

CHRISTMAS 2022



St Angela's Ursuline School Newsletter





Dear Parents and Carers,

We reach the end of a busy, record breaking & milestone term in the history of the school as we approach Christmas and the joyful feast celebrating the coming of our blessed saviour those many years ago.

After the record breaking results of 2022 for both our GCSE and A-Level students, our long wait for OfSTED (for myself as Headteacher a wait of 40 terms) is finally over, so you can imagine the sense of great pride in our students and fellow colleagues of the school in the clean sweep of outstanding categories that show the school is truly Outstanding.

I want to commend all the staff that work and have worked here over those many years. As you know St Angela's is not a school that has ever rested on its laurels, nor will it do so going forward but it is with an immense sense of pride and joy that the school received this deserved accolade. Given that less than 20% of formerly outstanding schools have held on to that standard - our achievement stands out all the more.

We say a fond farewell to some departing staff this term. To Ms Effah-Damoah (currently on maternity leave), Ms Perry (Gg/Hi) and Ms Dattani & Ms Gangadaran (our two science technicians) who are all moving on to pastures new or retirement. We wish them all the very best for the future with many great memories of their time at St Angela's.

Just like our long awaited inspection, where we have waited for so long for our talents to be seen, I draw your attention to the front cover of the newsletter and the beautiful piece of carved art of the 'Madonna and Child' that was recently discovered hidden away in the building - a beautiful and timely reminder of the season and its real meaning.

I wish you all a very happy and holy Christmas and of course a fabulous 2023.

M Johnson
Headteacher

Inspection of St Angela's Ursuline School

St George's Road, Forest Gate, London, E7 8HU

Inspection dates: 8 and 9 November 2022

Overall effectiveness	Outstanding
The quality of education	Outstanding
Behaviour and attitudes	Outstanding
Personal development	Outstanding
Leadership and management	Outstanding
Sixth-form provision	Outstanding
Previous inspection grade	Outstanding



CHRISTMAS CHARITY DRIVE

This year the students have been donating various items, which will go to helping the local community and the homeless.

We are donating both to Anchor House and a local baby bank.



We have been collecting the following items:

Year 7- baby socks

Year 8- baby woolly hats

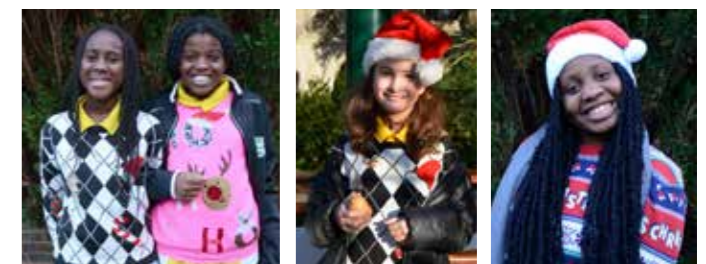
Year 9- adult hats

Year 10- adult socks

Year 12- toothbrush/ toothpaste



Christmas JUMPER DAY



Movie Night

SVP Movie Night - On Thursday 20th October members of the Youth SVP group hosted a fundraiser movie night for Year 7. There was plenty of popcorn and laughs, and everyone enjoyed the movie 'Soul'. The group raised an impressive £75 which will go towards funding future projects.



6TH FORM

6th Form Key Dates

Good luck!
9th-20th January
Year 12 Mock Exams
All sixth form students return to school on Wednesday 4th January

The Brilliant Club

Year 10 Brilliant Club

My experience of starting Brilliant Club has been extremely insightful. Having endless support from my teachers and tutor inspires me to visualise going down certain fields, while validating the potential of going to university.

Being able to visit a Russell Group university has motivated me to aim higher and further. I have become familiar with university-style teaching and tutoring, and working with small groups and cooperatively. Starting the Brilliant Club course has enabled me to gain insights into the expected workloads, experience and courses available.

I am extremely thankful for the opportunities within the Brilliant Club, and what it lays the foundation for. I am also able to apply the transferable skills I have gained currently. I am also able to gain a deeper understanding of literature, and apply it to my current studies. With the skills I have gained, and have yet to learn, I am able to persevere and strive, attaining skill sets, which I can apply and innovate for the future.

Meghan and Alyssa, Year 10



We were delighted to welcome Jack Petchey into the school this term to showcase some examples of where the achievement grants have been spent. The support from Jack Petchey has been incredible and has meant that all students in our school have benefitted from many items. This includes revision cards, stress balls, skipping ropes, highlighters, theatres trips to Lion King and Hamilton, Maths revision packs, advent calendars, PE items such as embroidered hoodies and goalkeeping gloves armbands and netballs and lots of items for clubs such as Rubik's Cubes, chess sets, items for mosaic club to name just a few!!

Our Jack Petchey winners from last year attended their awards ceremony alongside other schools in Newham. Each of them received a lovely gold award, a keepsake for life. Well done to each of them, very well deserved. Our new Achievement Award winners for this term have recently been announced. Well done to them all.

This term fifteen Year 9 students were given the opportunity to receive after school tuition every Wednesday by Team Up. This is a charity that works with our school to support students to fulfil their potential. They benefit from extra support in Maths or English.



This has had a positive impact on these students with the vast majority of them showing good levels of progress, and some students showing more than 0.6 grade of progress. The students have been commended for the efforts they have made throughout the sessions.

Below is a quote from Alba & Vicky's tutor highlighting the outstanding commitment they have given to this programme;

'The work done by these students every session is of a very high standard, they work very hard and have achieved an average effort score of 5/5. Their 100% attendance as well as their focus and dedication to improvement has meant that they have shown a minimum grade improvement of 1.5 since their baseline. An incredible accomplishment!'

We are extremely proud of our students and all of them graduated from this programme on Wednesday 7th December.

In January, this programme will be rolled out to Year 8 students who will benefit from face-to-face tutoring in English or Maths once a week after school.



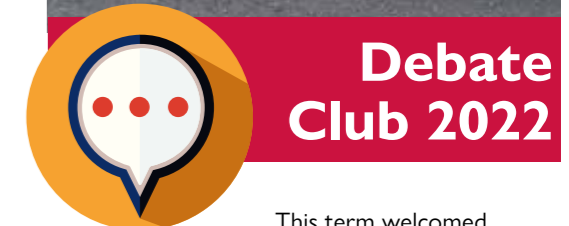
Rise Up Days continue to go from strength to strength this academic year, addressing the needs of the students and preparing them to be school citizens as well as productive citizens of society.

Students' first Rise Up Day was on their return to school on Monday 5th September. Although all year groups were important there was a key focus on Year 7 as they started their St Angela's journey and Year 10 as they formally began their GCSEs. Year 7 student activities included a tour of the school as well as sessions on 'How to keep myself healthy' and 'Gender Stereotypes'. Year 10 students had sessions that included 'Preparing for GCSEs', 'Study Skills' and 'Sleep'.

