

## PARENT BULLETIN

**Week Ending: Thursday 19<sup>th</sup> December 2019**

### **Note from the Headteacher, Ms A Sharma:**

It has been a truly fantastic year at Villiers High School. There have been many achievements of our students and staff that we are truly proud of and some of these are summarized in our termly report attached with this bulletin. Please take time to browse through and also have a careful look at two other attachments – one on safeguarding and the other is our Library newsletter. All of these reflect not just our achievements but also our commitment to educating students to be safe and resilient both physically and mentally as well as prioritising reading. Please encourage your son / daughter to relax over the holidays, read something that is of interest to them and always be safe. Have an enjoyable break and best wishes for the New Year.

### **Villiers Christmas Fair:**



Staff and students came together on Monday and Tuesday this week for our annual Christmas Fair, which was held in the Library. We managed to raise over £200 in two days, which is fantastic news! Many thanks to everyone who donated items, baked cakes and who bought items. It is important that our staff and students think about those who are less fortunate than ourselves especially at this time of year.

### **Year 13 Sports Leaders:**



*Y13 Sports Leaders: Joyal, Merlin, Khadijah, Megan, Shukri, Rhiya, Luqman, Ilyas, Akshay, Gurshaan, Dharmik, Natasha, Akilash, Anil, Manan, Vishnu & Kavita*

This half term, Year 13 Sports Leaders ran sports events such as Athletics and Netball with younger children from local primary schools.

We received very positive feedback from schools who were extremely happy with the way our Sports Leaders ran these events. As it is their last year at Villiers, we want them to know that we appreciate all their hard work and their commitment to this school and their impressive interaction with the younger children. They have represented the school very well and we are very proud of them.

### **Achievement Certificates:**



*Jiya, Rhea, Sybyl, Adrian and Ravninderpal receiving their certificates from Ms Sharma*

Five outstanding students have managed to earn in excess of 200 achievement points since the beginning of term. Congratulations to Rhea, Sybyl, Ravninderpal, Jiya and Adrian who received the certificates from the Head Teacher. All students were from Year 10 and their Head of Year celebrated their hard work, effort and commitment by offering certificates and a reward trip.

### **Sixth Form contribution to Year 11 Mock Interviews:**



On Thursday last week, we held an extremely successful Year 11 Mock Interview Day, as you would have read in last week's bulletin. Employers from companies such as JP Morgan interviewed our students. In addition to the employers 5 of our Year 13 students also participated in the interview process. Miss Bedi our 'Connexions' PA put the Year 13 students through a vigorous training programme before the event so that they were prepared for the etiquette and process of interviewing. After the event, they all commented on how useful it was to sit on the other side of the desk, to listen and evaluate the responses to their questions rather than being the ones who were answering the questions. Congratulations to Rhiya, Kavita, Rohid, Daniyal and Shukri on their success with interviewing the Year 11 students.

### Year 9 – 'A Christmas Carol'



Students from Uxbridge College came to perform "A Christmas Carol" for Year 9 students today. They gave an inspirational performance full of light, sound, costumes, stage design all done by the Uxbridge College students themselves. Our students and budding thespians enjoyed and learnt a great deal from their performance.

### Southall Christmas Community Event:



We are proud of our students who performed at last night's community event in Southall - showcasing the school's talent amongst other fun and festive performers. Well done to the Villiers Musicians!

### Year 11 Parents' Evening:

Year 11 Parents Evening will take place on Thursday 16th January, from 4:30-7pm. This will be an opportunity to come and meet your child's subject teachers to discuss their recent Mock Exam Results and find out what they need to do to improve before their 2<sup>nd</sup> round of Mock exams, which begin on Monday 24th February. Please make every effort to attend, as this will be the last chance you will have to find out how prepared they are for their future.

### Speakers Series:



6th Form students took part in a debate on euthanasia on Wednesday this week. Paul Kaufman, Chair of East London Humanists, Paul Levy, Minister of Ealing Presbyterian Church and Ustadh Nooruddeen, a local Muslim speaker and Islamic expert, debated whether it was ever right to purposefully end the life of a human being suffering from terrible pain. Humanist and religious arguments were weighed against each other with students agreeing, by a very small margin, that euthanasia should be legalized in the UK. Students interacted with the visitors and each other confidently and displayed excellent maturity.

### Uniform:

Please ensure that your child complies with the School's uniform policy which includes no makeup or nail varnish as well as no 'extreme' haircuts i.e. nothing below Grade 2, no patterned haircuts and no large jewellery.

