

HAMPSTEAD BUZZ

Highlights and Achievements - ~Autumn Term 2019



T:020 7794 8133

E:enquiries@hampsteadschool.org.uk

www.hampsteadschool.org.uk

HEAD'S MESSAGE

Jacques Szemalikowski

The end of term marks the end of nearly 6 years of building works. Students, staff and the entire community have been remarkably resilient putting up with noise, vibrations, dust and restricted access. For many students, this has been all they have known, so we are all glad it's over.

The works were expertly managed by Ray Pathan, our Site Manager and his team. His oversight has ensured a school for many future generations.

WELL BEING AWARD PROCESS – UPDATE

Liz O'Riordan

Hampstead School is a wellbeing school. Our journey began 5 years ago in 2014 with the publication of the DfE 'Closing the Gap' which gave schools the mandate of auditing and addressing targeted, universal school needs. Part of that journey resulted in the award of AfA Quality Lead Ambassador School, which acknowledges our work with parents, our Rights Respecting school status and the Diana Award, to name but a few.

In April and May 2019 we asked parents and carers to offer their views on issues around wellbeing at Hampstead School, offering us food for thought and action. One of the dominant themes was around developing our website to offer resources and information around wellbeing and mental health issues; we have now established a link on our website,

Parents and carers also asked our Senior Leadership Team to address staff training on wellbeing. In the Summer and Autumn terms 2019 the school put in place 13 hours of mental health and wellbeing training for all staff on Attachment Awareness/Trauma Informed Practice; the biggest commitment of all Camden Schools, to help staff understand barriers to learning.

Over the coming months, we will continue to respond to parent and carers' suggestions, posting updates in Hampstead Buzz and on the website; you will also find our Wellbeing Strategy on the website.

We would like to thank you for working in partnership with us, and if you have any suggestions for improvement, please contact us.

Some quotes from parents:

"The school can't do enough, I know my child is happy."

"My son says everyone talks about resilience."

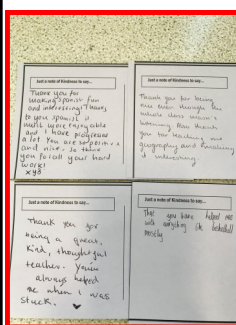
"My child was anxious when she started school, not anymore."

INTERVIEW OF ZEINA, STUDENT WELLBEING LEAD

Hampstead School's *Wellbeing* drive would not thrive if it was simply a staff-led initiative. It would cease to exist if it

was not additionally steered by the student body. Into this role has stepped Zeina of Year 11, who has taken on the role of Student Wellbeing Lead.

The first thing you notice about Zeina, when discussing this issue, is her expertise on how exactly *wellbeing* is being promoted in Hampstead School. She is clearly at the forefront, thanks to her position on the Student Leadership Council, in raising the profile of mental health and wellbeing within the community.



Zeina placed a large focus on making people feel safe within and around the school community, in light of the ongoing issue of knife crime on the streets of Britain, citing the 6 week workshop on weapons' awareness that has been put on for the Year 9 cohort during the first term. 'If a student does not feel safe in school, how are they meant to excel?' she asks.

She is additionally committed to ensuring that more is done to promote this and other issues through the pastoral side of school life, from PSHCRE lessons to tutor time and assemblies. She is determined that students take a lead on developing this, stressing that, 'Learning should be interactive and a presentation delivered by a peer is often more approachable and powerful than from a teacher. It also develops confidence,' she adds.

Communication is key, via avenues such as questionnaires and surveys for students, letters and emails to parents and carers at home. The link to the new wellbeing site is linked on the school's website. Zeina cites a recent survey to which over 600 students and 90% of teachers responded, arguing that 'We cannot improve the school unless we hear the voice of all stakeholders.' It is also imperative, she points out, that everyone has access to the information they need on this topic, notably, the 30 self-help books available in the school's Independent Learning Centre.

Going above and beyond in her role as student link worker, Zeina also has an acute understanding of the staff role in the promotion of wellbeing at Hampstead School. 'When staff are informed, relationships will blossom,' she muses.

Staff have already received several hours of training on trauma informed practice. She argues that it is key that all staff understand just exactly how children develop in different ways and the vast range of possible root causes for their behaviour and actions.

With Zeina at the helm of student voice on mental health and wellbeing, Hampstead School is in safe hands.

