

CHRISTMAS 2024

St Angela's Ursuline School Newsletter





Dear Parents and Carers,

I hope this newsletter finds you well as you begin your preparations for the celebration of Christmas and quality time with your family in the very busy lives we are leading as the end of 2024 approaches.

It has been a very busy term, as always, and in our celebrations of commendations this week I have been reminding the year groups of the school about the lives of children in dire need around the world and just how fortunate our students are not only just to receive an education, but to be in a school community filled with learning and the very many opportunities you see within this publication.

At our first mass of the year at St Antony's we dedicated our efforts this term to the children affected by the conflict in Israel and Gaza so I am particularly pleased to see the charitable donations raised for those children. Alongside this has been our dedication of prayer and those children have never been far from our thoughts and prayers this term, a theme I hope you will continue with your children over this Christmas period.

It has been a very busy term for Year 11 and 13 in their mock exams and Year 12 go into the mock exam period in January where we return for a crucial term of preparing students for public exams and of course meeting you at Parents Evenings to continue the important work we are doing together to ensure success.

I want to congratulate the students and staff for the many talents we have seen recently, not least the fabulous production of the Wizard of Oz - how blessed we are to have such fabulous teachers and amazing students in their dedication to the arts. Long may this reign.

I wish you all a great Christmas and a very Happy New Year for 2025.

Yours in Serviam,

Mr M Johnson
Headteacher



For updates on our latest events follow  @StAngelas_Sch

St Angela's URSULINE SCHOOL

Christmas CHARITY DRIVES & AWARENESS DAYS

MENTAL HEALTH CHARITIES	£400
ROYAL BRITISH LEGION	£500
MACMILLAN	£2300
UNICEF (ISRAEL & GAZA)	£2600
TOTAL	£5800

This term the school has worked to ensure a range of charities are supported by staff, students and families. Our annual Soup Day took place to raise funds for Cafod to provide clean water and education for the recipients.





"The school subscribes to the Brilliant Club Scholars Programme, which is a university-style course that challenges students to go beyond their academic abilities. I have to say it's been an amazing opportunity to be selected for such a prestigious programme. The programme is helping me explore creativity levels I never thought I had. That's because we explore a range of different new topics that are normally studied at university and I am enjoying being introduced to new and exciting things that we wouldn't have known before doing the scholars programme.

Doing the programme is an amazing opportunity for students, it's beneficial

in many different ways and has definitely benefited me in terms of my critical thinking skills and my learning journey. The programme teaches us to study more independently, just like at university and we meet the tutor for small group tutorials. One of the aims of Brilliant Club is to help students from St Angela's and similar schools to apply to selective universities and may also help you decide what you would potentially like to study in the future. It's opened my mind to thinking more about the opportunities going to university offers."

Kelsie Year 10

St Angela's have once again worked closely with an organisation called TeamUp this term. TeamUp provides tuition to students by recruiting enthusiastic students, graduates and retired professionals who share a love of learning and working with young people. It was the turn of our Year 8 students to participate in the TeamUp programme during this Autumn Term. Our fantastic Year 8 students received specialist Mathematics and English tuition afterschool on Wednesdays.

Attendance has been consistently excellent and our Year 8 have shown a real dedication to this programme. I have been so impressed with how hard the girls have worked this term. I have also enjoyed seeing how engaging and committed the tutors have been to supporting our students with their English and Maths.



There is always a real buzz in the classroom. A fantastic place to learn beyond their own classes! In the last week of term the girls will be having the traditional pizza party whilst they receive feedback on their TeamUp assessments from their tutors. Ms Wright is the programme manager for TeamUp and has been hugely impressed with the engagement and focus demonstrated by our students in the sessions. A very successful term's worth of work and well done to all involved!



Duke of Edinburgh Award

"Some of the DofE Award Holders in the school attended the Beyond CV event held in Google HQ and organised by The Duke of Edinburgh Award. During the event, the participants had the chance to network with other young people and take part in workshops to get their CV to stand out to recruiters, Universities and companies. In addition, they had the opportunity to share their own experiences and had the advantage to asking any questions to Tim Campbell (winner of the First Apprentice series and Canning Town local who attended St Bon's School).



Rise Up Days have provided students with vital knowledge and skills to support their current development and prepare for the future.

Day 1 (Tuesday 5th September):

This day helped students transition into a new academic year, particularly Year 7 and Year 12, who were settling into a new school environment. Year 7 participated in ice breakers, a school tour, and their careers lesson, focusing on labour market information and building new friendships. Year 8 also explored the labour market, alongside lessons on healthy friendships and peer pressure. Year 9 studied careers, business enterprise, forgiveness, and positivity. Year 10 focused on preparing for GCSEs, while Year 11 explored protecting their wellbeing and shared advice on navigating the first year of GCSEs with Year 10 during a Q&A session. Year 13 spent the day visiting universities. All year groups were introduced to meta-skills, represented as the roots of the Ursuline Tree.

Day 2 (Monday 23rd September and 21st October):

Themed around living in the wider world, this day emphasised financial literacy across KS3 and KS5, while KS4 explored their futures. Highlights included Year 11's talk from Waltham Forest College on post-Year 11 options and Year 8's deep dive into money management. Years 8 and 9 studied Prevent, while Years 10 and 11 enhanced their first aid skills. Sixth Formers focused on future planning, with Year 13 exploring the UCAS process and job-seeking strategies, and Year 12 studying university life, work, and the link between money and mental health.

Day 3 (Tuesday 5th and 19th November):

Personal development and safety took centre stage. Year 7 learned about keeping their minds safe, road safety, anti-bullying, and online safety. Year 8 explored cyberbullying, body image, the dangers of smoking and vaping, and music's role in. Year 9 addressed puberty, emotions in relationships, parenthood, FGM, and protected characteristics. In Key Stage Four, Year 10 focused on future careers, intimacy and consent, the impact of pornography, and had a guest speaker from Newham College who explained their post-16 options. Year 11 covered health topics, including cancer awareness, responsible choices, and managing risks around drugs and alcohol. Within Key Stage 5, Year 12 explored digital footprints, radicalisation, safety abroad, and alcohol, while Year 13 focused on staying safe at university, balancing work and study, employment rights, and power, including understanding the first-past-the-post voting system. These days have ensured that students across all year groups are well-supported in their personal and academic journeys.



Ursuline Student Profile (USP)

The first half of the autumn term saw students considering the virtue of being Courageous and Resilient. The USP lesson included a focus on being brave in considering the virtues which are a strength and those they needed to develop further. Year 12 students practised being courageous and resilient by tackling in groups decided by their Form Tutor three unique challenges including building the highest tower they could from newspaper and designing an outfit with accessories using black bin liners. The second half of the autumn term saw students considering the virtue of being Discerning and Joyful. This included discerning their vocation in life and then discerning what brought them joy and what could bring them more joy if practised more frequently in their daily lives.



Courageous & resilient

HEADS OF YEAR



Year 7
Our new year 7 cohort have settled in beautifully. They have been named after female trailblazers from Newham; Elizabeth Fry, Hannah Dadds, Margaret Tyzack, Anna Kingsford, Ethel Scott and Dame Vera Lyn. We have been so impressed with how well they have coped with the transition from primary school. They are a kind and considerate year group with endless potential. They have embraced all of the extra-curricular activities made available to them; from debate mate to volleyball, football and cheer!

The highlight of the first term for me as their Head of Year was the effort they went to to raise £2,300 for MacMillan Cancer research. The way they came together as a year group on the day of the sponsored walk was something very special. I am incredibly proud of all they have achieved thus far this school year.

I would like to take this opportunity to thank you for your ongoing support and I wish you all a peaceful Christmas and every best wish for the new year.
Mr Mason

Year 8
Year 8 have had a wonderful start to the academic year. Year 8 have embodied serviam and have been very supportive of the new year 7's. It has been wonderful to watch Year 8's helping the new Year 7's.

Year 8's are continuing to work incredibly hard in their lessons and work positively with staff. They are also involving themselves in the extra-curricular life of the school with many returning to clubs from last year as well as joining new ones, they are making the most of every

learning opportunity. I am incredibly proud of the year group,
I would like to thank your families for their continued support and I wish you a restful and peaceful Christmas.
Ms Sheehan

Year 9
Year 9 have made a fabulous start to their last year in Key Stage 3 and risen to the challenge of being leaders of the Key Stage admirably. They have created and delivered an assembly to our new Year 7s on the theme of friendship, represented the school at the Open Evening, participated in the school musical and many other extra curricular activities. They are such fantastic ambassadors! The Year 9s continue to collaborate effectively with their staff as they are cognisant that this is at the heart of their individual progress and success. I am proud to see students approaching their studies with maturity as they begin to prepare for the important decision of choosing their GCSE options next term. The year group are conscientious of their future choices and are making an excellent effort to take up all opportunities to support them in making this decision.

Thank you to all the families for their ongoing support and I wish you all a peaceful Christmas and New Year.
Ms Kerridge

Year 10
Year 10 have had a truly impressive start to their KS4 GCSE journey. The transition into new subjects and harder work can sometimes be challenging but Year 10 have tackled this with their usual hard work and determination. We have

been eagerly planning Work Experience for next term and I was really impressed by how many students were proactive in ensuring they secured the exact placement they wanted for themselves.

Yet again Year 10 students were absolute stars in this year's school musical and students also excelled in the Jack Petchey Speak Out Challenge training, skills that I hope they will find useful as they enter the world of work. I would encourage students to keep checking the Year 10 google classroom as they will find many posts from myself and Ms Li with careers opportunities and mentoring programmes that they will find highly useful.

Thank you to all parents and carers for your support. I wish you and your families a happy and peaceful festive season and look forward to seeing Year 10 in the New Year.
Ms Peacock

Year 11
Year 11 have started their final year of their KS4 journey by making full use of extra curricular activities. This term, students have attended trips across the curriculum, which range from the Barbie Exhibition, Wicked the Musical and taken part in a mock trial at the Royal Courts of Justice. It is evident that the year group wishes to make the most of all opportunities and I am confident that all of the above has enabled students to understand their subjects beyond the classroom.

Alongside making the most of opportunities, the year group have been proactive in completing their revision both independently and in study support sessions. To prepare for their December Mock exams, Year 11 have created revision timetables, formed study groups and made use of the resources in the TLC. It has been a pleasure to see so many students taking these exams seriously and I am confident that the hard work will pay off!