### Dates for your diary

**7/1/20:** Spring Term begins (Tuesday): students should arrive for form at 08:30am

**16/1/20:** Year 11 Parents' evening



# One of the UK's best

## Villiers makes list of best performing schools for GCSEs



Headteacher Aruna Sharma (third from right) and her staff have been praised for the school's performance over the past year.

### Surpassing our high expectations

**Chair of Governors Ms Mee writes of her pride in what has been a truly outstanding year for Villiers High School.**

I am running out of superlatives to describe Villiers High School's many achievements, details of which you will have read in the Weekly Bulletins.

Villiers is very fortunate to be led by Ms Sharma, a remarkable, talented and inspirational leader who is ably supported by her outstanding senior leadership team.

Ms Sharma has been the catalyst for the new building developments and updating the equipment that has improved the students' school experience but most importantly, this year's GCSE results.

The Senior Leaders and the Governing Body knew from the school's data that this year's GCSE results surpassed our own high expectations.

However, when it was confirmed that the results were not only among the best in Ealing for progress made by the students, but in London, and in the country we were delighted.

Villiers High School has for many years performed well in exams but this year's results reflect how much the school has improved.

Whilst it has been Ms Sharma's inspired leadership that has driven the rapid improvement, I know she would be the first to acknowledge the significant role played by our dedicated and hard-working teachers and support staff.

It was they who stayed behind after school, came in at weekends and during the holidays to ensure our students were ready and prepared for their exams.

As a result of their dedication, the students have the foundations to achieve their ambitions including the best universities and top professions.

I take this opportunity to thank the governors of Villiers High School who volunteer their time to work towards making Villiers the best in the country, not only for amazing results but also to give each child the opportunity to have the best education.

VILLIERS has been ranked in the top 30 best performing schools in the country for GCSE results, according to figures released by the government in October.

The school made the list this year with a Progress 8 score of plus 1.09, which means students earn on average over a grade higher than at other schools.

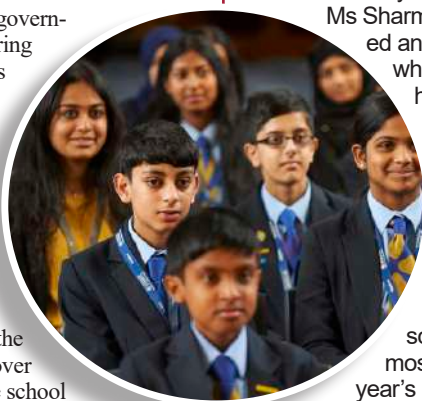
Progress 8, which is the government benchmark for measuring school success, charts pupils progress from when they start and leave school.

The incredible results mean the school, rated Outstanding by Ofsted last year, is the second highest performing school in Ealing, and in the top 10 in London.

The results are made all the more incredible given that over 83 percent of students at the school have English as a second language.

The school's remarkable transformation has been presided over by Headteacher Aruna Sharma who took over just over two years ago.

She said: "I am proud of all the hard work and commitment shown by our students and staff. It is great to see our students achieve the best they can, providing them with the platform for further studies and careers of their choice."



## Inspired by uni scheme

BRIGHT Villiers students are taking their first steps towards applying for a place at the country's top universities.

More able Year 9 students take part in fortnightly classes across a variety of challenging topics, run by St John's College, Oxford.

The college's Inspire Programme is aimed at stretching bright students academically and giving them the confidence and skills to apply for the best universities.

The topics studied this term include philosophy, DNA and ethics. The classes are run by English teacher Mr Tonge.

Student Jibril said: "We learnt a lot that would be too advanced to be in a normal Year 9 lesson, a lot of it is at university level. It helps you to get ahead of your learning."

"It means when you come back to studying in normal class, all of a sudden the stuff you are learning seems slightly easier because you have been working at that higher level."

Student Lovedeep said: "I don't think I ever thought I would be able to study at a place like Oxford, that seems like a hard place to get to."

"Having been part of this programme, I now think it is possible because it has given me a lot of confidence. The work we are doing is hard but we are able to do it, that makes you feel like you can achieve these ambitions."

## Enrichment Fair success

STUDENTS learnt about all the exciting clubs and societies on offer at Villiers at our annual Enrichment Fair.

Assistant Headteacher Ms Nagi said: "Students had the chance to discuss and choose the various extra-curricular clubs and activities, available to them."

"This term there was a great turnout and many students signed up for these clubs. Please encourage your child to get involved in these clubs."

# Nursing essay is best of the bunch



Indjot came first in the Black History Month writing competition.