ADOMUS INTERVIEWS KAMAL ABOUT HIS RISING CAREER IN JUDO

Hampstead School is home to a selection of talented people who had established inspiring careers after their time in education, and rose to highly-reputable positions in their field of work. From the contemporary novelist Zadie Smith, to Jamie Waylett, an actor involved in the Harry Potter series – the school has its history of esteemed individuals, and Kamal is no exception.

After a near decade of competitions and fights, he has earned himself the title of the number one competitor in Britain for cadets, and his talent is showing a promising start to an even more prestigious position world-wide. But what is Kamal's perspective? How and when did he find his passion, and where has it taken him so far in his life?

Kamal took his brother as an inspiration, who began participating in Judo first - and after winning his first trophy - encouraged Kamal to start competing himself.

Kamal's first competition was on March 2011. The competition consisted of three fights in total, all of which he won. However, more recently, Kamal has been reflecting on his competition results from last year's Nationals. The competition was made up of six fights, four of which he won, but losing the first and the last. He says that this was not discouraging, and he looks back on the memory as overwhelmingly positive, fuelling him to improve.

Regarding his favourite aspects in Judo, Kamal says that the sport has given him the opportunity to travel around different countries, where he is able to meet new people and make new friends. Judo has taken him across Europe extensively, including countries like Germany, France, Switzerland and Italy. If Kamal continues to show consistent progress in his squad, his success will enable him to travel even further across the globe to China, Japan and South Africa. He also enjoys the sense of achievement from competing against other people nationwide. Judo has helped Kamal with stress inside and out of school, and has generally helped boost his well-being and keep his head clear as he prepares for his GCSE examinations.

After nearly nine years of persistent determination, it is not uncommon for most people to feel burned out or overwhelmed, even if it is regarding a sport or hobby that they are passionate about, but when asked what keeps him motivated if he ever feels overworked, Kamal explains that he strives to "think about all the positive things he has achieved so far, and what he perseveres". He is due to receive his black belt in February 2020.

When asked what advice he would give to other people beginning Judo – or those considering trying it out – Kamal said: "Try your best and go for it. It could be the best thing that ever happened to you." Advice that he got from his own brother and coach, and that he has used to create his stellar career as Britain's top performing Judo fighter.

KEEPING CHILDREN SAFE

Heather Daulphin

This half term, the school has continued its 'universal' approach to Keeping Children Safe, promoting positive emotional health and fostering fundamental British values

– democracy, the rule of law, individual liberty, mutual respect for and tolerance of those with different faiths and beliefs and for those without faith.

All of Year 9 students participated in the weapons awareness programme, delivered by the Detached Team from Camden. This was an in depth 6-week programme which aimed to raise awareness of knife crime and prevent and deter young people from carrying knives and other weapons. Both staff and students found the programme to be hard hitting, informative and very honest.



A small group of our Hampstead Anti-bullying peer supporters (HABZ) and Year 12 prefects participated in the Solution not Sides workshop. This programme used the Israeli-Palestine conflict to illustrate the importance of discourse and evidence-based

understanding of each other's positions. Solutions are thus more possible. The seminars are part of the school's drive towards encouraging pro-social behaviour.

Here at Hampstead School, we continue our journey to becoming an Attachment Aware/Trauma-Informed school. KCA, one of the country's leading providers in this field have now completed the whole school training and are working with a small change team to look at how this can be sustained and embedded. An important element of this development is the move towards restorative conversations to remedy misdemeanours. Restorative Justice for Schools has worked with middle leaders, who are now cascading to all staff.

These developments are exciting and constitute a major shift in ethos and student self-management, both in and out of school.

BioMedia MELTDOWN PROJECT

Laura McDaniel

Last month Hampstead School welcomed The BioMedia Meltdown Company. The purpose of this day was to enrich our students in a STEAM curriculum and Year 7 worked with the project leaders to create wonderful pieces of Artwork that combined scientific discoveries and modern technological skills.



It was a delight to see our Year 7 students so engaged and demonstrating outstanding team work. The work produced has been entered into a national competition and we look forward to hearing if Hampstead School has some winners.

STEAM COMPETITION

Laura McDaniel

Every month Hampstead School holds a STEAM Competition that is open to all students and November's competition was a huge success. It involved students using Science, Technology, Engineering, Art and Mathematical skills to design and build a catapult. It was delightful to see students from Years 7 to 12 working together demonstrating leadership skills, effective communication and problem solving.

Well-done to the three Year 9 students who won tickets to Thorpe Park and we look forward to 'The Great Hampstead Bake Off' in December.