I would like to thank your families for their continued support as we continue their KS4 journey at St. Angela's. I wish you a restful and peaceful Christmas and I shall see you all in 2025!
Ms McKenzie-Gray

Sixth Form



YEAR 12 RISE UP COMPETITION

WINNERS
Mummy: Vasu
Tower: Rahman
Fashion: Hempsted

The Year 12s made a positive start to their time at St. Angela's Sixth Form with a trip to Aylesford Priory, where they met their forms and form tutors and broke the ice with a series of team-building and reflective activities. This has continued throughout the term, culminating in the Rise Up Day Form Challenges

Congratulations to 12 Rahman for their fantastic tower, 12 Vasu for the best mummy and 12 Hempstead for the most fabulous fashion!

Year 12 have also been taking part in a variety of super-curricular activities, including twenty students who attended a Bart's Hospital Careers Day. By the end of the year, all Year 12s will have completed at least one super-curricular activity to support them in better understanding post-sixth form destinations. We have also appointed six Year 12 Ambassadors to support the Y13 SSLT and lower school Councils - Angela and Joshua as our Social Justice and Sustainability Ambassadors, Mazeda as Wellbeing Ambassador, Rokaya as Super-curricular Ambassador, Saleha as Diversity, Equity and Inclusion Ambassador and Ariella as Fundraising Ambassador - they are doing a fantastic job so far and we look forward to seeing them grow as leaders throughout the school year!

Year 13 have been getting down to work in the lead up to their mock exams this December and embedding productive routines that will benefit them as the year progresses. The vast majority have prepared and sent their UCAS applications and are now celebrating receiving their offers with some students having all 5 already! We are very proud and hope the offers help to keep them motivated in the coming months.

We have also had some interview dates for Oxbridge and are preparing for those in the next two weeks - please keep all our applicants in your thoughts at this stressful time of year.

In order to help students prepare and enter the exam period with a positive frame of mind the SSLT organised a pyjama day and movie evening on Friday 29th November which was very well attended and brought smiles all around. We are very proud of all the work they have put in this term and are looking forward to them consolidating this progress in the weeks to come. Thank you for your support at home and we wish you a wonderful Christmas break.

Ms Kerr and Ms Greenslade



12 BOOKS OF CHRISTMAS

Didn't get a chance to borrow a book? All these and many more books are available to read through the TLC eBook Service - ePlatform which can be accessed through the TLC tab on RM Unify.

KEYSTAGE 3
Age 11-13

- 1. A locked-room mystery packed with rooftop chases, hidden codes and mind-bending science, The Clockwork Conspiracy is a must for fans of the Adventures on Trains series and Sharna Jackson's High Rise mysteries.
- 2. It is Christmas Eve and all is not well. Amelia Wishart is trapped in Mr Creeper's workhouse and Christmas is in jeopardy. Magic is fading. If Christmas is to happen, Father Christmas knows he must find her. With the help of some elves, eight reindeer, the Queen and a man called Charles Dickens, the search for Amelia - and the secret of Christmas - begins.
- 3. Rosie finds herself undercover in the magnificent and scorching city of Cairo, officially to make sure Egypt's amazing historical artefacts are kept safe from the Nazis... but really to root out a traitor in the British ranks. With the stakes higher than they've ever been, can Rosie and her father keep each other safe?
- 4. Edgar Award winner James Ponti brings together five kids from all over the world and transforms them into real-life spies.
- 5. You can discover a new side to the WONDER story in three new chapters from three different characters - Julian: Auggie's classroom bully, Christopher: Auggie's oldest friend, and Charlotte: Auggie's classmate. Just like WONDER, AUGGIE & ME will make you laugh, cry and try to choose to be kind.
- 6. THIS IS THE SYSTEM OPERATOR. WHO IS USING THIS ACCOUNT? PLEASE IDENTIFY YOURSELF... Vicky's life is completely normal. Maybe even a little boring. But all that changes when her dad is accused of stealing a million pounds from the bank where he works. Vicky knows for sure that her dad is innocent, and is determined to prove it.



KEYSTAGE 4
YOUNG ADULT

- 7. Nine-year-old Meena can't wait to grow up and break free from her parents. But, as the daughter of the only Punjabi family in the mining village of Tollington, her struggle for independence is different from most. Meena wants fishfingers and chips, she wants an English Christmas, but more than anything, she wants to roam the backyards of working-class Tollington with feisty Anita and her gang.
- 8. Life appears peaceful on Loggerhead Island - rescued from financial disaster, the research institute is flourishing once more. But the tranquility is quickly shattered when Tory Brennan and her technophile gang discover a mysterious box buried in the ground. A seemingly innocent treasure hunt soon turns into a nightmarish game of puzzles, as it becomes clear that one false move will lead to terrible, explosive consequences.
- 9. It is 1981, and Brixton is on the verge of exploding. Biscuit lives with his mother, brother and sister, trapped hustling on the frontline for the South London badman Nunchucks. As the patience of the community breaks and the riots erupt, Biscuit must make a choice that could change his life forever.
- 10. Perpetual daydreamer and hopeless romantic Liz Buxbaum gave her heart to Michael a long time ago. But her cool, aloof forever crush never really saw her before he moved away. Now that he's back in town, Liz will do whatever it takes to get on his radar - and maybe snag him as a prom date - even befriend Wes Bennet.
- 11. When the California drought escalates to catastrophic proportions, one teen is forced to make decisions in this story of survival. The drought - or the Tap-Out, as everyone calls it - has been going on for a while now. Everyone's lives have become an endless list of don'ts: don't water the lawn, don't fill up your pool, don't take long showers. Until the taps run dry. Alyssa has to make impossible choices if she's going to survive.
- 12. City girl Tia Solanké is dreading the festive period. She's on a break with her boyfriend and the last thing she wants to do is spend Christmas away from London. Arriving at Saiyan Hedge Farm, Tia takes an instant dislike to it. Country boy Quincy Parker and his family run the farm, and this year they've been selected to host the biggest event in the town's calendar - the Winter Ball. But when a snowstorm threatens to cancel the Winter Ball, their fake relationship is put to the test.

CAREER ADVICE AND OPPORTUNITIES



The Gatsby Benchmarks are a framework of eight guidelines that define the careers provision in schools. The school is working towards achieving each of the Gatsby Benchmarks to ensure an effective CEIAG programme is in place to meet the needs of all our students.

Gatsby Benchmark 2

During RISE UP Days, our students have been learning about careers on a range of topics through labour market information; job seeking, applications and work professionalism, interviews and employability, different career sectors and future careers and financial literacy. For more information, click on [Understanding Labour Market](#) Information.

Gatsby Benchmark 4

Students have been learning about the potential employability skills, jobs and careers that their subjects can offer them. For more information, click on [Jobs by Subject](#).

Gatsby Benchmark 6

The work experience portal opened on Monday 18th November 2024, allowing Year 10 students to select a range of work experience placements based on their career interests and aims.

The portal closed on Monday 9th December 2024. In the new term, students will receive confirmation of their placements including further information and support to help them engage with work experience.

Gatsby Benchmark 8

Every student should have at least one careers guidance interview with a careers professional by the age of 16 and the opportunity for a further interview by the age of 18. We have currently achieved 74% with our Year 11 cohort and are expected to achieve 100% before the end of the spring term. We have also achieved 100% with our Year 13 cohort where 59% of students are choosing to take up the opportunity. We will continue to offer this to the students throughout the year should they wish to take up the opportunity. For more information, click on [How to Prepare for a Careers Appointment](#).

1 Gatsby Benchmark A stable careers programme	2 Gatsby Benchmark Learning from labour market information	3 Gatsby Benchmark Addressing the needs of every pupil	4 Gatsby Benchmark Linking curriculum learning to careers
5 Gatsby Benchmark Encounters with employers and employees	6 Gatsby Benchmark Experiences of workplaces	7 Gatsby Benchmark Encounters with further and higher education	8 Gatsby Benchmark Personal guidance

Provider Access

As a school, we recognise the importance of developing the knowledge and understanding of all available routes to our students. So as part of the school's Provider Access Policy, we have welcomed [Waltham Forest College](#) and [Newham College](#) into our school to speak to our students about apprenticeships and technical education. This included a range of vocational qualifications for students who want to develop skills and knowledge in a specific job sector or occupation. This helps and supports our students to make informed and more confident decisions about life beyond St Angela's.

BTEC	T Level	Apprenticeship
BTEC Student Quiz BTEC List of Subject Sectors Offered	T Level Student Quiz T Level List of Subject Sectors Offered	Apprenticeship Levels Explained Amazing Apprenticeships Parent and Carer Zone Apprenticeship Quiz Apprenticeship Arcade Find an Apprenticeship

Psychology



Our brand new **Year 10** cohort have taken to the GCSE course well, they are finishing this term learning about sleep and dreaming. In lessons, they have been discussing why sleep is important, the different types of insomnia and what happens when we dream. Students created a poster, using their understanding of the benefits of sleep and the neuropsychology behind the sleep-wake cycle to explain to Year 12 students 'why using a phone at night is bad'. Rolida created a pop-up style poster that looked like a phone app which you can see here.

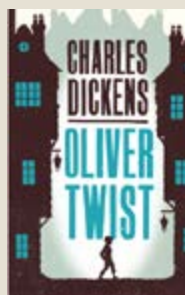


Year 11 started the second year of the GCSE course by considering why people commit crime; whether criminals learn their deviant behaviour from others in their social surroundings or whether there is an innate drive based upon personality which leads them to offend. Year 11 then turned their attention to revision for their mock examinations and we hope that they have a restful Christmas break.



Year 12 have started to learn about eyewitness testimony, especially how leading questions can create inaccurate recall from eye witness accounts. In lessons they focused on the work of Nobel prize winner Elizabeth Loftus and how her groundbreaking research has changed the guilty verdict of wrongfully convicted citizens.