NURSING pioneer Mary Seacole was the inspiration behind the winning entry of our Black History Month essay writing competition.

Year 7 Indjot's paper on the British-Jamaican nurse who set up the "British Hotel" behind the lines during the Crimean War impressed judges with depth of research and quality of prose.

Indjot said: "It was very special to win because I really did not expect to come first. I really enjoyed writing about Mary Seacole because she is such an inspiring person."

"The way she managed to overcome racism and adversity and do something really positive

like help people is incredible."

The writing competition was part of a wider programme of events held at the school which also included assemblies and classroom discussion.

Year 11 Ratchana said: "Black History Month is incredibly important, particularly in schools like Villiers where there is a huge amount of diversity."

"It is important for us as a school and community to recognise and celebrate the figures in our history who have made a valuable contribution."



## Creativity flows at workshop

BUDDING artists have been inspired by a visit to view one of Europe's finest works of sculptures and paintings during a trip to the Wallace Collection.

Year 9 students learnt sculpting techniques and created their own moulds during a workshop led by professional artists.

Student Yash said: "I have visited art galleries before so I knew what to expect but I was very impressed with what I saw at the Wallace Collection."

"It was inspiring. I like to create my own art and although I was not directly inspired to create something from this visit, the techniques I learned will help me."



# Eco Day is awesome



Students enjoyed a picnic during a memorable Eco Day.

THE school held its first hugely successful Eco Day of the year in October.

Students were encouraged to make environmentally conscious decisions, including using metal cutlery and reusable water bottles in our canteen and limiting computer use.

Members of the school's Eco Committee also delivered speeches about the environment.

Teachers reduced their carbon footprint by not using projectors for the entire day and encouraging outdoor learning.

Year 13 student and committee member Fatima said: "It went really well. I think it made everyone think

about how much waste they produce every day and what that is doing to the planet.

"We have been working on ideas around how to reduce the use of single use plastics, so we all brought in our own reusable bottles."

The school achieved the Green Flag Award in the summer, an internationally recognised prize for excellence in environmental action and learning.

Fatima added: "Eco Day and the Eco Committee has really made me think about the environment and how we treat our planet and the world around us. They are ideas I take home and incorporate into my daily life."



## Festival proves a hit



VILLIERS hosted students from local primary schools at our Badminton Racket Pack Festival.



North Primary @NorthPrimary · Nov 28

Year 6 enjoying the Badminton Racket Pack Festival at @VHSchool this afternoon. @FHSSchoolSport @YourSchoolGames @LdnYouthGames #TeamRKO



## Adventure weekend is a bit of all Wight

YEAR 7 students got the chance to bond with their new classmates on an action-packed team-building camping adventure.

They took part in fun activities such as orienteering, woodcraft and zipwire during the two-day trip to the 'Little Canada Adventure Centre' on the Isle of Wight.

Student Eugene said: "The

most fun part of the weekend was meeting new people who you had not meet before and getting to know them."

Assistant Head-teacher Mr Adams said: "This was an opportunity for students to participate in teambuilding activities, confidence building exercises and making new

friends. It was a joy to spend time with them outside of school."





**HEADTEACHER Ms Aruna Sharma** (inset) reflects on yet another remarkable year of achievement for the staff and students of Villiers High School...

Villiers is a great school with a fantastic team of well experienced staff and motivated students.

I am very proud of our achievements during 2018-19 with the school gaining an 'Outstanding' status, the Green Flag Award for being an

Eco-friendly school and then the icing on the cake was the best ever results for both GCSE and Advanced /Vocational Level 3 courses.

Our students are great ambassadors in the local community and we are very pleased that the school is now oversubscribed.

The most wonderful aspect of the school is not just the students achieving great results but also seeing them develop strong values, character and confidence.

We place a great emphasis on enrichment and wider learning experiences such as National Citizenship Service, Duke of Edinburgh awards, performances in music concerts, drama productions and multicultural evenings.

I am delighted to see a much larger percentage of students making the most of these opportunities.

Villiers is going from strength to strength and I would like to congratulate and thank all my staff, students, governors and parents for all their hard work and support.



## Thrills and hills on expedition



**STUDENTS** volunteered at the school, took part in sport and went on a camping expedition to complete their Duke of Edinburgh bronze award this term.

They had to put in 50 hours of volunteering, three months of physical activity and practice a skill to receive the prize.

The programme culminated with a two-day camping, hiking and orienteering expedition to the

Chiltern Hills in Hertfordshire.