CITY YEAR

Indra Mitra-Duggan

City Year continues to work with Hampstead School to mentor students and run extra-curricular clubs.



In addition they have also been supervising breakfast club; running sports activities in the MUGA area; mentoring and encouraging students to read, as part of the Year 8 reading programme; accompanying trips and taking an active role in the Student

Leadership Team.

Next term they are looking forward to overseeing an art project sponsored by Credit Suisse and run by the National Gallery and running a Spelling Bee and public speaking competition.

DESMOS ART CREATION

Madeleine Caulfield

In November, Year 12 Mathematics students were challenged to create art using Desmos, an online graphing software, which were submitted to the MEI Desmos Maths Art competition.

The standard of work they produced was incredible. Congratulations to Nicoll, 12.7 who won the top prize. His work will be featured on the MEI website. He has also won a Desmos T-shirt and a pizza party for his class.

Here is a link to his work: <https://www.desmos.com/calculator/jhlhao2m3t>

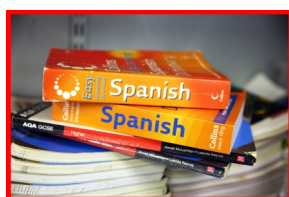
Here are the links to the other entries from Hampstead School:

<https://www.desmos.com/calculator/vwgiakpen0> (Kyaw, 12.6)

<https://www.desmos.com/calculator/xboz9yl4kh> (Batul, 12.4)

KEY STAGE 3 LINGUISTS OF THE TERM CELEBRATED

Anna Pau



The Languages Faculty were extremely pleased to reward students for their excellent efforts in class by naming 'Linguists of the Term' for Year 7, 8 and 9. Our hard working linguists were honoured in assemblies and awarded with

certificates and copies of Spanish or French dictionaries for their efforts.

Year 7 students were further rewarded with a trip to a special

cinema screening for schools. We look forward to celebrating our future termly linguists.

GIRLS' BASKETBALL TEAM

Monica Ande

This season, the Year 9 and 10 Girls' Basketball team competed in the Girls' Camden Shield competition. The students played in 4 games over a 2-week period at our neighbouring schools, Haverstock and UCL Academy.



Each game was played at a high level, with focus and determination from all students and an understanding of great sportsmanlike behaviour.

Our MVP (most valuable player) was Dianara who has been scouted to play for Camden and trains regularly at Hampstead School with boys and girls.

Her teammates comprise of Asha, Lana, Tanayah, Raissa, Shoyntae, Amerie and Norina. Each player scored baskets, supported their team mates and defended their goal.

The players were unable to play in their last two games due to injuries on the team but enjoyed participating and look forward to having another successful season next year.

BASKETBALL SEASON – YEARS 7 AND 8

On 4 December, Year 7 and 8 girls kickstarted their Basketball season with three wins and one loss.

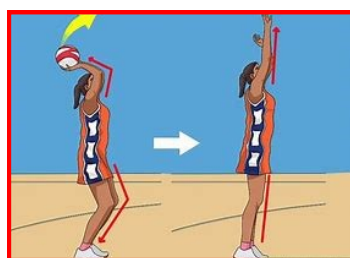
All the girls scored a basket in a tight game against Acland Burghley but lost at the buzzer 12-10. This did not deter their spirit and they went on to win the next game against Regent High School 12-2.

Arwa and Farah in Year 7 played in the Year 8 game to support their peers. The starting 4 included Anzuman, Ashila, Aya and our extraordinary mathematician Nusrati. They won their first game against Acland Burghley 8-6 and then played a 4 v 4 game against Regent and won 14-4.

Hampstead School will host the Basketball games on 11 December in the Sports Hall at 1600.

PE INTER-FORM SPORTS COMPETITION

Justin Hitchman



In the week beginning Monday 9 December, Years 7 and 8 will be involved in the school's P.E. Inter-form Sports competition. This is where sides from their Year Group compete against each other, in team sport such as basketball, handball and netball. All teams will be mixed and it will be a fun week of developing students' teamwork skills.

YEAR 7 ANTARTIC FLAG COMPETITION

Kate Stockings

Since October half term, Year 7 students have been studying Antarctica in their lessons and were given the opportunity to take part in a competition to design a new flag for the continent, organised by the UK Polar Network. Over 100 Year 7 students submitted entries and the 5 winning designs have been sent to a scientist in Antarctica.