On Wednesday 9th November, students began their second Rise Up Day with sessions during Period 1 and 2. This included the Gambling Education Network (GEN) presenting to Year 7 and then Year 8 about the risks of online gambling, something young people are increasingly exposed to via games and social media on their mobile phones. The presentation was well received, especially by Year 8 who found it both engaging and informative. Meanwhile Year 9 students considered hate crime as well as issues of consent, whilst Year 11 considered financial literacy as well as their rights as consumers.

Finally, Year 12 considered work and pay and skill building, whilst Year 13 considered interviews and employment as well as study skills. The second part of the second Rise Up Day took place on Wednesday 7th December. Period 5 was used to consider the Ursuline Student Profile (USP) qualities of being attentive listeners as well as being grateful and generous.

Moving forward, the School Council will take an increasingly active part in planning subsequent Rise Up Days, so that each day delivers a bespoke and personalised curriculum to each year group.



Debate Club 2022

This term welcomed the return of Debate

Mate, with a group of Year 7s getting to attend the 'Debate Mate Launch' celebration in Westminster. The thirty-two students that attended had an excellent time. Sophia:

"I found the Debate Mate Launch truly inspiring! Seeing a show debate was really interesting and I'm looking forward to improving my own debate skills during the programme!"



HEADS OF YEAR



Year 7

Year 7 have made a fabulous start to their academic career at St Angela's. They are now seasoned students, with navigating their way to lessons, organised with their equipment (they know what their Super 6 is) and are managing their workloads through excellent use of their planner. We have spent time discussing the values of our Ursuline community - looking at kindness to others, ourselves and our staff as a key priority as well as the importance of listening and being attentive. The cohort have successfully embedded themselves in school life - participating enthusiastically in Interform, joining extracurricular clubs such as DebateMate and Choir to name but a few. They have successfully completed their first St Angela's assessment week, we will continue to work with them on study skills and remind them that they are all on their own individual learning journeys. We are at the start of our academic journey towards the GCSE and it is important to remember this as we work together to create a firm foundation. The Year 7 tutor team are incredibly proud of how well they have settled in, embraced our school values and show a real enthusiasm for all the opportunities they are presented with. Well done Year 7s - we are so proud of you. Thank you to all the parents and carers for their support and we wish you and your families a restful holiday. *Ms Kerridge*

Year 8

Year 8 have had a fantastic start to the year, hitting the ground running with their new teachers! Their first reports of the year are a testament to how hard the year group is working as a whole. We were particularly impressed by the diligent and straightforward way the students approached their Assessment Week, we can really see their approach to their assessments improving and adapting. We were really pleased to see so many superstars in the year group too, the KS3 football team is going from strength to strength, winning even the most difficult of matches, long may this continue. We also have many talented actors, singers and helpers who took part in the musical! We were impressed by their hard work whilst also juggling lessons and homework! We are sure the year group will continue to wow the school with their achievements. We hope all Year 8 students and their families have a wonderful restful Christmas break and I look forward to seeing you all in the new year. *Ms Peacock*

Year 9

Year 9 have returned to St. Angela's and have hit the ground running as they embark on their final journey in KS3. We are 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. It has been excellent to see a number of students engaging with a number of trips facilitated by the school, engaging in inter-form and attending workshops provided by University of the Arts London. Year 9 are evidently preparing for their future and it has been a pleasure to have a number of conversations with students who are aware of their future career paths. There are a wide range of talents amongst the year group from students wishing to be Athletes, Lawyers, Directors and Paediatricians. Year 9, you have proven your ability to approach your studies with a great level of maturity and we would like to thank your families for their continued support with your educational journey at St Angela's. We wish you all a restful and peaceful Christmas with your family and we shall see you all in the new year! *Ms McKenzie-Gray*

Year 10

I commend Year 10 for the start they have made to their GCSE studies. They have made the transition from Year 9 beautifully and have produced some top quality work in both their core and option subjects. The girls continue to immerse themselves in all the extra-curricular activities that the school has to offer and as always, they demonstrate an excellent sense of maturity showing an awareness of the need to balance their academic studies with some relaxation time. They avail of the many sporting activities that the school has to offer; from football to netball and after school interform. We would like to say a huge well done Amelia and Alina who have been selected to represent Great Britain at the Junior Wall Ball European Championships in January 2023 we are very much looking forward to supporting our very own year group! The TLC was a hive of activity during the week of the 14th of November as the girls were busy beaver away preparing for their first set of assessments. The flash cards were out, the revision guides being studied from and the exam questions practised. They approached their exams with a sense of calm and their typical "can do" attitude. The level of support they show each other is truly highlighted at times like this. Exams can be a stressful time for all students but there is a genuine sense of comradery amongst the girls. The girls have been busy preparing for work experience which begins in March. Many of them have found their own places and went to their prospective employers, held interviews and secured positions. The next step is for those who did not find their own place to do so through the portal. They are very busy researching their options and are getting excited for what lies ahead. We would like to take this opportunity to thank you all for your continued support this year and we would like to take this opportunity to wish you and your families a peaceful and happy Christmas. *Mr Mason*



Year 11

Students had a lively start to the year with their trip to Thorpe Park and it was great to see them enjoying themselves. It was a great day out and a lovely way to be introduced to the girls. Year 11 must be commended for the amazing start they have made 11 as they have transitioned well from Year 10 into Year 11. They have adapted well to the extra workload and are showing great levels of maturity. They are producing work to amazing standards and receiving high praise from their teachers. They demonstrate kindness in how they are supporting one another. Students worked tirelessly preparing for their Mock exams which began on 28th of November. The girls have been revising daily at lunch time, sharing revisions notes and been a solid support unit for one another. It is lovely to be able to see your year group come together and support one another in examination preparation.

We would like to take this opportunity to thank you all for your continued support this year and we would like to take this opportunity to wish you and your families a peaceful and happy Christmas. *Ms Sheehan*

Sixth Form

It's been a very busy term for sixth form. The year began with a retreat to Aylesford Priory for the new Year 12 students where the students got to know each other and their form tutors. Year 13 students stayed at school for a UCAS themed Rise Up Day. Needless to say, completing the students' UCAS applications has been a major focus this term! As is customary at St Angela's, when a student has sent their application, they proudly ring the bell in Desenzano to thunderous applause! The Year 13 students have received some fantastic university offers already, which shows they're on the right track; however, the important work to be done now is acing the exams!