Year 10 Devika said: "The expedition was exciting because we were given the freedom to do it for ourselves. It was good to be out in nature as well."

Year 8 Aiswariya said: "I have been learning an instrument as part of my skills activity to get the prize."

"The Duke of Edinburgh helps you focus on achieving your goals."

## Leading the way



Students take to the stage at the Be Her Lead conference.

## Bright idea wins design contest

**AN** easy grip shopping bag carrier was the winning entry for a Dragon's Den style design competition.

Groups of Year 9 students pitched their ideas to a panel of judges made up of staff for the Design Ventura contest.

The winning entry will now go into production before being put on sale at the Design Museum Shop, retail price £10.

The presentation was the culmination of four months hard work in design technology classes led by our teachers.

**OUR** students shared the stage with inspirational women at the first ever Be Her Lead conference.

They spoke confidently on the impact of the programme in front of an audience of 150 guests which included prominent women's rights campaigners.

Those in attendance included Fat is a Feminist Issue author Susie Orbach and Laura Coryton who started the End Tampon Tax petition.

Girl Talk is cofounded by former Villiers teacher Edith Johnson who was also in attendance at the event.

The Be Her Lead is an evolution of Girl Talk which started at the school last year. The group meet every Monday

after school to discuss issues affecting women.

Year 11 Ratchana said: "Girl Talk and now Be Her Lead has had a massive impact on the entire school community, it has really been a starting point for empowering girls at the school."

"On a personal level it has helped my confidence hugely. I was one of the students who got up and spoke at the conference. The idea of doing that just a year ago would have been terrifying."

"Now in class I feel confident to speak up and to contribute so it has helped me with my school work as well. I now feel more confident talking to other girls my age."



# BUSINESS IN BRUGES

STUDENTS travelled to Bruges for a packed day of learning about foreign businesses and sightseeing.

Our Year 13 business students travelled to the Belgian city, famous for its Christmas markets, at the beginning of December.

They were tasked with assessing how Bruges businesses promoted themselves and their products.

The students researched the different types of companies, the attractiveness of their product ideas and the markets they were targeting.

They also got a chance to walk the cobbled streets and visit the museums and medieval buildings, which attract millions of visitors to the city every year.

Daniyal said: "The whole day was such an experience. I don't think anyone had ever been to Bruges before so it was really useful and fun to see a different city."

"We got to look at what a variety of businesses were doing in a very different environment to the one we come from."

"It was also really lovely to visit the museums and galleries that Bruges has."

The trip to the Go Ape adventure park was a big hit with students.



## Showing a head for heights

STUDENTS were sent on a climbing adventure at the beginning of the school year with a visit to Go Ape.

Year 12 students took on the treetop challenges and daring zip wires at the London adventure park.

The day was designed to help students get to know each other and overcome any nerves they may have had

about starting their A-Level courses.

Ardhana said: "It was such a great experience. The year was split up alphabetically with half going in the morning and the others going in the afternoon."

"It meant you might not have been with your friends or people you knew, so it was a good way to get to know new people."

IT was a full house at our Open Evening as families gathered to discover the secret behind becoming an outstanding school and being ranked in the top 30 for GCSE results nationally. Our students became ambassadors, expertly showcasing the school to families with children in Year 5 and 6.



The students looked at how businesses in the Belgian city of Bruges promoted themselves.



## Orange appeal



STAFF wore orange to show support for HUMEN, a mental health charity assisting boys and young men.

## Speaker visits

ENTREPRENEUR and founder of Too Many Dreams, Stephen Jenkins, was one of a host of high-profile visitors for our Sixth Form Speaker Series.



## Cars blast off

STUDENTS took part in The Rocket Car Challenge during a STEM workshop run by the British Army.

Soldiers from the Royal Electrical and Mechanical Engineers (REME) led sessions on weight and aerodynamics before tasking students to build and launch their own rocket cars.

The project hopes to inspire the next generation of scientists and engineers, and encourage students to get involved in STEM subjects.

## Great goodies



YEAR 7 students had inductions at the renovated library where they were given goody bags which included a mini dictionary.

# Helping students take next big step



Student ambassadors used their own experiences to help younger peers.

OUR student ambassadors are helping younger peers at their former primaries take the next step in transitioning to secondary school.

They gave students at their old schools an insight into what life was like at Villiers including top tips on making new friends and getting around the school.

Student Amadou spoke to students at Dormers Wells. He said: "I remember going from primary to secondary and it being quite a scary experience.

"I think it would have helped me a lot hearing from students who had been through it recently, so I wanted

to be able to do that for them."