Year 12 will be starting their mock examinations shortly and we wish them every luck and success during this time. Year 13 started the year by uncovering the wider issues in psychological research; they have delved into the criminal world of forensic psychology; looking specifically at the different explanations of why an individual commits a crime. In one lesson they analysed the Novel Oliver Twist by Charles Dickens and applied their understanding of The Differential Association Theory for why Oliver listened and acted on the phrase 'You've got to pick a pocket or two' The class concluded that the environment you are in (Nurture) can play an important role in why a person like Oliver would turn to crime. (insert Picture of Oliver twist front cover). We have been really impressed by the dedication that Year 13 have shown to their mock examination preparation and their commitment to wider reading and enrichment during the UCAS application process. Well done Year 13!



Drama

Musical

This term, 80 students have been preparing for the school Musical 'The Wizard of Oz'. The show celebrated its 85th anniversary and the cast worked tirelessly to re-imagine the innovative songs, choreography and scenes for a high energy, polished performance. With students from Years 8,9 and 10 making up the cast and crew, they have collaborated to navigate challenging numbers, creating fun ideas for costume design, lighting and sound in order to bring the scenes to life!



The KS3 Stem club created one of the key props for the show, the wizards head which conceals the wizards true identity! Well done STEM!

Classes across KS3 helped to create props and set design for the show. It truly was a whole school production! The show was a sold out event, starting with performances to two local primary schools and then followed by an audience of 700+ over the next two performances! The audience were overwhelmingly supportive and this impacted the performance positively! The countdown to the next show BEGINS!!

Wicked Trip

Year 11 have made an excellent start to the year and are preparing well for their component 3 written exam. In preparation, they went to see a matinee of 'Wicked' the musical at the Victoria Apollo in aid of this exam and came away belting away in tune. 'Wicked' is always a great musical to see; visually breathtaking with the voices to match, one that students always tend to remember!

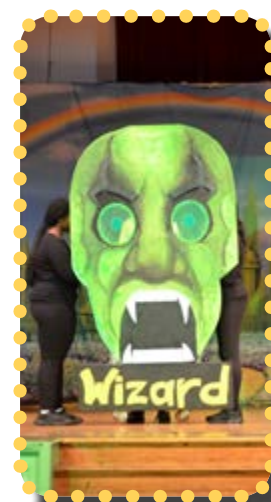
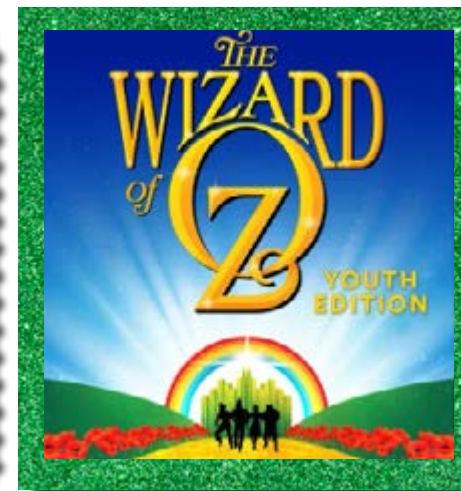
National Schools Theatre Award

This year, the school has been nominated for the National Schools Theatre Award. We have been nominated in 4 different categories and been visited by some talent scouts and representatives to highlight the excellent work in Teaching Drama. We look forward to hearing how we have done!



Year 7 Panto

On December 12th, the whole Year 7 cohort visited Stratford Theatre Royal to watch this year's pantomime; Pinocchio. The students loved the high energy scenes and engaging characters who gave them a chance for some actor-audience interaction! "Oh yes they did!" For some students, this was their first experience of live Theatre and they were keen to know when they would get to attend the theatre again!

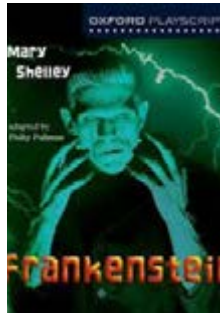


English

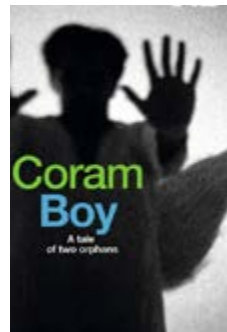
Drama in English

The focus of study for Years 7 to 10 has been drama. Students have been studying plays from a range of times and genres all of which are helping to nurture a love of theatre as well as developing analytical skills and nuanced interpretation. Despite the plays' distinct contexts, each has a message that is relevant today.

Year 7 have been reading Philip Pullman's adaptation of Mary Shelley's *Frankenstein*. Students have learned the concept of the frame narrative - the story within a story. In class they have debated the moral issue of whether it was right for Dr Victor Frankenstein to take science so far that he created life, in effect playing God.



Year 8 have studied Helen Edmundson's theatrical adaptation of Jamila Gavin's novel *Coram Boy*. Set in the late 18th century, the play explores issues of child labour and human trafficking as well as offering intrigue, mystery and a little bit of romance too! While the experiences of the characters are extreme and at times melodramatic, our students have come to recognise that the luxury of childhood is not guaranteed for all.



Year 9 students have read Diane Samuels' play *Kindertransport* - a play that zooms into one child's experience of the Kindertransport movement just before the outbreak of World War 2. Students explored the emotional impact of

children being evacuated and have gone on to consider the moral dilemma of whether separating children from their parents was worth the lifelong trauma it often caused, despite the fact it gave Jewish children a chance of survival.



And finally in **Year 10**, students studied their first GCSE Literature set text: Winsome Pinnock's *Leave Taking*, a play about belonging and identity in the post-Windrush generation. While the play's 1980s setting may seem a lifetime ago to the Year 10 students, they have come to see the universal themes of family dynamics and the importance of having a sense of belonging in an ever disparate society.



Of course students in **Years 11 and 13** have been busy preparing for their impending mock exams - a really important time for them to rehearse for the real thing in summer 2025! We wish them the best of luck in the mock exams but know that they will do us, and themselves, proud.

Debate Club 2024-25

when one of our students, Khadjia in Year 7, was selected to ask a question during the Q&A session, showcasing her confidence and curiosity. We spoke to some of our Year 7 students about their experience, and they shared some wonderful reflections: "We met all the other schools we are going to be debating against; it was nice to meet them beforehand." – Orla Year 7 "It was a great way to socialise, speak your truth, and let your voice be heard." – Angel Year 7

Following this incredible launch, our first after-school Debate Mate session was an overwhelming success, with an astonishing 88 students participating. It was wonderful to see such high levels of enthusiasm and engagement, and we look forward to seeing how their debating skills grow throughout the year!



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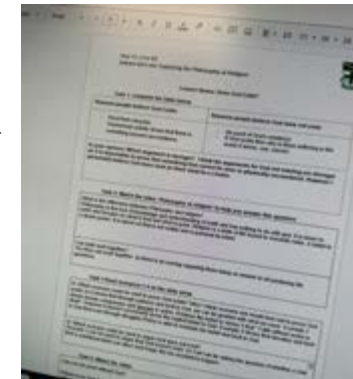
Learning in RE:

Key Stage Three students have spent the Autumn term studying the topics of Creation and Covenant and Prophecy and Promise. These lessons have explored the importance of Genesis and stewardship as well as women in the Bible and the role of the Messiah. Year 7 have been looking at Jesus in art work and debating whether Jesus



Sixth Form Core RE (Philosophy and Ethics):

Students in Years 12 and 13 complete an online task on a philosophy theme. Year 12 students have been exploring the arguments for the existence of God and Year 13 have delved into the meaning of free will and moral decision making. These sessions allow the sixth formers to think outside their A level subjects and develop wider



Year 12 Justice and Peace: The Sixth Form have a very active Justice and Peace group who throughout the autumn term have been incredibly proactive in Service. Their first action was to collect items to be provided to the local food bank in Newham. This was followed by a fundraising bake sale in which the students took time during their lunch hour to make, and decorate cakes to be sold. The money raised from this event was used to create Christmas shoe boxes for the Samaritans' Purse, which is a Charity to work with children in countries that are in poverty and war torn. These students are a true credit to the school motto of Serviam.

Year 11 Retreat: On Friday 25th October, Year 11 participated in their annual retreat on the theme 'Answering God's call'. The day started with a Mass celebrated by Fr Arnold, this was followed by sessions on life goals and faith journey as well as an opportunity to create collages on vocation, meditate and ended with students making their own prayer beads and rosaries. It was a great way for Year 11 students to end a busy half term, and take a day to just stop, pause and reflect



Chapel Club: Year 8 students in Chapel Club have been reflecting on spiritual and liturgical themes and then have been creating a range of creative items. This term we made paper Angels for the feast of the Guardian Angels, Mini rosary beads for the month of Mary and Origami poppies in honour of Remembrance Day.



Friday Masses: Through this term Year 11 and 10 have had the opportunity to celebrate mass with their form class and form teacher. The students were asked to write intentions for the bidding prayers and the readings of the day were led by the class liturgy rep. It is a great way to worship as a community.



Maths

KS3

Our students are gearing up for the Jack Petchey Count on Us Secondary Maths Challenge, an exciting opportunity designed to engage Years 7 to 9 in collaborative and competitive math activities. Every Friday lunchtime, students gather at the Count on Us club with Mr Maurer and Mr Karaganev to hone their math challenge skills through in-school practice challenges.

This engaging programme not only makes math fun but also boosts students' confidence in their mathematical abilities. From the dedicated participants at our club, a team of five will be selected to represent our school in the upcoming Count on Us tournaments, which include regional heats and the prestigious Grand Final. We encourage all students in Years 7 to 9 to join in on the fun and sharpen their problem-solving skills! We look forward to seeing our talented team shine in the competitions ahead!

KS4

Our Year 11 students have been working very hard this term preparing and completing their December Mock exams. They have shown great determination and commitment attending extra study support sessions and completing 2 pre-mock assessments to prepare for these important milestone exams. We wish them the best of luck for their results in January!

KS5

Year 13 AMSP Problem Solving Classes

This September, some of our Year 13 students (Ines, Saumya, Faryaal, Rokibul and Sarah) joined the AMSP Problem Solving Classes, a fantastic opportunity designed to enhance their mathematical skills and confidence. Running until November, the course consists of engaging Saturday morning sessions held at Westminster City School, complemented by online classes that encourage collaboration and discussion.

These sessions are specifically tailored for those considering university degrees with mathematical content, providing a platform for students to tackle unfamiliar problems in a supportive environment. The blend of face-to-face interactions and online learning not only enriches their mathematical experience but also fosters a sense of community among peers.