Year 12

Outside of their studies, Sixth Form students have been involved in a wide variety of enrichment opportunities. For Year 12 students, this includes: NCS; Future Leaders; the Cambridge Higher Aspirations Scheme; Step Up with New College, Oxford; Into University; and Debate Mate Plus. Mustapha in Year 12 said: *"I'm really enjoying Debate Mate and the opportunity to develop my skills in speaking and listening. It's also been a good way for me to make new friends. There are so many opportunities to get involved at St Angela's but at the same time my form tutor talks to me about my extra commitments to make sure I'm not doing too much. It's been a really great first term."*

We've also organised a series of virtual assemblies and in person talks, including: NCS; Gonville and Caius College, Cambridge; Nuffield Research Placements; Healthcare Horizons at Barts NHS Trust; and the Kooth Ambassador Programme.

Mr Bellamy

Year 13

In Year 13, the newly appointed SSLT (Student Senior Leadership Team) have been working away on a series of events for students to take place this year, as well as ideas for creating new student leadership opportunities in the sixth form. The first event is a Christmas disco for Year 7 to raise money for CAFOD.

Of course, at this time of year, UCAS applications are flying off to their destinations like letters to Santa. To date, we have sent over 180 applications and continue to support those students who are still making decisions and who are exploring other pathways. Many students have already had interviews or have interviews coming up. SAMDA has been supporting the students applying for medicine and dentistry. Oxbridge students have also attended interview preparation workshops, both online and in person. Some students have taken part in work experience during half-term to help confirm their chosen progression paths and have benefitted from the insights they have gained from working with professionals in their chosen fields. At the moment, the year group is firmly engaged in preparation for the mock exams and hopeful of a positive outcome to fuel the journey to the summer examinations.

Ms Kerr



English

On Thursday 10th November, a wonderful group of Year 11 students were able to enjoy a visit to see Shakespeare's Romeo and Juliet at the Kenneth More Theatre in Ilford. We have studied Romeo and Juliet for our GCSE English Literature core text and being able to see Shakespeare's famous romantic tragedy come to life was a great opportunity. The students were very excited and even our long walk along the famous Romford Road did not dampen their spirits. The play was set in not "ancient" but 1950's Verona. This modern twist enabled the staging, music and most of all costumes to reflect an era of rock and roll! It was very effective and the vibrant staging and excellent acting brought the play and the characters to life. We all agreed the Nurse was incredible and her role as Juliet's mother-figure brought tears to our eyes as she persuaded Juliet to rub her shoulders vigorously before she would reveal whether or not Romeo had fallen in love with her. "That's just like my mum!" I heard at least the front row whisper - yes, even Juliet had to massage her Nurse's weary back in order to placate the Nurse! Another hit was Mercutio whose macho behaviour and wild antics caused us to laugh endlessly. The play really was excellent with many students seeking autographs at the end. "I am going to faint!" declared one fan (of Benvolio) as she chatted about his acting career. The actors were very complimentary about our students who were described as "responsive, warm and excellently well behaved!" The theatre manager congratulated us on our second visit to the theatre in two years. The students agreed the play would benefit their studies and we can only anticipate the impact this experience will have on their GCSE English Literature results next year. Thank you to the teachers and staff as well as the Year 11 students for making this a highly enjoyable afternoon!



Seeing productions of plays is an important part of learning literature texts, particularly plays that are meant to be performed, but enjoying the theatre as a treat is just as important. It widens students' cultural capital and their overall ability to explore, think and analyse. We look forward to our upcoming theatre visits and are especially excited to see To Kill A Mockingbird with Years 11 and 13 in January and Cinderella with Year 7!



Drama

This has been an incredibly busy but exciting term for the Drama department! We are thrilled about the fantastic set of results achieved by Years 11 and 13 last year and have been working hard to ensure that the students moving forward will exceed the achievements of their predecessors. We welcomed **Year 7** to their first experience of Drama lessons and they have made excellent progress working on their storytelling and narration of the Forest Child. Students in **Year 8** have been introduced to the wonder world of Physical Theatre and are creating fantastic and developed pieces of theatre on a daily basis! Students in Year 9 are applying their amazing social and cultural understanding to DNA by Dennis Kelly, they have been able to re-interpret the plot and create excellent performances.

Year 10 GCSE Drama students have made an outstanding start to their course, taking on all challenges and using lesson time to develop their understanding of how Drama & Theatre is developed and performed. They are studying Macbeth and have recently performed excellent monologues of the famous Dagger Scene! Students in Year 11 are working hard in preparation for their second performance exam and we are so incredibly proud of their hard working attitude.

Students in **Year 13** are working hard in preparation for their second performance exam where they will create two pieces of theatre to be performed to a live audience. The students' vibrant and hardworking attitude will no doubt ensure that these performances are well thought out, structured pieces of theatre.

Matilda

For much of the term, we are preparing for the school show Matilda Jr - A cast and crew of over 50 people working collaboratively has been a brilliant experience both for students and staff. Students have poured their hard work, time and energy into this production and it was a stellar performance.



Welcome to the gallery showcasing St Angela's outstanding production of Matilda the Musical Jr. performed in November.



Merry Christmas



In RE, KS3 students have been exploring a range of topics. **Year 7** have looked at topics linked to Christian Values, Justice and Saints. **Year 8** have studied the purpose of parables, the importance of the Eucharist and reflected deeply on the role and purpose of the 10 Commandments. Year 9 were able to experience the meaning of pilgrimage, the significance of females in the Bible before moving to delve into the events of the creation story and Jesus' role in salvation. It's been a busy term with more to come in the new year.

Year 10 started their GCSE topics linked to the deep Scriptural and Theological understanding of Creation and Incarnation, before moving on to discuss and debate issues linked Human Rights and moral values. These students have shown a real keenness for the subject and have enjoyed the ability to develop their religious understanding further

The visiting students spent time in prayer before standing before the relic to make their petition to God. It was an extremely spiritual experience and one which will be a memory

Chaplaincy

On Monday 10th October six Year 10 students from all of the UK Ursuline Schools came together at Desenzano house (Ilford) for a planning meeting to discuss ways and feedback ways. These six students will be ambassador Ursuline Values, develop and plan ways to further embed the Ursuline Values from the Student Profile. They will be meeting regularly throughout the year.

On Tuesday 18th October, fourteen liturgy reps had the opportunity to stand in the presence of the relics of St Bernadette. A saint who had a vision of Our Lady eighteen times in Lourdes. Her visions led to a water well being dug, which holds miraculous healing powers.



The visiting students spent time in prayer before standing before the relic to make their petition to God. It was an extremely spiritual experience and one which will be a memory of a lifetime for all involved.

On Wed 19th Thursday 20th October thirty-one Year 10 students participated in a two day residential retreat at BCYS Abbotswick. It was an amazing two days, with a mix of fun and spiritual activities focusing on the Biblical theme 'The road to Emmaus'. The students were amazing and were so respectful and reflective in their participation.