Student Sophia said: "It was nice to see my old teachers and go back to my old school.

"It seems like a big deal when you are in primary school but once you get to secondary you settle quite quickly. I just really wanted to reassure them."

Assistant Headteacher Mr Adams said: "They spoke very eloquently and confidently and were great ambassadors for the school.

"Staff at the primary schools commented on their passion, values and commitment to secondary school life."

## Outstanding new look



IT was a busy summer at Villiers High School – and we are not just talking about our outstanding exam results. Whilst staff and students were getting a well-earned rest and preparing for the next academic year, the school had builders on site renovating. We freed up lots of space in our library, making it more user friendly for students and made room for a new Sixth Form study area and hub.





## TAKING THE LEAD

OUR Sixth Form sports leaders hosted the Ealing Netball tournament for a massive 26 primary schools.

Students helped organise the dozens of young primary school pupils who visited the school and provided umpiring duties during the tournament on October 17.

Despite the bad weather the day was a huge success, with Clifton Primary school taking home the top prize.

Year 13 Shukri said: "It was a really fun. It rained all day but we never once had a complaint and no one asked to go inside.

"It was just nice to all be outside playing together. It got quite competitive at one point.

"The younger children enjoyed it and it helped us build up our leadership skills and patience."

## Hot topics



OUR debating club has been tackling the big issues such as Brexit as they prepare for competition against other schools.

## AROUND THE SCHOOL



FURRY faced staff have helped to fundraise for charity by growing their facial hair for Movember.

The Villiers Mo Team sported very impressive moustaches throughout November in aid of the men's health charity.

Movember aims to raise awareness of men's health issues, and this year is focusing on male mental health.

Other fundraising activities to raise money for the charity included a buffet sale of home-cooked, international dishes in the staff room.

## Simply electric



SCIENCE Club took part in hair raising experiments this term by braving the Van der Graaf Generator while researching electricity flow. The static electricity generated by the machine literally makes the hair stand up and causes a minor static shock.

## Grand designs

TOP graphic designer Fraser Reynolds ran a masterclass with our sixth form students. They looked at how to make the Sixth Form Hub more vibrant, inspirational and colourful.



## Good sports



FIVE weeks of hard work paid off for our Year 8 gymnasts with all students hitting their target grade.

## Cool sketches

ARTISTIC students were inspired by their surroundings when sketching the courtyard during an alfresco art class this term.







THE school held a mini banquet with samosas, pakoras and Indian sweets to celebrate the 550th anniversary of the birth of founder of Sikhism Guru Nanak.



YEAR 9 students created their own 3D shapes inspired by artefacts at the Victoria and Albert Museum during a workshop.

# PICTURE gallery



YEAR 11 art and photography students studied rare fossils and gems during a trip to the National History Museum.



OUR students made all the right moves when bagging medals at the London Chess Classic competition in December. Our team took home bronze and silver medals after competing against schools from across the capital.



YEAR 11 geography students measured river velocity, depth and bed load during a visit to Epping Forest.

STUDENTS are being encouraged to sign up for a community project via The Challenge programme following a visit from Jade and Neil from the National Citizen Service (NCS).



STUDENTS recommended books to their peers and took part in literary themed quizzes in the library as part of our Accelerated Reading programme.



STUDENTS looked at the science behind horticulture during a visit to Kew Gardens.



MEMBERS of the Villiers Cooking Club have been serving up tasty treats this term.



# Safeguarding Bulletin: Term 1 . Focus on Mental Health– #It's ok to not be ok.

## Message from Mr Adams,

It has felt like a long term. With the long nights, inclement weather and our national upheavals, we should congratulate ourselves for carrying on with our usual excellent standards and remaining polite and well tempered throughout.

At this time of year it is sometimes hard to motivate ourselves to go out and get some fresh air and exercise but these have been scientifically proven to help our concentration levels, sleep, mood and general well being, so give yourselves a daily target to leave the house this holiday, even if it's to walk to the shop and back, undertake a physical activity during this holiday- even if it is a brisk walk.

It is very heartening to see all the charity work that goes on around our school. We at Villiers celebrate the fantastic diversity and multiculturalism that makes our school and community such an amazing place to be. We hope you feel as strongly as we do, that what makes people different to one another, is also what makes us so special and we should always respect our differences and never fear them.

These holiday are a joyous time of the year but for some families it can also be very difficult. If you or any of your family need help and support, please use the numbers provided overleaf for further information and help. The local Food Bank is St Anselm's RC Church , The Green, Southall, UB2 4BE and is open every Thursday day from 1-3pm.

