



Ethos statement: We believe that through individual commitment, self-discipline, integrity and respect for others, we inspire everyone to learn.

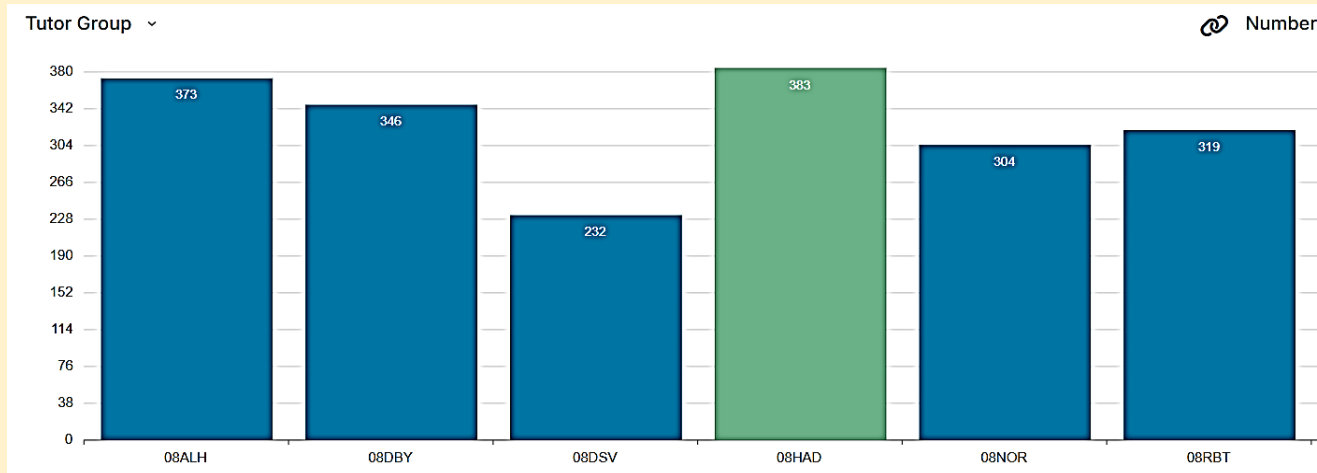
Welcome back to Year 8 Newsletter - Ms Gbolonyo and Mr Salter

The entire Year 8 team would like to say a huge welcome back to the students. The first two weeks back in Year 8 have been marked by a strong commitment to positive conduct and diligent hard work. Students have returned with renewed energy, demonstrating a focus on learning and a positive attitude toward their studies. This has been evident through the numerous 'teacher shoutouts' that I have shared with students during our assemblies.

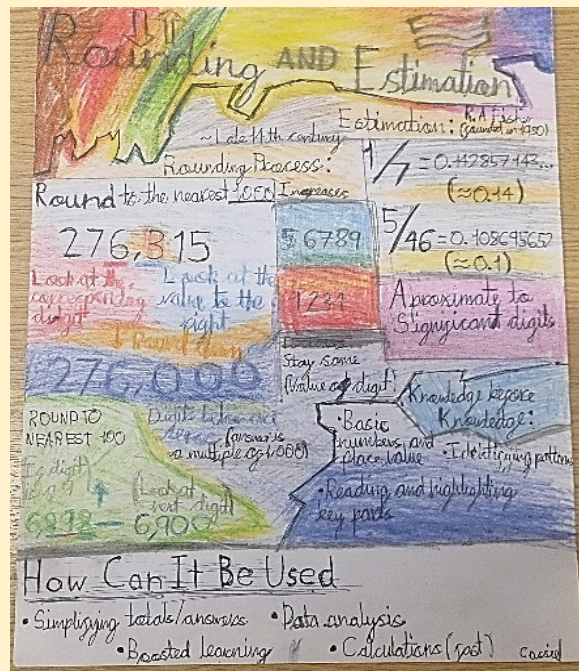
Well done to all the students below making it on to the top 10 positives list. Special mentions to Munasar and Rayaana with over 20 positive conduct points for last week.

TOP 10 POSITIVES			
First Name	Last Name	Tutor Group	Sum of Points
Munasar	HASSAN	08HAD	24
Rayaan	TAHLIL HASSAN	08ALH	20
Charlotte	BARNETT	08DBY	19
Diana	PETROVA	08HAD	19
Asma	TAHIR	08NOR	19
Steven	BARRETO	08NOR	18
Da-juae	DAVIS-HARDING	08HAD	18
Lucas	WOODHAM	08RBT	18
Alia	XASRAW	08HAD	18
Georgia	CHANDLER-SHAW	08NOR	17

Huge congratulations to 8HAD tutor group achieving the highest positive points as a group for last week.