Each half-term students in KS3 Maths, have a numeracy week where they compete in the Times Tables Rock Stars Battle of the Bands! Students complete activities designed to develop their fluency in the crucial area of mental arithmetic and gain points for their rock star avatar. Students compete on three levels. Firstly, we see who has gained the most points as an individual in each year group to become the greatest Rock Star. Students' individual points also go towards their class total where they compete against their parallel class. There is also the battle of the bands where students' points contribute to the total points for their side of the year group.

Below are the results for the second Battle of the Bands competition held in November. We would like to congratulate our greatest Rock Stars in each year group:

Winners	Year 7		Year 8		Year 9	
	Band A	Band B	Band A	Band B	Band A	Band B
Rock Stars!	Angela K	Salina M	Georgette A			
Score	8,969	7,936	1,460			



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!



In November some of our **Year 12** Maths students attended the 2022 Maths Inspiration Conference at the Phoenix Theatre, Charing Cross in central London. Maths Inspiration is a national programme of interactive maths lecture shows for students. Our Year 12 Maths students got the chance to experience the UK's most inspiring maths speakers presenting mathematics live in the context of exciting, real-world applications. The show demonstrates how topics that feature in the curriculum (such as Pythagoras, vectors and conditional probability) are used in important real world applications. Students were inspired and enjoyed exploring a wide range of mathematical phenomena and problems.



Ritangle

This year we have 5 teams of students taking part in the annual Ritangle Competition. Ritangle is a maths competition where teams of students from sixth-forms and colleges across the nation compete to answer challenging maths problems. The competition started in early October and concluded in December. In 'Stage 1' students had to complete questions that were released one at a time across this period; the answers unlocked information to solve the final multi-part question. We are very proud of our students' engagement with this competition and eagerly await the final outcomes!

Students who take part are so engaged and excited by it, every year. They live and breathe it for the duration. And they learn so much from being involved in it.



Merry Christmas



MFL

It has been a busy term in the Modern Foreign Languages Department. Year 7 students were very excited to join in with International Day of Languages in September, completing a Language Treasure Hunt around the school and activities in form time. The highlight, as always, was the opportunity to come to school in different cultural dress to celebrate the diverse backgrounds of our students.

Bouygues Engineering

Year 11 GCSE students were fortunate to be given the opportunity to work with the French engineering and construction company Bouygues. They were able to visit the enormous construction site in Canning Town where they met a project manager and talked to him in French about his job and also learned more about different careers within the engineering profession. Bouygues are very keen to recruit more women into this industry, so we hope this visit inspired them to consider future career goals, as well as think about how useful languages are at work.



Germany Video Link

Year 10 German students had the opportunity to meet virtually with students from our partner school in Germany, the Gymnasium Rittersberg in Kaiserslautern. This was a fantastic opportunity for students from both schools to meet each other virtually and practise their language skills. Students used both English and German to discuss the topic of the influence of social media in their lives, as well as comparing how schools teach them about the internet. The meeting was organised, hosted and moderated by UK-German Connection, the UK-German government organisation for school and youth links.



Culture Club

The **Year 9** Culture Club continues to broaden students' knowledge of the world. Martyna described it as follows: "I like culture club because it's fun and you get to learn about different cultures and nationalities from all over the world, as well as doing creative things". She particularly enjoyed imitating the famous French artist Monet and attempting to recreate the Eiffel Tower using only paper straws and rubber bands. Another popular activity was identifying coins from all over the world. Another Culture Club member sums her experience up as: "It is fun but also educational at the same time".



Klimt Experience

The **Year 12** German students had the excellent opportunity to experience Art with a twist. We went to the immersive Klimt exhibition in London where students were able to view art created by the famous Austrian painter Gustav Klimt. Instead of seeing paintings on the wall, they were surrounded by morphing pictures and sound. Elaina called this 'an enchanting experience'.



GCHQ language Challenge

Year 9 students had the chance to take part in a new challenge set by GCHQ, the home of British Intelligence, Security and Communications. The competition involved completing a series of online puzzles and codes, which really tested their language and problem-solving skills. Congratulations to our secret agents of the future: Nmesomachi, Favour N, Favour A, Ariadna, Aniela, Rochelle Marie, Pratigna and Jerusha!

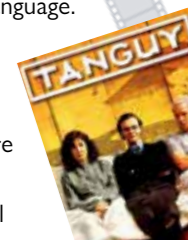
Year 12 Café-Cinéma

Since Cinema is a major topic at A level, it was only right that Year 12 students of French should have the chance to watch a film in the target language.

The chosen film was "Tanguy" which is about a grown-up son who will not move out of the family home. The topic of family structures is also part of the syllabus so students were able to pick up lots of ideas. An additional bonus were the madeleines and crêpes au chocolat! Roxanne: Je dirais que le film était très drôle, mais Tanguy était un peu bête et il y avait beaucoup de conflits entre lui et ses parents, Ça m'énerve! Keriane: J'ai regardé un film qui s'appelle Tanguy, qui était très drôle et bizarre aussi. Je le recommanderais à quelqu'un qui veut rigoler.

From family life we moved directly to tragicomedy with the amazing Omar Sy (Lupin on Netflix) as a carer to a wealthy Parisian.

The general vote this time was, "dix sur dix" (10/10)



Politics

In our continued collaboration with Speakers for Schools; Politics were delighted to host David Lubin in October. David is Managing Director and head of emerging markets economics at Citibank and is responsible for a team of more than 30 economists in 15 locations globally including China.

David provided insight into the political challenges that have resulted from China's emergence as a rival to the USA – thankfully he believes there will be a peaceful resolution to any potential conflict - and also raised awareness of the opportunities available in the City of London for our students. He gave several of our students keen insight into the benefits of studying PPE at university, as he had done.



Parliamentary Privilege?

In November, Politics students were invited to seminars and a tour at the Houses of Parliament. Above our students are paying tribute to one of the original feminist icons, Millicent Fawcett in Parliament Square. In Parliament, our students staged a lively debate condemning their inability to vote until they are 18. If passion is a measure, then the 'personal is the political' for all of our students.



Year 12 has also made an outstanding start to the year getting to grips with markets and finance. We have some exceptional students who are really pushing themselves with their organisation, wider reading and classwork/homework tasks. We have some exciting plans for the rest of the year so we advise students to keep working hard and keep a keen eye out for some fantastic opportunities in business.