Finally, we would like to wish everyone a happy and safe holiday.



## Social Media– Don't believe everything you see!

How many hours do you spend on Social Media sites such as Instagram, Snapchat, TikTok and the others? On average most young people spend 2.5hrs a day on Social Media websites. Around 20% of people aged 16-24 spend up to 7 hours a day on Social Media

It is not easy scrolling through your feeds and seeing almost impossibly perfect people, travelling around the world, having an amazing time whilst you are at home doing your Maths homework. It is hard not to feel envious.

The problem with most feeds are that they are heavily edited. They are not presenting a true picture of reality. Celebrities and influencers post their highlight reel. The very best bits of their lives, Photo shopped and edited to perfection.

What some young people are aiming for is an illusion. It does not really exist. It is made to portray a lifestyle they do not live, a body they do not have and wealth that isn't theirs.

Banning Social Media is not practical, or even saying to stop using it. Like all tools we need to learn to use it safely. Lots of young people use their social media to feel connected to other young people. It allows them to engage with people with similar interests from around the globe.

So what to do?

- Curate your feed: Do not mindlessly follow people, think about the kind of messages they promote. E.g. celebrities promoting harmful products such as 'slimming tea'.
- Question what you see. Some posts are actually adverts. The influencers are being paid to promote a brand, or company they do not actually use. Often products are sent to the influencer to increase sales from young people.
- Take a break– Spend some time off Social media and talk to someone face to face, maybe a family member or friend, go for a walk and do some physical activity.

## The Safeguarding team at Villiers High School



**Ms Pierre**  
Safeguarding Officer  
Office opposite 06



**Mr Adams**  
Designated Safeguarding Lead  
and Assistant Head Teacher  
Office next to N21

## Getting help online.

### Call **SAMARITANS**

No names. No pressure. No judgement.  
We're here for you. Any time.

☎ **08457 90 90 90\***

✉ [jo@samaritans.org](mailto:jo@samaritans.org) [www.samaritans.org](http://www.samaritans.org)

\*Free text services for mobile and landlines. A registered charity.  
Worried about cost? We'll call you back.

### **YOUNGMINDS**

The voice for young people's mental health and wellbeing

Parents Helpline: 0808 802 5544

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

🐦 @YoungMindsUK



### **NSPCC**

### **HELPLINE**

**0808 800 5000**

[help@nspcc.org.uk](mailto:help@nspcc.org.uk)

**Believe in  
children**  
 **Barnardo's**

### **PAPYRUS**

PREVENTION  
OF YOUNG SUICIDE

**MEE  
TWO**

## Looking after yourself

Depression is serious. But that does not mean that it will last forever. If you are worried about yourself, or even a friend– Talk to someone. You don't have to try and 'get through it' alone. In the getting help online box there are lots of resources only a click away. You can always speak to a trusted adult too.

Below are some tips to help you look after yourself and practice self care. If you ever feel like you cannot keep yourself safe, get help straight away. Use the information in the bar to the left for some ideas of where to go.

Balancing school work, chores and having time with friends, can be tricky, but it is important to make time to look after ourselves. Self care is any activity we do deliberately in order to take care of our mental, emotional and physical health. Maybe over the holidays you could create your own self care plan using the template below. Here are some ideas to get you started.

#### Physical:

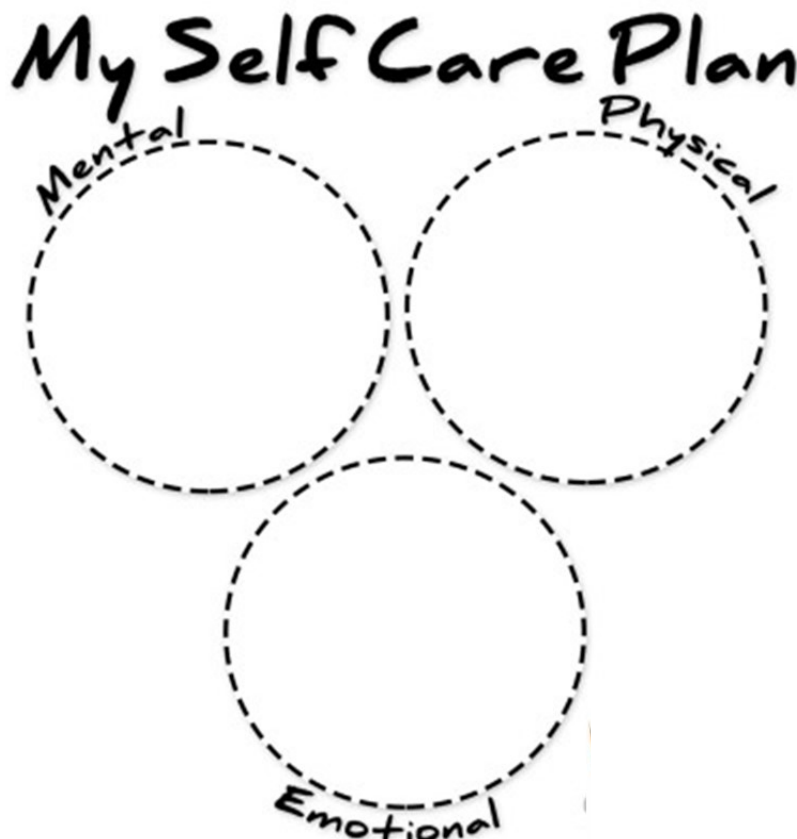
- Put some Music on and dance to your favourite songs.
- Shower daily to maintain personal hygiene. Brush your teeth twice a day to maintain healthy teeth and gums.
- Always aim for a good night's sleep