I want to also take this opportunity to celebrate the high quality of holiday homework submitted to various subjects. Well done to all the students that have submitted high quality holiday homework on time. See an example of Cassiel 8RBT creative maths holiday homework task.





Thought for the Week

'Kind words can be short and easy to speak but their echoes are truly endless.'
Mother Teresa



Throughout these initial weeks, students have displayed a proactive approach to their work, maintaining a high level of participation in lessons, engaging with new topics, and completing assignments on time. Many have embraced challenges with enthusiasm, developing problem-solving skills and taking ownership of their learning. We look forward to seeing this continue throughout the year.

Key Year 8 Dates

Parents' Evening Wednesday 19th November 2025

Post-16 Induction – Ms Hodgson & Ms Hoy

On Friday 12th September, Year 12 students took part in their Post-16 Induction. During the vocational session, they explored key skills for success, including managing deadlines, understanding plagiarism and the use of AI, identifying reliable sources, referencing correctly, and developing independence as learners. By the end, they were well-prepared with the tools they need to thrive.

Alongside the vocational session, Ms Hoy led 'What makes a good A-Level student'. We explored how a combination of effective organisation and smart time management is crucial for academic success. We also discussed how engaging in a hobby can strengthen job prospects and university applications. One of the key messages for students was to start preparing early and see revision as a continual cycle, not something you just do before an exam.



Creative Writing – English Department

For this our first English entry of the new school year, we have a regular contributor to the newsletter from Year 11. Well done to Isadora Cometti (11WSH) for the descriptive, emotional, and suspenseful writing in this short story!

The morning unfurled slowly, sunlight spilling through the curtains like liquid gold. The air smelled faintly of salt, though the sea lay miles away, carried inland by the wind. Her porcelain fingers hovered over the keys before descending: one note, then another, a ripple that became a current that became a river. The piano filled the room with its voice – cascading, relentless, alive. She let herself believe, for a moment, that these walls were not limits but wings.

Her music painted possibilities across the room. The cracked plaster became a theatre, the battered table an orchestra pit, the light fracturing on the floor into stained glass. Each note shimmered like a promise. One day, she thought, she would play beyond these narrow walls. One day, the world would listen. Even the silence of her husband could not smother the song inside her: melancholic lullabies that pierced her soul.

Suddenly, her playing grew bolder. She imagined her music spilling through the window, carried by the breeze, catching the ear of someone passing by – a neighbour, a stranger. Someone who would stop and marvel. The thought of achieving brilliance and mesmerising the world made her press harder, faster. The piano was her lifeline, her map of the labyrinth of domestic days.

But he did not hear her beauty – he heard betrayal.

The newspaper rustled in his hand, ink smudging his rough fingers until they seemed bruised. He did not look at her, not directly, but his eyes trailed the movements of her delicate body in the reflections on the glass. Her music was not his. It belonged to someone else, to anyone else who might applaud her. The thought tore at him, sharp and merciless.

“Do you have to play so loudly?” The line cracked the air like a whip, but it was swallowed almost immediately by the swell of her answer.

Louder. Brighter. Triumphant.

The sound pressed against him, pressed him back into his chair, made the walls thrum. It was unbearable: a house transformed into a stage, a wife transformed into something untouchable. His chest tightened. His hands shook. He tore the newspaper in half, then in quarters. The fragments littering the floor like dead leaves and mirroring her shattered heart.

In his mind, he saw faceless crowds: their applause rising like a tide, their eyes fixed on her, their admiration stealing her from him. Each chord at the piano became their cheer, each crescendo their claim. The music was a thief. And he – the husband, the anchor – was left adrift.

The piano swelled: a storm within, a storm without. He rose. Each step a drumbeat. The crescendo foreshadowed its own end, and still she played. Radiant. Defiant.

And then – silence.

A silence heavier than sound, thicker than grief, absolute as the sea.

Careers Choices Magazine - Ms Stewart

Careers: Choices Magazine is dedicated to helping you and your children make important decisions after turning 16.

Making post-16 choices can be both daunting and exciting. To help, this magazine includes links to many useful sites. As ever, if your child has any questions come to the Careers Department: Do your research and always have a back-up plan.

