Police
- PC Jesse Nixon Rowe- School’s Officer, Metropolitan Police
- Brigitte McCormack - CamQuit Coordinator, Everyone Health
- Lorraine Barnes – Stop Smoking Practitioner, Everyone Health
- Zaya Fullerton - LBWF Public Health Strategist- Child and Maternal Health
- Swabrina Nkoju- LBWF Public Health Strategist - Engagement
- Kirsty Partridge – Service Lead, 722 YP substance use service
- Joanne Bullar—Dementia Development Practitioner, Waltham Forest
- Fiona Cronin – Dementia Action Alliance Waltham Forest
- Reece Omadeli – Walthamstow Leisure centre
- Noel Beckford - Walthamstow Leisure centre
- Amanda Croskell – Young Peron’s Advocate, Safer London
- Diane Bruce - Art Psychotherapist – Waltham Forest CAMHS Primary Mental Health Team
- Andrew Davies - Schools Coordinator, Eye Heroes
- Kelmscott Staff; Ms Stoffell, Mr Benson and Mr Godfrey



Gardening Club News....

A special thanks and a restful holiday to The Kelmscott School Gardening club that includes the following students and staff:

Jumzada, Nesar 12X
Khan, Usman 12X
Tunkara, Mohamed 12X
Stanimira Slavcheva 8C
Carl Henry Elliott 10L
Ivanka Slavcheva 11C
Mastafa Ali Lab Technician

The club managed to plant 350 flower bulbs around the school area facing Markhouse Road.

The gardening club would like to thank the Metropolitan Public Gardens for the bulb donation after a successful bid forwarded by Ms Pam Eirera.

We were allocated:

Species Narcissi Canaliculatus	50
Snowdrops	100
Allium Atropurpureum	100
Tulip Strong Gold	50
Garden Hyacinths Delft Blue	50
Daffodils & Narcissi in Variety	(+/- 325 bulbs per bag)

It has been a successfully year so far for the club that saw them harvest lots of tomatoes, spinach and potatoes, which the club members took home to share with parents.

Mr W Ngirandi
Joint HOD Science.



PE NEWS.....



Year 8 and 9 Girls football team have been playing 7 a side matches against all of the teams in the borough at Salisbury Hall, Chingford. The girls put a massive effort in and played in some very cold conditions.

Well done.
Miss Phillips