#### Mental:

- Using an app like eQuoo: Emotional Fitness Game developed with the NHS. You can download this from any app store.
- Going for a walk
- Meditation works for some people. Even a few minutes of reflection everyday can have a big effect.

#### Emotional

- Write in a Journal or diary.
- Connect with others, make a point to spend time with friends or family.
- Physically experience emotions through crying and laughing etc. Don't bottle them up!





# VHS LIBRARY CHRISTMAS NEWSLETTER 2019



## Villiers Library Charity Christmas Fair

Villiers students and staff came together to raise over £200 for the 'Missionaries of Charity', a local charity who look after the homeless and destitute in Southall. Donations included teddy bears, home made cakes, DVD's and lots of jewellery. The librarians worked over two lunch breaks to earn as much as they could for this worthwhile cause. Thank you to everyone who got involved.



## Top Ten Book Borrowers @ Villiers High!

All ten book borrowers received a trophy certificate, the top five each received a book token worth £5 and Asmitha who is our number one book borrower received a £10 book token and brand new book of her choice. The prizes were presented by Mr Richards (Senior Deputy Headteacher) and Miss Gough (Literacy Lead). Overall there were 185 books borrowed since September 2nd.

1st Asmitha Krishnakumar

2nd Sujith Krishnakumar

3rd Hasan Jaffery

4th Aastha Jitendrakumar

5th Muhammad Saim

6th Mathusa Vijarasa

7th Tasniya Islam

8th Kamaljeet Kaur

9th Jiya Thakur

10th Alessia Ali



## New School Library for 2020

VHS library has been given a new lease of life with a wonderful refurbishment which includes 30 student computers, a drop down interactive teaching screen, a new carpet, windows & furniture.



## Top 20 Loans 2019

**Dork Diaries**

**Harry Potter (Philosophers Stone)(Chamber of Secrets)**

**A Monster Calls**

**Divergent**

**Noughts and Crosses**

**Insurgent**

**Wonder**

**Brilliant**

**I am Malala**

**Stormbreaker**

**Twilight**

**Coraline**

**Danny the Champion of the World**

**Genesis**

**Harry Potter(Goblet of Fire)**

**Holes**

**Inkling**

**Kid Normal**

**Ravens Gate**

## Welcome to our new Year 7 school librarians

Villiers has three new school librarians who have been selected by the School Librarian and Head of Literacy to work alongside our current librarians.

They are all in Year 7 and are looking forward to starting their training programmes in the new school year.

Good Luck and Well done.