The Careers Department will have information, advice, and guidance on:

- Qualifications and subjects
- Choosing a sixth form, college, or apprenticeship
- Choosing a career
- CVs, job applications and interviews
- University

https://issuu.com/edt23/docs/choices_magazine_2025-26?authuser=0



ICP_Choices-Magazine 25.26.pdf



Scan me!

Parent & Carer Alert: The “Salt & Ice Challenge”

A dangerous online trend is resurfacing where children put salt on their skin and press ice on top.

- ☞ This causes serious cold burns (like frostbite).
- ☞ Injuries can need hospital treatment and even skin grafts.
- ☞ Young people may not realise the damage until it's too late.
- ✓ First Aid: warm area with immersion in warm water for 30 – 60 minute, cover with clean cling film, and seek medical help.
- ✗ Do NOT Rub or massage the area to avoid further tissue damage, Do Not use ice, creams, or fluffy dressings.

Dates for Your Diary

Thursday 25th September 2025 – Year 10 Parents' Workshop
Friday 26th September 2025 – Year 7 Enrichment Fayre
Thursday 2nd October 2025 – Open Morning
Tuesday 7th October 2025 – Open Morning
Thursday 9th October 2025 – Open Evening
Friday 10th October 2025 – INSET Day
Tuesday 14th October 2025 – Open Morning
Wednesday 15th October 2025 – Open Morning
Thursday 16th October 2025 – Open Morning

The SWLSTG Education Wellbeing Service is offering lunchtime and evening parent Webinars across the year to help support your child's wellbeing and mental health.

You can sign up to any of their free webinars by copying this URL:

<https://www.eventbrite.com/cc/secondarycollege-parents-wellbeing-workshops-725989?utm-campaign=social&utm-content=creatorshare&utm-medium=discovery&utm-term=odclsxcollection&utm-source=cp&aff=escb>

Education
Wellbeing
Service

NHS
South West London and
St George's Mental Health
NHS Trust

Upcoming Events For Secondary Parents Autumn Term 2025

Supporting your teenager's mental health webinars

10TH SEPT 25
7.30 PM-8.30 PM



SCAN OR CLICK HERE

Mental Health During
the Teenage years

17TH SEPT 25
12.30 PM-1.30 PM



SCAN OR CLICK HERE

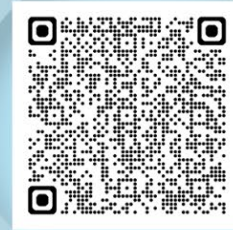
23RD SEPT 25
1 PM-2 PM



SCAN OR CLICK HERE

Getting into school -
common challenges and
supporting school
avoidance

24TH SEPT 25
6 PM-7 PM



SCAN OR CLICK HERE

To view further event details and descriptions, and to book on to any of the webinars, please scan the QR Code or follow the link to our Eventbrite collection.

[Click here](#)



wellbeinginschoolsevents@swlstg.nhs.uk

We also provide free 1:1 early help support programmes for young people to support with anxiety or low mood. Speak to your school to find out more.



Wandsworth Family Hubs

Online Workshops for Parents/Carers

September - December 2025

Monday 1 - 2.15pm,
some Wednesday mornings and some evening workshops!

Grab yourself a cuppa and enjoy some helpful tips and support on a range of topics aimed at the **under 5s** from Wandsworth colleagues and partners, **all online**

Date and Time	Workshop	Delivered by
Monday 8 th Sep 1 - 2	NSPCC Talk PANTS Simple conversations to help keep your kids safe	Hayley Garner
Wednesday 17 th Sep 10-12	Overwhelm, meltdowns and shutdowns Please book directly using this link https://www.eventbrite.co.uk/e/1509418624739?aff=oddtcreator	London Autism Hub
Monday 22 nd Sep 1 - 2.15	Communication and language for the under 3s	Joanna Hardman Highly Specialist Speech and Language Therapist
Monday 29 th Sep 1 - 2.15	Understanding the importance of health checks	Early Years Advisors
Monday 6 th Oct 7 - 8.15pm *evening*	How you can support your child with social communication differences	Joanna Hardman Highly Specialist Speech and Language Therapist
Monday 13 th Oct & Monday 8 th Dec 1-2.15	Introduction to solids	Daisy Gresswell Infant feeding lead
Wednesday 22 nd Oct 10 - 11.30	Positive Parenting in the Early Years	Shravani Purandare CAMHS under 5
Monday 3 rd Nov 1 - 2.15	Pathways of Support for children with emerging needs	Monika Hammel-Lobo & EY Send Inclusion Team
Monday 17 th Nov 7 - 8.15pm *evening*	Enjoying time with your child part 1: Understanding their behaviour	Henrietta Ogbonna Educational Psychologist
Monday 24 th Nov 7 - 8.15pm *evening*	Enjoying time with your child part 2: Approaches and strategies to support positive behaviour	Henrietta Ogbonna Educational Psychologist
Monday 1 st Dec 1 - 2.15	Developing a love of reading through play	Tara Coffin Learn2love2read