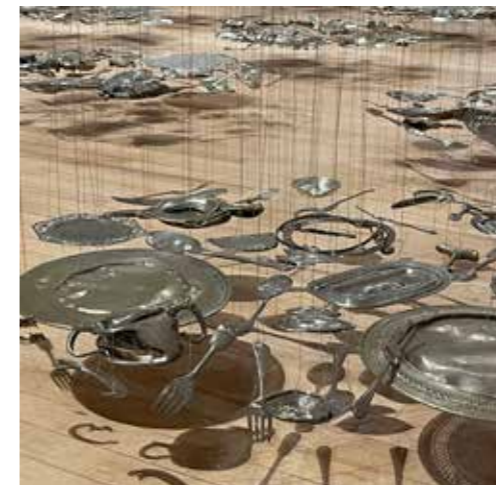
Year 10 and 11 have been working on Theme 2 and some of the work that is being produced is fantastic. We have students scoring highly in assessments and regulars that are benefiting hugely from study support sessions. We want to see Year 11 keep pushing themselves throughout the new year and in the lead up to exams.

Finally, **Year 10** has been fantastic this year. We have a number of students that are so keen to get involved in enterprising activities around school that we are in the process of organising some really fun opportunities for them.

of tomorrow, it was amazing to see their engagement in this topic area. They have now begun their journey into international economics; looking specifically at globalisation and how exchange rates work. The Year 13s have also learnt about the different ways firms integrate and reasons for collusive behaviour.

We wish all of our students a restful winter break and are sending luck to the Year 12 economists who have their mocks upon return!

Art



Cornelia Parker Exhibition at Tate Britain

As part of our A Level research, Year 12 and 13 art students visited Tate Britain in October to see the permanent collection and the Cornelia Parker exhibition.

Cornelia Parker is a British contemporary artist who does not confine herself to working with just a pencil or paintbrush. She creates large scale works that make us question our relationship with the world by transforming things that usually go unnoticed. Parker has used everything from dynamite to blow up and steam rollers to crush familiar objects to create thought provoking artworks that comment on a range of social issues such as the perils of war to climate change. Parker's show opened with 'Thirty Pieces of Silver'; a collection of flattened Edwardian silver plated objects such as teapots, plates and forks which appear to be levitating in the gallery. The artist decided to crush the collection of silver items after watching an episode of the cartoon show Tom and Jerry. Parker thinks that silver is commemorative because these objects are given to celebrate landmarks in people's lives. The artist wanted to change the meaning, visibility and worth of these items; by flattening the objects she was consigning them all to the same fate. The title of the work is interesting



I am fascinated by how Cornelia Parker uses ideas of destruction, resurrection and reconfiguration in her work and how she explores the potential of all materials. Parker is an innovative artist and looking at her work you can identify her clever, creative and unique way of thinking. I am extremely thankful to my art teachers for this amazing trip and would recommend Tate Britain to everyone.

By Tajala Year 12 Art Student



because it refers to the biblical story of how the apostle Judas Iscariot betrayed Jesus in return for thirty pieces of silver; a minimal price placed on a precious life.

The large installation 'Cold Dark Matter' is another work where Parker uses levitation to capture a single moment in time. For this project, she collaborated with the British Army who used explosives to blow her shed to smithereens. The Tate describes how the surviving pieces have been used by Parker to create an installation suspended from the ceiling as if held in mid-explosion. On viewing the work, the galaxy of fragments appears perpetually frozen in mid-air. The work is lit by a single lightbulb and as a result the fragments cast dramatic shadows on the walls of the gallery. The silhouettes of the shattered objects contrast with the still moment of the explosion while, due to their size, suggest a sense of motion.

Another intriguing work was 'War Room 1' which contained the perforated paper strips left over from the production of British Legion remembrance poppies. I found myself disorientated by the 300,000 negative poppy shapes cut into the lengths of thin red paper. The absence of the actual poppies makes you consider the countless brave lives that were lost. In my opinion, 'War Room 1' helped me reflect on the catastrophe of conflict.

Business

This year has so far been a very successful year for Business Studies with students performing very well in their AS level exams and ready to go for their full A levels.

Year 13 have been focusing on developing their knowledge of Theme 3 Business Decisions and Strategies and also Theme 4 Global Business. These themes have given our students deep insights into the world of business and how MNC navigate the international business environment. Our students have also explored a range of decision making techniques and analysis tools that businesses implement in order to assess their own performance and compare themselves with rivals. This has given our mathematically minded students some excellent opportunities to apply their maths skills in a business context.

Year 13 also has the opportunity to attend study support sessions which take place every Thursday, we hope to see you all there.

Economics

Year 12 have begun their new A Level course by learning about the different economic systems; free market and command economies. Did you know that the freest economy in the world is Singapore? They do, feel free to ask them why!

Year 13 started the year by learning about the different market structures. Did you know that Apple Inc. is the most valuable company in the world - valued at \$2.4 trillion! As the economists

History

This term, we welcomed **Year 7** into the school and we set out as historians to discover the history of the school, the local street, Forest Gate and the 2012 London Olympics - it was great to hear students discuss how their parents took them to watch games as babies! Moving on, students have begun to consider life in 1066 England with the Norman invasion. Students researched the Tower of London and created some great tour guides.



Year 8 students have been exploring Tudor England and the introduction of the Reformation. It has been great to hear the students debate who they think had the biggest impact on religion in the Early Modern Period. As part of their studies on Tudor England, students had the opportunity to visit Hampton Court Palace - which was a great chance to see the splendour of the Tudor world.



Year 9 students have been exploring the legacy of the British Empire with a focus on the Caribbean and India as case studies. Students also had the opportunity to participate in a workshop run by the National Archives which focused on slave resistance in the Caribbean. The presenters were so impressed by the source skills that the students demonstrated.

Students also had the opportunity to visit the Maritime Museum in Greenwich as they explored the history of the East India Company and developed their understanding of the British Empire.



Students have been attending History Club at lunchtime on a Tuesday and have been exploring their personal family history and presenting their family stories to the group - see some of the pictures students brought in. Furthermore, they had the opportunity to visit the Museum of London in the Docklands. The visit focused on the changing forms of punishment in London over time and expanding the students' understanding of the British Empire.

Year 10 students have started their journey for GCSE history by examining changing crimes over time in Britain. Whilst **Year 11** have been focusing on the growth of the Nazi Party in **Year 11**.

Year 12 students have been examining how Britain 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 they were tasked to



create a recipe for revolutions with some outstanding pieces of work produced. **Year 13** also had the opportunity to see a production of 'To Kill a Mockingbird' at the theatre which was a real treat.



Holocaust Educational Trust: Lessons from Auschwitz

In October we had the opportunity to visit Poland as part of a project run by the Holocaust Education Trust. The project included a one-day trip in which we visited both Auschwitz Birkenau I and II.