We applaud our students for their commitment to attending all sessions, as this dedication is key to getting the most out of this enriching experience. We're excited to see their problem-solving skills flourish and look forward to the rewarding journey ahead! Keep up the great work, everyone!



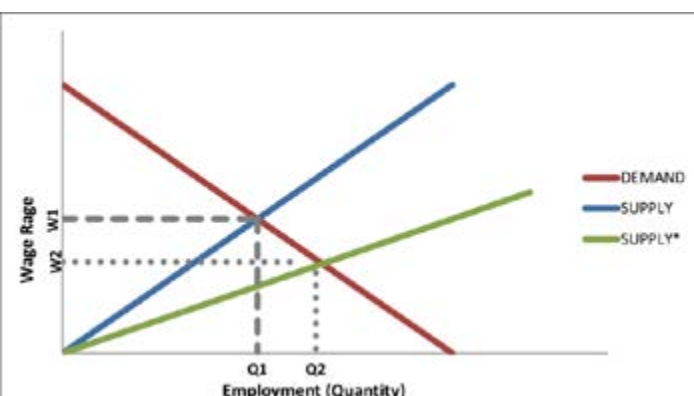
UKMT Maths Olympiad for Girls

We are thrilled to celebrate our incredible Year 12 and 13 students who recently took part in the UKMT Maths Olympiad for Girls. This challenging 2.5-hour competition, which features 5 demanding questions requiring full written solutions, aims to promote STEM and mathematics among girls.

This year, we had an impressive total of 6 participants representing our school—4 talented Year 12 students: Alina, Angela, Sarah, and Eira, alongside 2 outstanding Year 13 students: Rebecca and Sarah. This marks the highest number of participants we have ever had, showcasing our school's commitment to encouraging girls in mathematics.

All the girls performed admirably in tackling such complex problems, but special congratulations go to Alina, Angela, and Sarah, who each received Certificates of Merit for their exceptional efforts. Their enthusiasm and achievements not only highlight their hard work but also serve as an inspiration for younger girls to engage in the Maths Challenges. We are immensely proud of all our participants and look forward to seeing their continued success in the future!

Economics



This term has been an exciting one for the Economics Department, with students tackling thought-provoking topics and achieving remarkable milestones.

Our Year 13 students have explored the complexities of the labour market, focusing on key issues such as raising the

retirement age and the causes and consequences of youth unemployment. Their engagement with these real-world challenges has been outstanding. We are also delighted to report that a record-breaking 45 out of our 69 Year 13 economists have submitted UCAS applications for economics-related degrees - a testament to their passion and ambition.

Meanwhile, our Year 12 students have been learning about externalities, uncovering the hidden costs and benefits of economic activity. For example, research shows that air pollution costs the global economy over £6 trillion annually in health impacts and lost productivity. As they approach the final stage of their studies before the January mocks, their enthusiasm and determination have been inspiring.

It has been a fantastic term for our economists, and we look forward to seeing how they continue to excel in the coming months!

Politics

And a partridge in a pear tree..?

Well, this is certainly the right time of the year for 'Lords a leaping' and, whilst the Politics Department did not manage to gather the required 10 Lords from the song, the Politics students were fortunate to be visited by one, the eminent peer Lord Haywood.

Lord Haywood has had a fascinating career and the students were thoroughly engaged with his presentation. Lord Haywood was a prominent member of the Thatcher Government and a keen supporter of her during her early days. However, the students were quite surprised that, when he felt that he might lose his seat due to the negative reaction to some of her policies, he promptly played a leading role in her downfall.

Lord Haywood informed the students that this was a 'normal' day in politics! Lord Haywood's fascinating career has also led him to have extensive links with our local community as he was involved with the establishment of the world's first LGBTQ+ rugby team, who play at West Ham Rugby Club. Moreover, his work as a professional Rugby Union referee meant that he was more than able to tackle the harshest questions our students could muster!



Lord Haywood

Business

KS5

This year has been a busy and exciting one for Business Studies! Our Year 13 students have been working diligently to prepare for their mock exams, diving into complex themes such as business decision-making, strategy, and globalization. Building on the strong foundation they developed last year, they continue to expand their knowledge and refine the skills that contributed to their impressive results in previous assessments.

A highlight for many Year 13 students was a visit to the Museum of Brands, a fascinating collection featuring over 12,000 consumer products, some dating back more than a century. During their visit, students enjoyed an engaging talk about the museum's history and its founder, along with a detailed overview of its exhibitions. It was truly inspiring to see how iconic household brands have evolved over time, adapting to changing markets and consumer needs to become the familiar names we know today. This experience offered invaluable insights into the dynamic nature of branding and marketing, leaving students with a deeper appreciation of these critical business concepts.



Our Year 12 students have made an exceptional start to their A-level journey in Business Studies. This highly focused and ambitious cohort has already demonstrated impressive dedication and enthusiasm for the subject. With their strong work ethic and commitment, we are confident they are on track to achieve excellent results in the summer. As they continue to explore the fundamentals of business operations, marketing, and finance, it's clear that this group is laying a solid foundation for success.

Our Year 10 and Year 11 students have been a shining light this academic year, approaching Business Studies with great enthusiasm and a sharp eye for detail. Their focus has been on the development of small businesses and the essential concepts required to grow and sustain a successful enterprise. The energy and creativity these students bring to their work is truly refreshing. Their innovative ideas and keen engagement in lessons have been inspiring, and we are excited to see how they translate their learning into outstanding achievements in the summer. The future looks bright with such a talented group of young entrepreneurs in the making!



Art



Year 11 visit to the National Portrait Gallery

A trip to the National Portrait Gallery in September was organised to support Year 11 art students as we began our self-portrait project. 'Before the visit to the gallery I was filled with curiosity and excited at the opportunity to discover the work of many different artists. I was also interested in developing my understanding of the history of portraiture and to view artworks which would inspire us in developing our own artwork in the upcoming months.'



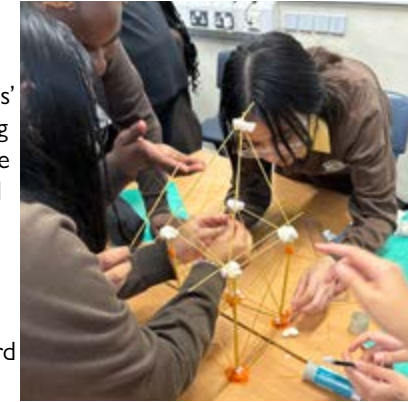
The purpose of the visit was to introduce us to the historical context around earlier works and to allow us to experience first hand the wide range of portrait styles and different techniques used by artists. We encountered portraits that spanned centuries, each one capturing something unique about the sitter. One portrait that particularly stood out for me was that of Dame Anna Neagle (photo of actress in yellow dress), born in 1904 in Forest Gate. As an actress, she was known for her grace and elegance and her portrait is a striking example of how art can capture both a person's character and public persona. The artist, Barclay McClland, portrayed her with a smiling expression and his delicate brush technique emphasised the elegance she was famous for on stage and screen. This made me consider how a portrait is not just a likeness - it can also be a tribute to a person and capture their aura or essence beyond their physical features. From this, I learnt that the way I choose to depict certain elements in my own work could bring out deeper aspects of my character or allow me to express my personality.

Visiting the National Portrait Gallery has definitely shaped my approach to our self-portrait project. Observing the various poses and unique interpretations of the sitters as well as the different styles and techniques used by artists over the centuries has helped me realise that a self-portrait can be so much more than just a physical likeness. LS Lowry's self portrait helped me understand how tired he felt and his sadness after the loss of his mother (self portrait - man against blue background). Beyond technique, the trip also inspired me to think about the storytelling potential of a self portrait. I realised that I can add symbolic elements or backgrounds that reflect aspects of my personality and interests. For example, I may include items that represent my hobbies or settings that feel meaningful to me. This approach would allow my work to be more than a depiction of simply my face as it could present a visual narrative that captures who I am at a moment in time'.

Shreya - Year 11

Geography

Year 7 have developed their location knowledge through our 'Fantastic Places' topic. This involved travelling around the world to explore places to develop their local knowledge, encouraging a sense of awe and wonder whilst practising some key geographical skills. We are looking forward to their hard work in their next topic of 'Development'.



Year 8 started with 'Climate Challenges'. With COP29 in November, it was an opportunity to discuss global impacts, solutions, activism and agreements. This has cross-curricular links with Science as we learnt about the greenhouse effect as well as past and present causes of climate change. They moved onto 'Rainforests' where they have investigated why this biome is important and plants and animals adaptations.

Year 9 began with 'Tectonic Hazards'. Students learnt the physical processes then examined case studies of contrasting locations to



Year 11 started the year focusing on Paper 3 which involved their physical field trip to Walton-on-the-Naze. They collect the data then analyse and conclude their investigation ready for the exam. They studied 'Living World' examining ecosystems, rainforests and hot deserts. Embedding a range of exam practice questions throughout the topic has really supported their approach to all the types of exam questions to prepare them for their mocks.



assess factors that affect the scale of disasters. They had an opportunity to design their own Earthquake Proof buildings. They moved onto 'Globalised Fashion', focusing on the globalisation of the fashion industry. The Trading Game enabled them to think deeply about the unfair nature of global trading and the exploitation of resources. They examined the negative impacts of fast fashion focusing on working conditions, then pollution and waste due to fast fashion.

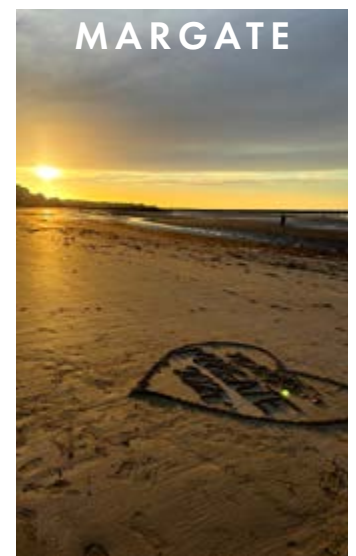
Year 10 have had a fabulous start to their GCSE, working incredibly hard on their first topic of Hazards, with sub-topics on earthquake, volcanoes, tropical storms, extreme weather events and Climate Change. They have been practising their application of case study knowledge to write 'assess' questions.