To book onto a workshop you can scan the QR code or click on the link below
<https://forms.office.com/e/qXdqNSEn20>
 For more information contact Hannah.skaife@richmondandwandsworth.gov.uk



Helping Children Feel Confident, Calm & Happy

Support For Parents/Carers

WHAT WE OFFER

- Friendly, practical **1:1 support for parents**
- **6-8 week parent sessions** with proven strategies
- **Free online webinars** on children's wellbeing
- Resources and **recorded workshops** to use anytime

- **Calmer routines** and **fewer conflicts** at home
- Children feel **more confident** in new and social situations
- Children **learn to cope with worries** and **build resilience**
- **Parents feel supported**, reassured, and not alone

HOW IT HELPS

WHAT PARENTS SAY

"The support was fantastic - I felt listened to and encouraged."

"We now have calmer routines at home and my child is happier at school."

"I'd recommend this service to any parent."

Speak to your child's school for more information

Scan the QR code to sign up directly



We have an Eventbrite page where parents and carers can **book upcoming workshops and webinars**



HOW TO ACCESS SUPPORT

For more information, please go to: <https://swlstg.nhs.uk/education-wellbeing-service>, or email the team at EWSinfo@swlstg.nhs.uk

Education
Wellbeing
Service

Helping Your Young Person Feel Confident, Calm & Supported

Support For Students

WHAT WE OFFER

- Friendly **1:1 wellbeing support** in their school
- **6-8 weekly individual sessions** with **practical tips** they can use straight away
- **Online resources** and **videos** to boost their wellbeing
- Free Parent webinars on adolescent wellbeing

- **Better sleep** and **more energy** to get through the day
- **Feel more confident** in **social situations** and with friends
- Learn ways to **manage worries, stress, and low mood**
- Stay **focused** and feel **more motivated**

HOW IT HELPS

WHAT STUDENTS SAY

*"It was simple and **easy to understand** and it was more like you were **chatting to a friend**."*

*"They **helped me learn to avoid being anxious** and they helped me **know solutions to stop anxiety** if I ever feel anxious."*

To refer to our service, speak to your teen about reaching out to their **tutor, Head of Year, or school wellbeing lead**

We have an Eventbrite page where parents and carers can **book upcoming workshops and webinars**

HOW TO ACCESS SUPPORT

Visit our **YouTube** channel for our wellbeing videos



SCAN ME



SCAN ME



FREQUENTLY ASKED QUESTIONS

What age range do you offer advice for?

We provide free, confidential advice to all parents and carers of young people aged 0-25.

What kind of issues do you support with?

Our advisers are equipped to support you with anything that your child is going through. Including school avoidance, behavioural challenges, worry, ADHD, low mood and much more.

Is there a long wait time on the calls?

We aim to answer our calls as quickly as possible. But if there is a queue you can select the option for a call back within two working days or chat with us online.

What can you support me with?

Our service provides free, practical advice on how you can support your child's mental health. No matter what your child is going through, we are here to guide you when they need you the most.

How can I access the helpline?

You can call our Parents Helpline for free on 0808 802 5544, speak to us online by scanning the QR code on the back of this leaflet or learn more by visiting: www.youngminds.org.uk/parents-helpline

What happens when I contact you?

However you contact us, you will receive specific guidance from one of our expert advisers that will help you to understand your child's behaviour and give you practical advice on what to do next. All conversations are confidential.

Please note that we cannot advise on medication, counselling / therapy treatments or diagnose mental health conditions.



15,000+ parents and carers supported last year

89% of helpline users felt more confident after a call

"The person I spoke to was so helpful. She listened and signposted me to a wealth of other resources at a time when I was so distressed I had no idea which way to turn. For the first time, I felt as though there was someone out there for me - who could help me through all this." - Helpline caller

IS YOUR CHILD GOING THROUGH A TOUGH TIME?

Call our Parents Helpline on

0808 802 5544

or visit youngminds.org.uk/parents-helpline

Free language translation and interpretation services are available.

YOUNGMINDS

No matter what your child is going through, we're with you.

Learn more