As part of the programme, we undertook a series of online seminars and reading tasks prior to the visit, which widened and explored our understanding of the Holocaust and how it is remembered in the modern day. We discussed the multiple roles that people played in contributing to the tragedy, as it was not solely the Nazis, but collaborators like the Axis Powers, and bystanders. The central theme of the programme was being able to understand that the victims of the Holocaust were not just numbers or faceless statistics, but individuals with their own lives, families, hopes and aspirations. This was done by examining different case studies of Jewish communities across Europe and their integration within society in order to re-humanise the victims. By having multiple discussions with educators from the programme, alongside other participants across the area, we were able to enhance our understanding of the Holocaust, and gain a much more in depth insight of the tragedy beyond our classroom learning and the common narrative or connotations associated with the tragedy.

This theme was carried across in our trip to Auschwitz, which we reflected on as we walked through the sites. In Auschwitz I, each block was an immersive exhibition based on a certain theme. One of the most notable of these was the room containing 'The Book of Names', a large document filled with the names of millions of Holocaust victims, which was only a portion of the total number of victims throughout Europe, emphasising to us the intense scale of the genocide. We continued into more rooms, where we were greeted with many more exhibitions with artefacts of the belongings that were taken from the prisoners, for instance their shoes, clothes and even the kitchen wares that they had brought, giving us clear insight into the different lives of people that suffered at the hand of the Holocaust. Afterwards, we reflected on our trip in another online seminar and what we had learned and how it the trip had changed or challenged our previous conceptions about Auschwitz and the Holocaust. We were privileged to hear a first-hand testimony from a Holocaust survivor, who was only a child when the genocide had occurred, allowing us to have a new viewpoint on how we remember the Holocaust today and how it still affects the lives of those who bore witness to it, reinforcing the importance of remembering history and the mistakes of the past so that they are not committed again in the future.

The trip was incredibly insightful and educational for both of us, and we hope to carry what we have learned throughout this project as we continue to study history at university next year.

Anne and Margarita



Geography



It has been a busy and exciting first term in Geography. The **Year 13** students went on two field trips for the NEA element of their A level. They had a wonderful day at Walton-on-the-Naze, which is an Essex town situated on the North Sea coast. The students looked at coastal management strategies considering the advantages and disadvantages of protecting the coastline. The day gave students the opportunity to collect the data necessary for their individual projects. **Year 13** students also spent a day looking at the significant



changes that have taken place with the regeneration of Stratford. An area known to most, but the difference was today they got to carry out questionnaires with members of the public and visit parts of the area they would not normally utilise. This enabled them to draw conclusions on who really benefited from the redevelopment of this area and whether a legacy had been left since the 2012 Olympics.

The **Year 12** students have been learning about Hazards; looking at earthquakes, volcanoes, tropical storms and wildfires. The students spent a day at the Hazards Student conference hearing from a panel of experts from the field of Hazards. This was a great opportunity to deepen their understanding of the challenges that come with protecting humans and the environment from natural disasters.

The **Year 11** students have been very busy preparing for their upcoming mocks. Students have explored the exciting topics of the Living World. During this topic, students have explored both Tropical Rainforests and Hot Deserts. Students focus on the characteristics of these unique biomes, the opportunities and challenges within these biomes and how these biomes can be successfully managed for their long term sustainability.

Our **Year 10** students have made an excellent start to their GCSE Geography course and are currently looking at the important topic of Climate Change. This is very much on the agenda around our world, particularly with COP27 taking place in Egypt recently. Our **Year 11** students have been busy preparing for their mock exams and attending additional study support sessions on a Friday afternoon. We are very proud of all their hard work.

Our younger students have been on many adventures this term with the students learning all about the UK and also exploring the wonders of the human and natural world in their unit 'Fantastic Places'. The **Year 8** students have been looking at Tropical Rainforests and how animals and plants adapt to survive in these biomes. They have carefully considered our role in protecting rainforests with the threat of deforestation. **Year 9** students have been looking at the science behind climate change - what is evidence? What are causes and consequences and how can we cooperate globally to tackle its challenges. It is one the biggest challenges we are facing in the 21st century and requires students to link their understanding of global solutions to what they learn in Rise Up Days about global citizenship.

Science



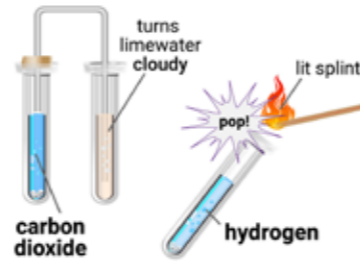
What a smashing first term all year groups had in Science! From Year 7 using Bunsen burners for the first time, to Year 11 keeping a watchful eye on a disappearing cross; this term was filled with fresh excitement and newly learnt science skills.



temperature, water and blood glucose levels. They learnt how to

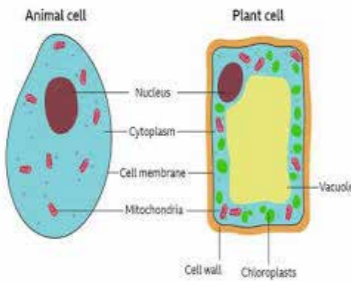
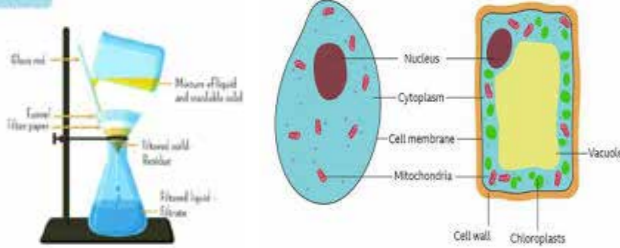
test for certain gases and how certain factors can affect rates of reaction. Next term will pass by quickly, so they should all be revising consistently!

BIOCHEMICAL (FOOD) TESTS			
CHEMICAL	TESTS FOR...	HOW TO CARRY OUT THE TEST	RESULT
Starch	1.1. Add the iodine solution directly to the substance to be tested (in solid or liquid form) and look for a colour change.	Turns blue/black with starch	
Protein	1.1. Add Biuret's to the solution/suspension to be tested and look for a colour change.	Turns purple with protein	
Reducing Sugar	1.1. Add Benedict's to the solution/suspension to be tested. 2. Heat for 2 mins in a water bath or boiling pan and look for a colour change.	Turns brick red with reducing sugars (green/yellow/orange if less sugar present)	
Lipid	1.1. Add a drop of Sudan's to the solution/suspension to be tested and shake gently.	Forms a red layer	



Year 7 learnt about lab safety and scientific equipment. Changes of state was an area developed from primary school and they experimented with different types of separating techniques. Students recently learnt about cells, reproduction and muscles and it has been great to see the amount of student interaction and curiosity within secondary Science so far!