Year 12 students have had a very busy start of the year. In Hazards students have examined seismic and volcanic case studies to assess the contributing factors to the severity of the disasters. They have had opportunities to practise statistical and data analysis as well as developing their exam techniques gradually throughout the term. In Changing Places, students have explored the meaning of place - what does a sense of place actually mean? At half term, students signed up for a UCL Discovery Day.

'It was our delight to host 7 of your Year 12 students. They were all a testament to the school with their behaviour, level of engagement, application during all the tasks and for their enthusiasm during the whole day.'

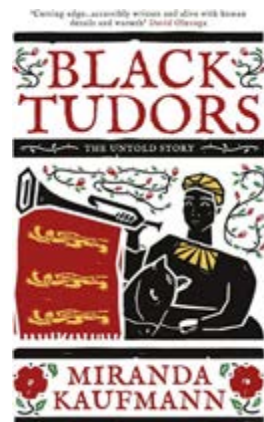
Year 12 were very fortunate to have a visit from a St Angela's Alumni, who is currently studying for her masters at UCL linking to sustainability and attended COP29 as a Climate Youth Ambassador. She delivered an engaging workshop to Year 12 then worked with Eco-Club at lunchtime.

Year 13 have been completing their Independent Investigations which are worth 30% of their A Level. They designed their own investigation on an area of their choosing, with some students visiting Margate. They all collected fieldwork independently and produced their report with sophisticated data presentation, analysis and evaluation. This highly valued piece of work will support them in their university and career pathways.



History

Year 7's academic year started with students examining the local history of the school and Forest Gate. Moving on from this students started their exploration of life pre 1066. This included a workshop in our fantastic TLC which saw students introduced to the resources in the library and completed a research project on different groups that existed before 1066. The findings of the students were brilliant and showed how we have some budding historians within the school. The department would also like to thank Ms Bacon (the school librarian) for facilitating such fantastic workshops.



Year 8 students have been exploring the introduction of the Reformation. It has been great to hear the students debate who they think had the biggest impact on religion. Furthermore, students explored the work of Miranda Kaufmann who investigated the lives of 'Black Tudors' which highlighted that the black community played an important role in Tudor England including being employed as trumpeters in the court of Henry VIII and sea divers.



Year 9 students have been exploring the legacy of the British Empire with a focus on the Caribbean and India as case studies. In order to support their understanding, students participated in an online workshop focusing on resistance in plantations which was run by the British National Archives - it was fantastic to see students apply their fantastic source skills.

Year 12 and Year 13

Year 12 students have been examining how Britain has transformed since 1979 with lots of links being made to the current cost of living crisis and the implications for Britain based on the experience of Britain in the 1970s. Finally, Year 13 has been exploring the causes of the American War of Independence and the importance of Martin Luther King Jr for the Civil Rights Movement. To help students develop their contextual understanding of the causes of the American War of Independence students watched a production of Hamilton in Central London which was excellent and highly recommended.

Two fantastic Year 13 students participated in the Holocaust Education Trust's Lessons from Auschwitz Project which saw these students visiting Auschwitz in Poland. We would urge you to read all about their experience.

Finally, students have been participating in the Parallel Histories Project at lunchtime where students debate controversial periods/individuals in history using specific sources. It has been lovely to see their confidence grow as the term has progressed.

Year 10 students have started their journey for GCSE History by examining changing crimes over time in Britain. In order to develop their understanding of the course, the students visited the London Dungeons. It is safe to say that students had a fantastic time. Whilst Year 11 students have been focusing on the growth of the Nazi Party in Year 11. We are very proud of their hard work and dedication!



We would like to wish our students who have completed their mock exams a massive round of applause for their hard work - well done everyone!



Holocaust Education Trust

"Visiting Auschwitz, thanks to the Lessons from Auschwitz Programme from the Holocaust Educational Trust, was a profoundly moving experience that deepened our understanding of the Holocaust and its harrowing legacy. Namarta and I had the once in a lifetime opportunity to visit a Jewish Auschwitz's concentration camp and extermination camp. The visit was not just a history lesson; it was a call to action, a reminder of the importance of remembering our shared past to shape a better, more compassionate future.

My interest in the Holocaust began long before the visit where, in 2017, I visited the home of Anne Frank who was known for her diary accounts while living in hiding from persecution. I remembered her story, especially the ending, where she sadly passed in a camp similar to Auschwitz. It was hard to face the reality of what Frank and 6 million other Jews underwent during WWII but I thought it was necessary to experience the events of the camp, first hand, and I developed my determination to learn more about this dark chapter in history.

Walking through the infamous "Arbeit Macht Frei" sign and stepping onto the grounds where countless innocent lives were lost at Auschwitz, I was struck with disbelief from the human suffering that unfolded there. I felt this same disbelief when walking through the Jewish cemetery, which shockingly displayed broken gravestones, evidence of the Germans attempting to erase this atrocity from history. During our tour, I took an interest in the experiments that took place at the camp, especially the work of Dr. Mengele also known as the 'Angel of Death'. He conducted horrific medical experiments on prisoners, particularly twins and children, which were a testament to the extent of Nazi cruelty and the abuse of scientific and medical practices for the twisted ideological goal of creating a perfect Aryan race. I was taken aback at how minority groups were not just put to death instantly, but endured torture for simply living differently to others.

Namarta and I walked through the inhumane living quarters with poor ventilation, making it a hub for spreading disease and illness. Not to mention the intense starvation and fatigue they faced from

being overworked at the labour camps. The barracks were originally stables for horses, lacking the basic amenities and prisoners were crammed together on wooden bunks, with several people to a bed. What was truly the most shocking was walking through the gas chambers themselves. I vividly remember having goosebumps while witnessing the nail scratchings on the walls, a sign of the prisoners' final plea for freedom before meeting their end.

At the sun set, we lit candles at the memorial site built on the campgrounds. When it came to the end of our trip, I couldn't believe that I was able to walk

out of Auschwitz and back home to my family, something that millions of prisoners weren't able to do once they stepped foot inside the camp."

Janine and Namarta Year 13



Music



Christmas Concert – A Festive Celebration of Music

Our annual Christmas Concert, held on the 11th of December in Brescia Hall, was a delightful evening filled with festive music. The event featured a variety of performances from across the school, including the Main School Choir, Gospel Choir, Youth Choir, Orchestra and Guitar Ensemble.

The concert showcased a wonderful selection of seasonal music, with highlights such as Candlelight Carol, Hark the Herald Angels Sing, and Last Christmas. The festive atmosphere was enhanced by the mince pies enjoyed by all attendees.

It was a truly wonderful evening, where the school community came together to celebrate Christmas through the joy of music. The concert was a wonderful display of the students' talent and hard work, and we are grateful to everyone who participated and supported the event. It was a memorable way to begin this special time of the year and create lasting memories for all involved.



Jack Petchey's 25th Anniversary Celebration

20 of our most talented singers from Year 7 to Year 10 had the incredible opportunity to perform as part of the Newham Music Choir at His Majesty's Theatre in London. This special event marked the 25th anniversary of the Jack Petchey Foundation and brought together talented young performers from across the region. Our students represented the school with outstanding talent and dedication, making us extremely proud. We would like to extend our thanks to the Jack Petchey Foundation and Newham Music for providing this unforgettable experience. Well done to everyone involved!



Hamilton

Year 11 GCSE Music classes enjoy an afternoon at Hamilton. Our Year 11 GCSE Music students had the exciting opportunity to see the acclaimed musical Hamilton at the Victoria Palace Theatre. As part of their curriculum, which includes studying musical theatre, this trip offered a unique chance to experience a live performance of one of the most groundbreaking shows of the 21st century.

Hamilton blends hip-hop, R&B, and traditional musical theatre and this experience deepened their understanding of these genres. Watching such a high-calibre live performance made it an unforgettable and educational afternoon for all. We're excited to see how this experience influences their upcoming coursework and listening exam.



Sociology

Year 11

Our Year 11 students are currently studying Crime and Deviance. In order to kickstart their enquiry into this topic, our Year 11 Sociologists visited the Royal Courts of Justice and took part in a mock trial in the courtrooms. It gave students first hand experience of careers and roles within the Criminal Justice System. Year 11 had an enjoyable experience and many enjoyed winning their trial!



Years 12 & 13

Our Sixth Form students have been given lots of opportunities this term visiting various Russell Group universities. Both Year 12 & 13 went to UCL and attended a lecture on 'The Unequal Pandemic' where they explored social inequalities about the Covid-19 pandemic with discussions by Prof Sir Michael Marmot (Professor of Epidemiology and Director of the UCL Institute of Health Equity).

Our Year 13 Sociologists had the opportunity to attend the Festival of Social Sciences at UCL (University College London). The main talk of the festival was delivered by

Professor Jessica Ringrose who

explored the impact of digital forms of communication on our 'postdigital teens'. Students found the talk thought provoking and provided valuable evidence for their Component 3 examination.

Reese explained: 'Attending the Growing Up Digital lecture at UCL was a truly insightful experience. Hearing Jessica Ringrose speak on the impacts of technology on young people not only expanded my academic knowledge of Sociology but also my personal interest in the topic. The debate

following the lecture raised so many vital questions regarding how young people navigate growing up in the 'digital age' and really sparked a further interest in how we are affected by the constant development of technology and digital communication'



Media Studies



Year 13

Our Year 13 students are preparing for their winter mock exams, working hard on a variety of topics from newspapers to radio. With the deadline looming, the cohort are coming towards the end of their NEA production work which this year is asking the students to create a website and accompanying music video for artists in the rock genre. The department has seen some wonderful interpretations of songs, with the students also required to rebrand an artist across their website.

Year 11

Our Year 11 Media cohort attended the Barbie exhibition at the Design Museum

in Kensington. The exhibition covered the history of Mattel's most famous toy from Barbie's 'birth' in the 1950s right through to the 2023 Margot Robbie film, exploring aspects of female representation and stereotypes and the way in which Barbie has been marketed globally, evolving over the decades. The students thoroughly enjoyed themselves.

In addition the Year 11s are embarking on the production stage of their Unit 2 work, planning, shooting and eventually editing a variety of media products, from music videos to fashion magazines. The department looks forward to their final outcomes which we hope will compliment some of the excellent grades they achieved in year 10 for Unit 1.