**Sion Thomas**

**Jamal Khan**

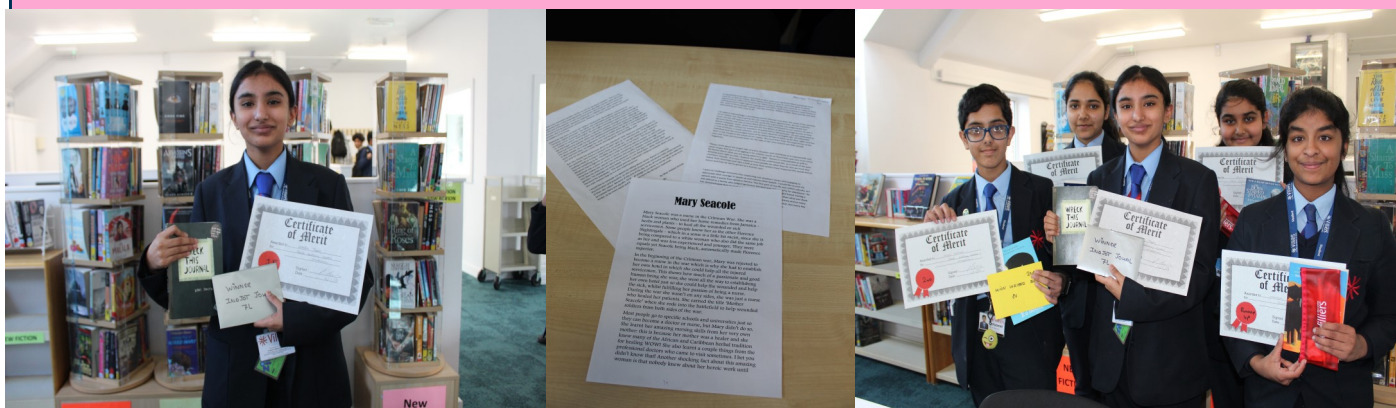
**&**

**Mo Mozam**

(Computer Librarian)



## **Black History Competition Winners & Runners up**



Please congratulate the Black History finalists for 2019. As part of Black History month students researched and wrote up a 500-word speech on an important Black individual. One who lived and worked in Britain in the past. Each student received a brand new reading book, certificate and pencil case. 1st place winner received a £10 book token, 2nd and 3rd place won a £5 book token.

All the entries were well written and of a very high standard, Miss Broomfield (Head of History) chose the winners and was "very impressed with the quality of the work".

1<sup>st</sup> Indjot Johal

2<sup>nd</sup> Mian Waleed Ahmad

3<sup>rd</sup> Akshaja Thangeswaran

4<sup>th</sup> Diya Patel

Runners Up: Asmitha Krishnakumar & Jasmin Kaur

## **Accelerated Reading Re-launch in Villiers Library**

Our Accelerated Reader event in the library was a great success: so many children came to explore and borrow some of our latest books.

They also participated in quizzes on books they have already read. It was great to see them recommend books to each in other too.

Well done to everyone.





## Chess @ VHS

Ten students attended the 11th London Chess Tournament at Olympia and won both Silver and Bronze medals, Villiers' students also received a silver trophy. CSE which funds the programme come into schools and run workshops teaching students and staff how to play and teach chess. Students play chess regularly in the school library.



## Year 7 Goodie Bags

Year 7 students were given their library goodie bags in their English lesson and an induction on using their school library with a basic understanding of how Accelerated Reading works. Each Year 7 student was given a brand new mini Dictionary/Thesaurus which will become part of their uniform. They were very happy and excited about being the first.





## Christmas Book Reviews 2019

Student: Diya 7E

Book: Harry Potter and the Prisoner of Azkaban

**What is the book about?** It is about Harry Potter who goes to Hogwarts. He meets Sirius Black who is Harry's godfather who was framed for murder.

**Was the book interesting?** Yes, very interesting, because JK Rowling uses a lot of descriptive language /writing which I like. I think this book can be read by all ages.

**Is this one better than the others?** This one goes into more depth of how James and Lilly died so lets us know more about Harry and the story so far.

**Are you going to read number 4?** Yes I am looking forward to it! I have made a checklist of all the books I am going to read.



### Jack Petchey Workshop @ VHS Library

Twenty eight Year 10 students were chosen to participate in the Jack Petchey 'Speak Out Challenge'. The workshop shows how students learnt to present themselves and communicate successfully through public speaking. Six students were chosen to represent VHS at Greenford High School in February 2020 . Below Miss Farrah and the Six chosen to go through to the first round.

Best wishes to all.





**Bringing the community together**

# **Ealing Adult Learning offer ESOL course to those who are eligible!**

**Do you have a National Insurance Number?**

**Have you or your spouse lived in EEA for the past 3 years?**

**Do you or your spouse have a British or EEA passport?**

**Do you claim unemployment benefits?\***

(Employment Support Allowance Work Related Activity Group and Universal Credit or Job Seekers Allowance - proof of benefit dated in the last 3 months required)

**or**

**Earn under £20,572.50\***

(proof of last 3 months wage slip or employment contract is required)

**APPLY BY MONDAY 13 JANUARY 2020**

## **VENUE:**

Villiers High School  
Boyd Avenue  
Southall  
UB1 3BT

## **FEES:**

If non of the  
above apply, then  
there is a fee of  
£25 per unit

**For more information please contact Ms Nagi**