We will shortly receive a photo of the entries flying in Antarctica.

CAMDEN TAKE OVER DAY

Linda Pryce



On Friday 6 December, a group of students from Years 7, 9 and 10 went to the Camden Take over Day. This was held at the Crowndale Centre and students took part in workshops where they made a presentation to perform to the Mayor of Camden, Martin Pratt, Executive Director, Camden Learning, Councillor Maryam Eslamdoust and Anne Turner Director of Children's Safeguarding and Social Work.

The topics were: Global Warming and Pollution, Healthy Eating, Keeping Safe in Camden and Knife Crime.

MyEd App

Margaret Johnson

Have you signed up yet?

Hampstead School continues to improve communication with Parents/Carers. The MyEd App alongside text and e-mail communications has shown an improvement in our partnership. However, there are still some Parents/Carers who have not yet subscribed to the MyEd App or informed the school of changes to their contact details. Failure to inform the school of changes means that you may not be receiving all communications sent out by the school. More importantly we must be able to contact Parents/Carers in an emergency.

Parents/Carers are encouraged to download the App by going to the App Store and searching "My Ed".

In the current climate of efficiencies, the e-mail service is preferable to sending costly postal communications.

Please also do not unsubscribe to the school's e-mail service.

DIARY DATES AUTUMN TERM-2019

Breakfast served every morning from 0800

[Please refer to the Calendar Dates on the school's website for updates]

Breakfast Club every morning—0800 to 0830

19 Dec—Term Ends for Students

[Students dismissed at 1230]

Christmas Break—20 Dec 2018 to 3 January 2020

6 Jan 2019—Inset Day [School closed to students]

7 Jan—ALL students start @ 0830

7 to 17 Jan—Year 12 Pre Public Examinations

15 Jan Yr 8 HPV (1st Dose)

16 Jan—Year 9 Teenage Boosters

16 Jan—Year 9 Parents Consultation Evening—1630 to 1900

20 Jan—3 Feb—Scholastic Book Fair

23 Jan—Governors Curriculum & Assessment Committee @ 1700

24 Jan—Year 10 Teenage Boosters

27 Jan—Year 9 Progression Day

29 Jan—Governors Site & Finance Committee @ 1700

30 Jan—Year 10 Parents Consultation Evening @ 1630 to 1900

3-7 Feb—Sixth Form Mid-Year Review

6 Feb—UKMT Maths Challenge (Intermediate)

4 Feb—Year 9 Pathways Evening

10—14 Feb—Year 12 BTEC Work Experience [week 1]

11 Feb—Governing Body Meeting @ 1700

17—21 Feb—Half Term Break

24—28 Feb—Year 12 BTEC Work Experience [week 2]

24 Feb—13 Mar—Year 9 Individual Pathways Conversations

27 Feb—Year 9 Parents Consultation Evening @ 1630 to 1900

6—15 Mar—British Science Week

4 Mar—Governors Personnel Committee @ 1700

7—10 Mar—Disneyland Paris Science Conference (Year 9)

12 Mar—Governors Quality Assurance Committee @ 1700

20—21 Mar—Duke of Edinburgh Practice Expedition (Year 10)

23—27 Mar—Year 10 Work Experience

25 Mar—Year 11 Geography Field Trip

25 Mar—Governing Body Meeting @ 1700

3 Apr—Term Ends for Students @ 1500

6—17 Apr—Easter Break

20 Apr—INSET Day—School closed to Students

21 Apr—All Students start @ 0830

28 Apr—Governors Quality Assurance Committee @ 1700

30 Apr—UKMT Maths Challenge (Junior)

6 May—Governors Site & Finance Committee @ 1700

11 May—Governing Body Meeting @ 1700

TERM DATES—ACADEMIC YEAR 2019—2020

Autumn term: *2 September 2019– 19 December 2019

3 September 2019—Year 7 start at 0830

Year 12 start at 0940

4 September—Year 7 only

5 September—All students return at 0830

Half term: 21 October to 25 October 2019

Spring term : *6 January—2 April 2020

Half term: 17 February—21 February 2020

Summer term: 20 April—21 July 2020

Half term: 25 May—29 May 2020

INSET DAYS [School closed to students]

*Monday 2 September 2019

Monday 2 December 2019

*Monday 6 January 2020

Monday 20 April 2020

Friday 26 June 2020

Article 18 (parental responsibilities)

Both parents share responsibility for bringing up their child and should always consider what is best for the child.