Timbers, Metals & Plastics and Product Design

Year 7 - TMP

Year 7 have been making huge steps forward in their introduction into a new subject at St Angelas. They have produced some of the best year 7 work yet.



Year 9 - TMP

Year 9 have fully embraced the Memphis design movement style to create some exceptional clock designs, with even more to come by the end of the term.

Year 8 & 9 STEM

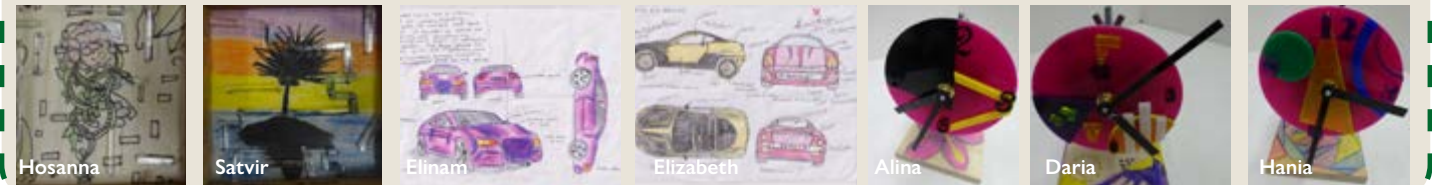
The Year 9 STEM club took part in a "Design an Enclosure Workshop" at Whipsnade zoo, they also were able to have a self guided tour of the Zoo covering a large area (over 15000 steps!!) and saw a large range of animals including lions, tigers, elephants and even the elusive cheetahs! 'I really enjoyed the trip to the zoo! I enjoyed looking at the animals, for example the elephants and giraffes. I also really liked the workshop on animal enclosures. We had to design animal enclosures based on issues, for example elephants taking food from other elephants. They showed us how they care for animals and what process they have to go through to make safe and fun animal enclosures. They also showed us pictures of how the zoo looked a long time ago and the improvements over time'. *by Jowita*



KS4

The new Year 10 cohort have been busy with both their skills and knowledge projects, they will have a full complement of work on display later on in the year.

Technician's Corner This term Mr Ly has chosen the following students as his prize winners, congratulations and well done, your prizes will be delivered in the new term.



Year 8 - TMP

After the first ever trial run of the new 3D printed car project we are close to completing the second term of Year 8s designing and making their own custom made 3D printed cars.



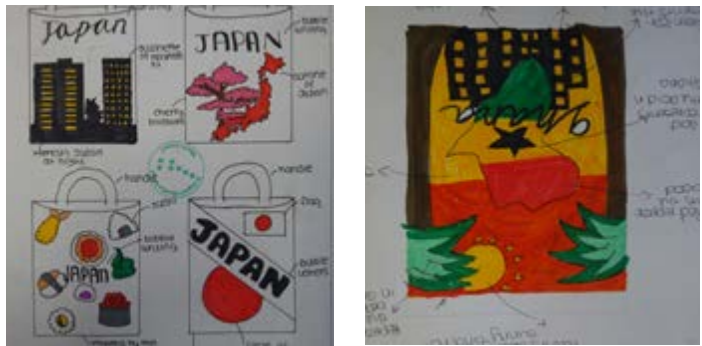
Textiles

Year 7 - Textiles

After passing their sewing machine driving tests, Year 7 have learnt the Applique technique which they have very creatively applied to their tie-dyed cushion covers. Most of the students are using the sewing machine for the first time and are doing a fantastic job!

Year 8 - Textiles

Year 8 have been working hard on finishing their cultural tote bags, where they have learned how to sew a patchwork. They have produced imaginative ideas for the fronts of their bags, which truly express the culture they have chosen to represent.



Food Preparation & Nutrition

Year 9 have been working their way through the world of food and nutrition this term, approaching the grand finale of the cultural dish design challenge. We have had some amazing, unique and colourful plates of food.



Technician's Corner

This term Ms Fetuga has chosen the following students as her prize winners, congratulations and well done, your prizes will be delivered in the new term.

Thalia

Adwoa

Laila

Jessica

Rochelle

Temitope

THE URSULA SUITE

Autism, Food and Me by Sarah

Autism Spectrum Condition (ASC) is a highly complex neurodevelopmental condition and I am proud to be part of this intellectual community!!!

Recently, gut microbiome has been pointed out as a plausible contributing factor for ASC. After researching this, my Dad sprang into action and I changed my diet.

A healthy diet can help improve gut health in people with autism, which can have a positive impact on brain function.

Here are some foods I eat:

Gluten free food: Bread , chocolate drops, gluten free pringles

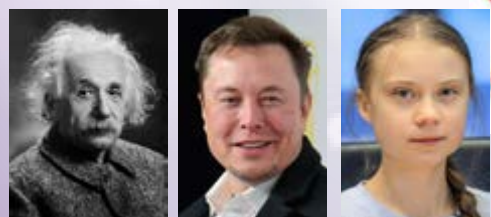
Fibre: I eat a variety of high-fibre foods, such as fruits, vegetables, whole grains, beans, and pulses.

Fermented foods: I eat foods like yogurt, kefir, sauerkraut, and kimchi to increase probiotics.

Vitamin D: Some studies suggest that vitamin D supplements may help reduce the risk of autism.



Famous people with Autism



Healthy Eating

This topic enabled our fabulous year 11 students to understand the importance of maintaining a healthy diet and recognise how diet contributes to a healthy lifestyle.

Students have been working on healthy eating and all the different elements around this area including dietary choices, diets for different groups of people and body image.

Have yourself a very Merry breakfast! by Alice



The following breakfasts are not necessarily the healthiest, as they have high sugar contents.

Breakfast Cereal - Recently, I have found out that eating sugary cereals isn't very healthy. This is because sugar causes blood glucose levels to rise faster than insulin can work, which can lead to higher blood pressure and inflammation. High-sugar cereals are also often highly processed, which means they lose fiber and don't keep you feeling full as long.

Many breakfast cereals contain a lot of sugar, including:

Kellogg's Honey Smacks: Described as "sweetened puffed wheat cereal", 55.6% of this cereal is sugar

Corn Pops: Contains 11 grams of sugar per 27-gram serving
Morrisons Honey Nut Corn Flakes: Contains 36.3 grams of sugar per 100 grams of cereal

Kellogg's Crunchy Nut Cornflakes: Contains 11 grams of sugar per 30 grams of cereal with 125 ml of semi-skimmed milk
Kellogg's Frosties: Contains 11 grams of sugar per 30 grams of cereal with 125 ml of semi-skimmed milk

Healthy Alternative Greek Yogurt Bowls

- are packed with calcium, protein & vitamins.

Greek yogurt tends to be higher in protein than other yoghurts. Protein helps you feel fuller for longer and can keep you energized throughout the morning. If you mix with your favourite fruit you have a healthy breakfast exploding with antioxidants, nutrients, vitamins and this is also food for your GUT BIOME - which is found to be extremely important for everyone's physical and mental health!!



How about a Delicious Healthy Indian Breakfast to start your Christmas Day!

by Smehana
Chapati and Egg Curry

Chapati : Chapatis are made of whole-wheat flour known as atta, mixed into dough with water, oil, and salt in a mixing utensil called a parat, and are cooked on a tava (flat skillet).

Egg curry : Egg curry is a comforting Indian dish of curried eggs. It is basically made with hard boiled eggs, onions, tomatoes, whole & ground spices and herbs.

Nutritional benefits of Chapathi : A roti can provide your body with various vitamins and minerals such as Vitamins B, E, and minerals like copper, zinc, iodine, manganese, silicon, potassium, calcium and other mineral salts.



Congratulations to our amazing Year 10 achieving their AQA certificate for their achievements in studying "Christianity and the Environment"



RECYCLE YOUR CHRISTMAS



We want to encourage everyone to help our environment over the festive season! It is really easy to throw rubbish into a large black bin liner during the holiday season. We are asking you to be mindful of all the packaging, cards and boxes discarded on December 25th as it just takes a little bit of an effort to be green!



Recycling tips for Christmas by Gabrielle :



Why not send an E-Christmas card - save paper



Switch off your Christmas lights when not in use - to save valuable energy



Avoid shiny wrapping. ... You can't recycle this product!



Did you know , real Christmas trees are collected for free by your local council - they are then recycled



Avoid Christmas crackers with small pieces of plastic - these often end up in a sea, choking sea animals and fish



Discarded wrapping paper, envelopes, cards, plastic bottles , as well as clean food tins and cans in your recycling bin - they can be recycled and made into something new



Make sure that you dispose of your rubbish responsibly, break up large packaging so you can get more into your recycling bin!

And REMEMBER - please turn off the tap whilst brushing your teeth - water is an amazing resource not to be wasted!



PEER MENTORS 2024-25

Have something
on your mind or
worrying you?



Contact your HOY, Form Tutor
or any other adult



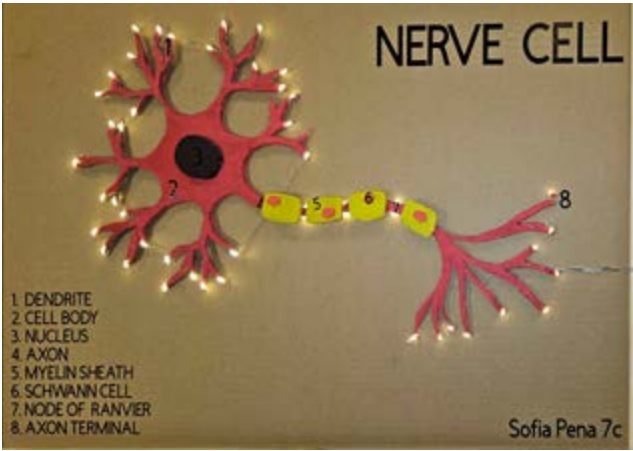
"We are here to help"
Peer Mentors 2024-2025
Why not come and see a friendly
face who might be able to help

Science

KS3
Year 7 have had a very enjoyable start to the year and have engaged in some very exciting practical experiments. Year 7 have already learned how to use a bunsen burner for the first time, with many receiving their bunsen burner licence. This has been followed up by lots of opportunities for scientific enquiry through practical experiments such as separation techniques, crystallisation and chromatography. More recently Year 7 have been looking at human biology and have focused on the basic building blocks of life. Some of their creative work on cells can be seen on display.