FILTRATION



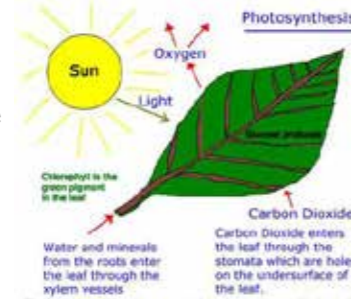
Year 12 Biology students measured the concentration of vitamin C in different fruit samples, which helps understand the importance of consuming certain nutrients. It was also fascinating to see daphnia in the labs, as they also investigated the effect of caffeine on the heart rate of daphnia.



Year 13 Chemistry students have recently been learning about Organic chemistry, one example of a topic area being ketones. People who choose to live on the keto diet will be able to test and see an increased concentration of ketones in their urine!



Year 8 can now describe adaptations of leaves and their specialised function for photosynthesis. Our world today has very much been focused on the importance of not wasting energy, so the Energy topic will allow our Year 8s to understand the significance of this!



The Science area for Open Evenings is always a popular sight. Heart and lung dissections were on display, as well as using chromatography to create troll hair colours and learning how to set up circuits. Our student volunteers were fantastic assistants; giving clear explanations to attendees on how certain experiments work. Lab 7 has a range of science-related careers on display and there are undoubtedly many St Angela's girls who will become future women in Science. Students can now look forward to what's in store for them next term!



Mary Seacole had a pivotal role in nursing soldiers back to health during the Crimean War.



Year 9 students learnt part of her history and developed their knowledge by learning about cells and disease. Marie Curie's contribution to Science was also learnt which led to learning more about the periodic table. Students should feel intrigued to discover which scientist they will learn about next term!

After starting GCSE content last summer, **Year 10** further learnt about energy from KS3. They also learnt what diamond is made of and how alloys are different from pure metals, as well as how to test for certain food groups. It has also been a busy term for **Year 11**, especially as mock exams were fast approaching. The topic of 'Homeostasis' was covered and students were able to learn how our body maintains its



Psychology



Our St Angela's psychologists have had a fantastic start to the new academic year! We started in celebration with our Year 13 students who performed exceptionally in their AS examinations. Congratulations Year 13, keep up the hard work!

Our brand new **Year 10** cohort have taken to the GCSE course well and have been learning all about research methods. In lessons, they have been discussing the most valid ways to design and conduct experiments, questionnaires, interviews and observations in order to learn more about human behaviour. When asked how she was adjusting to the new subject, Rebekah said, "I am currently enjoying psychology a lot because it is very engaging and interesting. It's unlike any other subject I studied before and the approach to learning is fun."



Year 11 students are learning about the origins of criminal behaviour and exploring the age-old question; 'are criminals born mad or bad?' Eysenck's theory suggests that crime is biologically determined but not everyone agrees, so we have had some excellent debates within the classroom, with students sharing their views on how criminals fit within the nature vs nurture debate.



Imperial College London **Year 12** have begun their new A Level by learning about the structure and limits of human memory. Did you know you could only remember 5-9 things at once? They do, feel free to ask them why! We are very proud that a team of students are also representing the school in the SCAMP research challenge with Imperial College London; showing off their newly acquired knowledge to conduct their very own psychological research into the impact of phone use on adolescent mental health.

Year 13 started the year by uncovering the wider issues in psychological research; for example, how to reduce biases towards certain genders and cultures and considering the ethical implications of our work. As the psychologists of tomorrow, it was amazing to see their engagement in this! They have now begun their adventure into the world of forensic psychology; looking specifically at how the FBI profile offenders and different theories of crime. Year 13 has also learnt about relationships; who we are attracted to and why,



how relationships are formed and what happens when people break up! They are now fully equipped to help anyone who is heartbroken but let's hope that they won't need to!

We wish all of our students a restful winter break and are sending luck to the Year 12 cohort who have their mocks upon our return.



Food Preparation & Nutrition

This term has seen a huge array of students making a variety of products!



Year 8 have been looking at fast food and how to make healthier versions of their favourite products. Every student I have spoken to has claimed that their burger was the best! The students have been developing their scientific knowledge of coagulation, gaining a greater understanding of nutrition, as well as learning about UK packaging laws. This information has then been used to create their own pizza box design.



Year 9 have been transported around the world learning and making a variety of cultural foods, including carbonara, samosas and stir fry. As part of this they have learnt about food miles, factors affecting food choice, as well as plating techniques. Students also rose to the challenge of redesigning a British classic 'baked beans on toast' to be served in a fine dining establishment.

Timbers, Metals & Plastics and Product Design

Year 7

The newest members of the St Angela's D&T family have been busy this term creating the maze games, all the new skills and techniques they have learnt are leading up to the finished maze games.

Year 8

With a new project on the horizon, year 8 are focusing on building circuits and their own USB powered mood light, with a laser engraved customised display.

Year 9

Building to their option choices during year 9, the students are putting all their skills that they have learnt over the years to create a Memphis inspired clock. Drawing on the different areas of timbers, metals and polymers the students have been designing and constructing the clocks to their clients specification.

Year 10

The Year 10 TMP group have been working non stop with theory and NEA practice projects this term. They have completed their small storage box and will begin the next project after Christmas.



Key Stage 4 students have been undertaking their NEA1 focussing on the functional and mechanical ingredients within pasta/choux pastry. As part of this they have conducted a series of experiments measuring the effects of kneading, drying, temperature and cooking times can have on the taste, texture, aesthetics and smell of the product.

We look forward to welcoming Year 7 to the food room after Christmas!



Year 11

The final stretch of their KS4 journey is in full swing now. Year 11 students are focusing on their individual contexts and making steady progress through their initial investigations and design ideas. Their development and manufacturing sections are well underway and will be completed when they return from their mocks.

Year 12

A new cohort of Year 12 students are engaging with their skills and knowledge areas of the course. They have been going through a selection of practice projects where they have learnt new skills,

Textiles

We have had a wonderful start to term, with the Textiles classroom being a hive of activity!



Year 7 students have started this term learning the different parts of the sewing machine, developing their skills in order to make a final cushion that includes the techniques of tie dye and applique.

Year 9 students have been creating their own fabric designs from the theme 'Nature'. Students have first drawn out a variety of ideas, then scanned these into the computer where they have manipulated them, printed them onto fabric using the heat press and then turned these into pencil cases.



Year 10 have been thoroughly enjoying the new GCSE specification, developing their knowledge further on a range of techniques including; applique; reverse applique; block printing; transfer printing; and much more! Currently working on a design brief of 'Abstract Patterns & Shapes', we cannot wait to see their final practical pieces after Christmas!

Year 11 have been working on their NEA, producing a range of unique and creative ideas to solve their personal design briefs. Having completed their research, specification and design ideas, we will be moving on to their final outcomes as soon as they come back from mocks!