Year 8 students have completed photosynthesis and reproduction in plants, they have looked at health and are now exploring the discovery of the periodic table. They are now looking into the physics of waves and how waves can be used in communication

Year 9 began the year focusing on leading female scientists and the contribution to biology through Mary Seacole and chemistry with Marie Curie. We have been very impressed with the students as they begin to discover some really challenging and fascinating topics in science.



KS4
Year 10 have recently completed their CREST awards. CREST is a scheme that inspires young people to think and behave like scientists and engineers. Students designed and completed an experiment of their own creation, some of the projects included super stretchy slime, bath bombs that dissolve at the perfect temperature, crime scene investigation techniques and how to make the perfect cup of tea.



KS5
Year 13 physics students took part in the International Day of Medical Physics, in the form of a Barts Virtual Visit, with talks from specialists including a Radiotherapy Physicist and a Physicist in Radiation Safety and Imaging. There were lots of engaged students, asking some very good questions

The Physics and Chemistry A level students have started preparing for their respective olympiads, watch this space for more updates on this.

We wish all of our hard working and resilient Year 11 and 13 the best of luck in their mock exams and look forward to celebrating their successes in the new year.

PE

Newham Cross Country Championships

Congratulations to all athletes who competed in the Newham Schools Cross Country Championships. There were some great results in all year groups at the event which took place at Wanstead Flats.



A special congratulations to the following runners who have been selected to represent Newham at the London Youth Games as they placed in the Top 10:

- Year 7:**
Amelia O placed 2nd
Amelia I placed 8th
- Year 11:**
Honey placed 3rd
Grace placed 9th



Overall Team Results:
Year 7 team placed 3rd : Kaci-Ann, Sophia, Amelia I, Faiza, Scarlett, Alexie and Amelia O.
Year 8/9 team placed 3rd : Michelle, Jessica, Mesha, Victoria, Joy, Dorcas, Gift and Frances.
Year 10/11 team placed 2nd: Honey and Grace.

U15 and U13 Essex Cricket Tournaments

St. Angela's hosted the Essex Cricket tournaments over two separate days for the U15 and U13 Essex Cricket tournaments. The teams have been training well and the cricketers have made improvements in their batting and bowling techniques. The first tournament saw the U13 Cricket team compete against Lammas School and Brampton Manor, winning both games by 22 runs and 1 run respectively. This was a fantastic achievement and we are very proud of the U13 team: Temi, Esther, Khadija, Lisa, Alyssia, Fatema, Shayleigh and Sierra!

In the U15 Cricket tournament, the team played against Beauchamps, Lammas and Brampton Manor schools. The U15s were defeated in their first match against Beauchamps due to losing 5 wickets. However, this did not dishearten them as the team rallied and played much better in their second match, winning by 10 runs against Lammas! The final



match saw the U15s finishing 3rd overall. It was lovely to see how the team supported each other and grow in confidence. Well done to Anupriya, Taliyah, Etiosa, Esther,

Year 7 Newham Sportshall Athletics

In November, the Year 7 athletics team got to put their athletic ability to the test by competing against numerous schools in the Newham Sportshall Athletics competition at Langdon Academy. It was a fantastic event with the winning school being selected to represent Newham at the London Youth Games. St Angela's performed exceptionally well at the field events; two students even broke the current school records! June achieved 6.82m in the triple jump, and Cleris achieved 90 on the speed bounce. Then, the students participated in the track events, with the Year 7 students winning every race bar one and dominating the relay race! Although some individual records were broken, it was an incredible team event to spectate, with the students finishing in first place! This means that St Angela's students will be representing Newham at the East London finals at the London Youth Games. Congratulations to Cleris, Amelia, June, Elishva, Samuela, Candice, Faiza and Eliriana.

Year 8 Newham Sportshall Athletics

Year 8 students were in high spirits going into the Newham Sportshall Athletics competition, with it being a few of the students first time representing St Angela's. This was a chance for the students to compete against other schools from the borough in multiple field and track events. The field events for the Year 8s were excellent, with many of the students achieving personal bests. Some even placed first in their given event! This was followed by the track events where the students really demonstrated their spirit. St Angela's pupils finished in first and second positions, and the relay team finished second overall in an incredible race. It was a great event, ending with a third place ranking for St Angela's! The students were very positive and were keen to continue training for the summer season. Congratulations to Frances, Gift, Beverley, Elinam, Mariah, Omo and Rebecca.



Jr NBA Year 7

Year 7s were entered into the Jr. NBA, where they are able to showcase their basketball skills. Our first games were matches against City Academy Hackney and Cardinal Pole. In both of our games, we managed to score 8 points which is a massive achievement for the Year 7s' as it was their first tournament, and only lost in close matches. The students are working extremely hard in basketball training and have great stability within their team! The teamwork and communication skills shown on and off the court are developing well, and the students should be proud of their accomplishments in the game. Well done to the ten students that were able to play and good luck with your games in the New Year: Lola, Esha, Theia, Constance, Fabiya, Maria, Sierra, Sakeenah, Davina and Eileen.

Jr NBA Year 8

The Year 8 basketball team played against Barking Riverside and Chadwell Heath Academy on the same night, winning both games. St Angela's won our first game against Barking Riverside by 3 points, and went onto win our second game by 2 points. The basketballers had great communication skills on and off the court, with their successes coming from an excellent whole team effort. Congratulations to Ishaya, Temitope, Adeola, Tamiyah, Lakshmi, Shahazadi, Fatema, Gracie, Dorcas, Uyoyo and Moya.



Ballet Explored: Giselle with English National Ballet



St. Angela's dancers took part in the exciting project, Ballet Explored: Giselle with English National Ballet, in which they got to see a working production rehearsal of Giselle by Akram Khan at Sadler's Wells Theatre. Giselle is a classic story of love, betrayal and redemption which has been reimagined by renowned choreographer Akram Khan. It was an exciting evening, with many of the dancers attending their first ballet.



Amelia and Scarlett said "When we went to see the wonderful production of Giselle it really inspired us to continue our journey of dance as well as ballet. We both loved the music, costumes and the effort that the dancers and musicians put into this production. It was inspiring for us to see the dancers and it helped us to understand the story through their movements and facial expressions." Maria and Nayara commented "We were inspired by the duets as they used lots of arm gestures with different designs and floorwork, which was exciting!" Neriya, Mami and Chizaram noted that "The music was another important part of Giselle as it was very rhythmic and contributed to the emotion and feel of the ballet."

Following on from this, the students got to participate in a workshop led by two dance artists, Chloe and Ella, from English National Ballet. During this workshop, the dancers got to explore some of the themes from Giselle and were also taught some repertoire. Lena and Milana said "The workshop experience was a great opportunity to learn new material and helped us to improve our technique. We learnt parts of Giselle from Act 1, which was interesting as it had been performed on stage. The musician, Devid, was accompanying the workshop live. This had a huge impact on our performance as the live music helped us to feel the rhythm and gain confidence when performing." Myah and Monoe stated "The workshop was a great opportunity to take part in! The use of ballet in Akram Khan's interpretation provided a unique adaptation of the story of Giselle. The dance artists were extremely helpful and understanding. Having live music was a great experience too and lots of us were able to develop our dance experience further."

Ava, Alex and Chloe mentioned "The workshop was very exciting and thrilling! It was inspirational and we enjoyed learning new dance material. Some parts were really challenging, but we worked hard and did really well."



Ballet Explored: Careers Insights Day

'On 4th November, students attended a Careers Insight day based at the Mulryan Centre for Dance: the home of English National Ballet. On arrival at this beautiful building, we were greeted and shown to the production studio. It was a huge space with stage lights, costumes, and was even used when Dua Lipa recorded her latest music video! To begin, we had a marketing presentation by Charlotte which started with a quiz on different logos, which progressed onto learning about the different ways that ENB advertise their productions to different audiences.



Next there was a panel discussion with Precious and William who were company dancers, Benjamin the head of marketing and Nicki the rehearsal director for ENB. During this, they shared their training and journeys of how they got to English National Ballet. Precious was really engaging - she told us how she had started dancing in America, with a love for attending ballet classes. She continued her training at a specialist school and was later asked to audition for the English National Ballet. We saw her perform when we went to see Akram Khan's Giselle!

We then had a talk from Gerry, the production costume manager, who showed us the many files that they had on the production of Giselle. There was so much detail and information and we were even lucky enough to see some of the characters' costumes worn onstage in Giselle! We also learnt about the different fabrics, how they were constructed, and were also

allowed to touch them. Gerry kept us engaged by telling us some funny stories about costume mishaps during different shows.

Finally we had a presentation from Fiona the stage manager. This was an interesting session and, towards the end, we created our own design for a ballet in which we had to consider costume and set designs. Later we were able to share our design of a ballet dress with the other participants, which was really fun.

We had a great day at English National Ballet and learnt so much about different careers in the dance world. We hope to return very soon!
Chloe Year 7.



Dance Tour to Disneyland Paris

In September, thirty eight dancers excitedly met at St. Pancras International station to board the Eurostar to Paris for St. Angela's first Dance Tour to Disneyland Paris! The Tour would involve the dancers staying at the Explorers Hotel, spending two days in the Disney Park and Disney Studios, and also see them participate in an exclusive dance workshop with the Disney Performing Arts team. Monae, Myah and Naomi share their thoughts on the St. Angela's Dance Tour below.

Disneyland Paris was a trip we will never forget. From the dance workshop, to going on rides and also watching the fireworks, it was a dream come true! It was an amazing opportunity to spend time with our friends outside of school as well as participate in a challenging yet exciting dance workshop. The memories created will stay with us for a long time.

The Disney dance workshop was taken by Elodie Auger, the Dance Captain at Disneyland Paris. It was really exciting as we learnt choreography based on the movie Beauty and the Beast, which was familiar to us but it was in a different style of dance that we were used to. The dance we learnt was performed in one of the Disneyland Paris shows. It was in the style of balletic jazz and reminded me of my first ballet classes that started my journey as a dancer.

The Disney parades were amazing as we got to see a wealth of different characters performing along Main Street. Princess Tiana was a favourite and even came over to speak to us! Eating Mickey Mouse shaped pizza was fun as was buying numerous souvenirs.



The fireworks display was a vibrant and memorable moment of the trip. The display captured the history of Disney and how it has developed throughout the years. It truly healed my inner child as I have loved Disney since I was young. The Dance Tour as a whole was something that we will never forget and it truly was a magical experience.





Lee Valley Indoor Athletics

Both the Year 8 and 9 and Year 10 and 11 athletics teams have started their season at Lee Valley Athletics Centre for the School's Cup Athletics competition. There was strong competition from numerous schools in both London and Essex, with all athletes competing to the best of their ability. A notable result was for Mesha in Year 8, who finished 1st overall in the 60m race with a time of 8:15s! Well done to the Year 7 and 8 team: Riches, Mesha, Dorcas, Sinai, Victoria, Adeola, Kaliyah, Temitope and Taliyah.

In the Year 10 and 11 athletics team, students were resilient, working hard in all events throughout the competition. Despite not placing to get through to the finals, they showed brilliant skill. Well done to Vanessa, Nicole, Honey, Eliora and Ebony.



Ballet Black

Ballet Black is a pioneering professional ballet company that showcases the talents of dancers from Black and Asian backgrounds, aiming to make ballet more accessible and representative of diverse cultures. The company strives to celebrate dancers to a more culturally diverse audience by celebrating Black and Asian dancers in ballet. Recently, a group of students, from Years 7 to 10, had the opportunity to attend a class and dress rehearsal for Ballet Black's latest production, "Heroes," at Theatre Royal Stratford East.

One of the students, Angel, shared her experience, noting how impactful it was to witness the rehearsal and the diverse representation on stage. Angel was particularly moved by the sight of dancers wearing skin tone ballet shoes, tights, and

pointe shoes, which hold personal significance to her. The rehearsal was an opportunity to observe the dancers' preparation, as they ran through sections of choreography before performing "If At First," a piece by choreographer Sophie Laplane. The work explores themes of humanity, heroism, and self-acceptance.

Throughout the rehearsal, the audience got a glimpse into the personalities of the dancers, as their warmth and individuality shone through both in the warm-up and the performance. The experience provided an enriching insight into the artistry and technique of Ballet Black, highlighting the importance of diversity in ballet. Overall we really enjoyed this piece as it was a different style of ballet called Neoclassical!

by Angel and Naomi



ABBA Voyage

Attending ABBA Voyage was definitely a most unforgettable experience, as well as being very emotional. The ABBA avatars were amazing and made everything feel so real! All the visuals, outfits, songs and dancing was flawless, but most impressive was the music as it created a sublime blend of energy and joy. It was not just a show, but was a celebration of ABBA's timeless music and made everyone feel so uplifted and deeply connected to the magic of their legacy!

The setlist was a perfect mix of classics such as Dancing Queen, Mamma Mia and Waterloo. Each song evoked a strong wave of emotion, whilst balancing the high-pitched energy with more heart warming moments, where you could lose yourself in the music. The outfits were vibrant and, mixed with the lighting for the production, were a perfect blend of cutting edge technology. It was a truly unforgettable experience, as everyone was celebrating ABBA and living in the moment together!

by Victoria



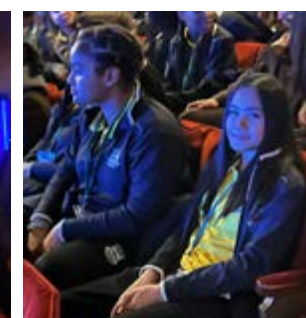
James Cousins Company

The Year 10 and 11 GCSE Dancers took part in a workshop that explored one work from the GCSE Dance Anthology: Within Her Eyes, choreographed by James Cousins. Two dance artists from the company facilitated a workshop which was linked directly to the AQA specification with the aim to deepen the students' understanding of Within Her Eyes, as well as improve their contact and creative skills. During the workshop the dancers learnt a duet which explored the themes of trust and dependency as well as learning different contact techniques. This enabled them to develop their own duets before looking at the production features of Within Her Eyes.

The dancers commented: Lanae, "I learnt how to carefully guide others into lifts so as to keep them safe." Lena, I learnt new skills and different ways of connecting with a partner. It was a great experience working with different dance styles. I enjoyed it very much." Reina said, "learning how to be more creative when working with a partner using contact. This will help me to use movements in many more interesting ways."

Back to the Future: The Musical

Students from St. Angela's had an amazing time at Back to the Future: The Musical at the Adelphi Theatre! It's great that the school was able to take advantage of subsidised tickets through the School's Forum at Go Live Theatre. The musical itself was a thrilling experience, with its stunning special effects, energetic dance routines, and the humorous dynamic between the main characters, Marty McFly and Doc Brown. The fact that Year 9 and 10 students voted it as a must-see really highlights how engaging the performance was. What an unforgettable experience for everyone involved!



Computer Science

Year 7

Year 7 students began their computer science journey at St Angela's by focusing on e-safety and how they can stay safe online. They have also been looking at their digital footprint and how they can limit the impact of their digital footprint, and how they can keep their digital footprint safe.

Year 8

Year 8 students have been exploring how the CPU (Central Processing Unit) works within a computer system and the components that make up a CPU. Students have been looking at how primary memory and secondary storage work together to increase the performance of computer systems and the characteristics of secondary storage and what they should look for when buying different secondary storage devices.

Year 9

Year 9 students have been exploring how data is represented in computer systems and how images, video and sound is stored within a computer system. They have been learning how to convert denary numbers into binary, adding binary numbers together, converting between hexadecimal and binary, as well as hexadecimal to denary.

Year 10

Year 10 have made a fantastic start to the academic year and their GCSE studies explore the Von Neumann computer systems architecture and the way that computer systems memory and

storage works. They have been looking at the different types of hardware and software, the way the computer systems using the different types of primary and secondary memory and how all these work together to increase the performance of the CPU.

Year 11

Year 11 have had another fantastic start to the academic year and have been exploring different programming constructs, sorting and searching algorithms, and how to use a trace table within a program to identify any logical errors. They have been writing some fantastic code.

Year 12

Year 12 have been exploring the characteristics of contemporary processors, input, output and storage devices and how these could be used to exchange data. They have been at software and software development as well as how databases are designed and used within businesses. Moving on they explored the legal and ethical issues relating to computer science and how technology can have an impact on culture and social aspects of people's lives.

Year 13

Finally, Year 13 students have been continuing to explore how to problem solve using programming, different types of processors and different sorting and searching algorithms. They have been looking at the more advanced programming method of object oriented programming. The Year 13 students have been developing their programming project to include all the skills that

Remembrance Day at St Angela's



MFL

German Exchange with Kaiserslautern

In September, we welcomed a visit by a group of students and teachers from the Rittersberg Gymnasium, our partner school in Kaiserslautern, Germany. This is the first time this has been possible since Covid, and we were very pleased to be able to continue this valuable partnership, which has now been going strong for 35 years! Our Year 10 students took part in joint visits with their German peers to Greenwich and the Science Museum. They also welcomed them into school, giving them a tour, and taking part in joint activities and discussions about their areas. Our students were able to give their German counterparts an insight into the language and culture here in the UK, as well as improving their own teamworking and collaboration skills, and developing their intercultural competence. We are all looking forward to the return visit to Germany!

I enjoyed doing karaoke night because it was a fun way to end the trip. I also enjoyed interviewing many German people. The trip was very relaxing and entertaining- Shreya

I liked visiting the Reichstag (German Parliament) because I do history GCSE so it was interesting to relate the trip to the other subjects I am learning at school- Lavantea

I loved the Berlin trip. The teachers made sure we got the most out of the four full days we were there. We would start the day early and head out to see what Berlin had to offer. My favourite part was the food, Berlin Wall, Berlin mall and going to see Ritter Sport Welt (the chocolate was ten out of ten) The art on the Berlin Wall was very interesting to see as well and was reflective of the times Germany was divided. On the last day we sang karaoke. My singing was the best! - Annette

I think the German trip was a good experience for me and allowed me to communicate with other German speakers and to be able to learn more about the country. I especially enjoyed learning about the history of Berlin- Martina



I really enjoyed going to Germany and learning about its culture and history. My favourite part was the mini golf because it was very colourful and fun- Grace

I enjoyed the historical parts of the trip, for example learning about the Berlin Wall and wartime Germany, because as a student of history it helped deepen my understanding on the topic- Ebiuwa

The trip to Berlin was amazing. Being given the opportunity to travel to a different country was an experience I will never forget. We were given the opportunity to explore the city. Seeing the Berlin Wall to the Reichstag (German parliament) has given me memories of a lifetime- Sarah

Culture Club continues to go from strength to strength at St Angela's. The students are very involved and are curious to learn about traditions and customs in different cultures. This year, for the first time, one of our regular attendees Naomi Adebenege created her own presentation about the Congo and a festival she experienced as a child called Festival deGunju. The students very much enjoyed learning from their peer. Another

Anthea Bell Foundation Prize for Young Translators Club



"I would say that reading French poetry has really enhanced my vocabulary in French and my emotional connection to poetry as it can change your way of perceiving certain things in life. In my opinion, poetry is beautiful and brings personal growth as it challenges you to see the world from different perspectives. Reading poetry also improves your ability to pay attention to detail!" **Rozanne**

"I love the translation club as it allows me to learn new vocabulary and see the beauty of French outside of the GCSE criteria and makes me want to learn more and more!" **Natasha**

On 29th September, nine students of German from Year eleven and Year twelve had the excellent opportunity of attending the European Careers Roadshow organised by the Goethe Institut London. There, they were able to attend a variety of workshops ranging from learning about which job opportunities open up when you learn German to what is involved in studying abroad. Our students behaved themselves beautifully and our Sixth former Ayo Oluwa summed up the experience: "It was such a great experience. We got to go around and try out different German-based activities and workshops. We

[illegible][illegible]

LOVING FATHER,
DELIVER US FROM EVIL BY THE BLESSING
WHICH CHRIST BRINGS,
AND TEACH US TO BE MERRY WITH CLEAR HEARTS.
MAY THE CHRISTMAS MORNING
MAKE US HAPPY TO BE THY CHILDREN,
AND CHRISTMAS EVENING BRING US TO OUR BEDS
WITH GRATEFUL THOUGHTS,
FORGIVING AND FORGIVEN,
FOR JESUS' SAKE.
AMEN.



School returns on **MONDAY 6th JANUARY 2025**