"I learnt about how Textiles is marketed which improved my knowledge of the industry and various careers it could lead to. We also got to develop our artistic skills in fashion, sewing, painting and computerised embroidery. Overall, it was a fantastic experience!" - Anzom

"At first when I saw Alexandra Palace I was really impressed with its grandeur. Inside there were a variety of different stalls selling crochet, cross stitching, paintings, fashion and jewellery. We also watched an artist demonstrate her patchwork of the Queen which was stunning! Overall, my experience was amazing and I hope to go back in the future." - Sarah



Knitting & Stitching Show

On Friday 7th October the Textiles department took eighty Year 9 students to the Knitting and Stitching Show at Alexandra Palace. The exhibit demonstrated a fabulous display of a variety of textile products and potential careers the students could go into:

"I really enjoyed going on the trip and learning about the pearl stitch. I was really surprised to learn about how many different types of knitting techniques there were, something that I have continued to learn about in my own time" - Georgette



"At first I wasn't sure what to expect but as we entered the exhibit it was really interesting to see the wide variety of products from jewellery to blankets and fashion, many of which I hadn't seen before. It helped me understand the different careers Textiles could lead to." - Grace



Sociology

Our **Year 13** sociologists have had a fantastic start to the new academic year exploring the topics such as globalisation and crime.

A selection of the Year 13 cohort were lucky enough to attend a trip to The Royal Courts of Justice and The Old Bailey in October. As part of the A Level curriculum students must examine the patterns and trends of offending and the effectiveness of the Criminal Justice System. The trip was designed to provoke interesting discussions regarding whether incarceration is an effective punishment to deter individuals from committing crime. Our students were taken on a tour by an experienced criminal journalist covering both the Royal Courts of Justice and the Old Bailey followed by a wander through the secret alleys and courtyards of the nearby Inns of Court, in the footsteps of some of the country's most renowned legal minds. The tour then moved on to the Old Bailey: the country's leading criminal court, for a talk outside on the fascinating history and the trials covered by our guide which shocked the nation. Our students were given a printed guide with details of the most interesting cases

being heard that day, compiled with the information from the guide's contacts at the court. They then had the chance to watch any cases of interest in the public galleries at the Old Bailey. Our students found the whole experience absolutely fascinating, especially those who are intending to study Law at university. All of the students showed excellent maturity throughout the day especially when we entered the public galleries - well done Year 13!

Our **Year 12** sociologists, have had a busy term getting to grips with the demands of their A Level studies. This term they have explored the different aspects of identity; how we are socialised into each and how they are changing. In addition, students have been examining the process of sociological research by assessing the usefulness of a range of research methods. Students in the 12B class recently worked in groups to create case study proposals which consisted of choosing an event, individual or groups to research, deciding what research methods to use and assessing the strengths and weaknesses. These students enjoyed working together and presenting their case studies to the rest of the class.

Our **Year 11** sociologists, have had a busy start to the new academic year learning about crime and deviance as well as preparing for their December mock exams. This term they have been explored definitions of crime and deviance and how theories like Marxism, functionalism and feminism explain crime and deviance. Our Year 11 students attended a trip to The London Dungeons in September. The visit was organised to enrich their understanding of the relative nature of crime and deviance in Britain over the years. As well as being somewhat terrified by the actors throughout the immersive exhibition, the trip sparked some very interesting discussions regarding the changes to law and punishment in Britain over the years. Our **Year 10** sociologists, have made a fantastic start to their GCSE Sociology course! This term they have explored a range of sociological theories as well as key debates such as nature versus nurture. In addition to this they have been examining the research process such as sampling and operationalisation. Keep up the hard work Year 10!



Media Studies

Our **Year 12 and 13** Media cohort attended a private screening of the African set action film 'The Woman King' at the Stratford Picturehouse. The film tells the true story of the Dahomey tribe in West Africa who resisted the transatlantic slave trade backed by an all conquering female army. A film with lots of significance in the month we commemorate Black History.

Our **Year 11** cohort are embarking on the production stage of their Unit 2 work, planning, shooting and eventually editing a music video. The exam board requires them to 're-imagine' an existing music video that was made before they were born. After much research the groups have made firm decisions, so we can look forward to StAngela's very own take on music videos from the likes of Queen, Outkast and Vanilla Ice!



ASDAN

Bywaters Visit

On 28th November we had an exciting visit from our local recycling company "Bywaters". This session was fun and an interactive way to support the learning for the girls studying ASDAN. The interactive learning session was delivered by Phoebe (Green Guru) who talked about, "the positive impact of recycling for our environment", and, "what we can and can't recycle". The girls thoroughly enjoyed the session and were given a goodie bag.

THE URSULA SUITE

Peer Mentor Programme

We are very proud of our older students fulfilling the role of the 'big sister' in school in the name of Serviam

The inclusion team has relaunched its Peer Mentor Programme with a strong focus on supporting the younger students settle into secondary school life as they transition from primary school. The St Angela's Peer Mentoring Programme is based on young people supporting each other, matching Year 10 Peer Mentors with mentees on a one-on-one basis so that they can provide guidance and support, serving as positive role models. Our programme enables Peer Mentors from Year 10 to listen and support fellow students (mentees) in Year 7 and 8, helping them manage with the current challenges they may be experiencing with in school life.



RECYCLE YOUR CHRISTMAS

One of God's greatest gifts to us is our Planet!!



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 and help our beautiful planet.

- 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

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

Recycling tips for Christmas from Year 11 ASDAN students....

- Why not send an E-Christmas card - save paper
- Switch off your Christmas lights when not in use - to save valuable energy

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



Disney's FROZEN is now playing at Theatre Royal Drury Lane and a group of St. Angela's students went to see this theatrical production. It brings Elsa and Anna's story to the stage with incredible special effects, jaw-dropping scenery, and all the songs that we know and love.

Here are the thoughts of some of the students:

"Frozen was an amazing experience. It made me remember when I was younger, when I used to sing all the songs. I love the whole experience", said Myah.



Naomi commented, "I loved how I felt in the moment. It was very magical to watch. I liked the special effects, they really added to the overall experience. The characters were very funny but I felt other emotions too (happy and sad) during the story."

Micaela said, "Frozen was a spectacular experience. The special effects, the costumes, the lights, the songs took me back to my eight year old self and made me realise how magical it was. I loved it!"



The Royal Ballet: A Diamond Celebration



A group of Year 7 and 8 Dance Club members had the opportunity to watch The Royal Ballet rehearsing their performance of The Royal Ballet: a Diamond Celebration, which celebrated the 60th anniversary of The Friends of Covent Garden. The showcase demonstrated the breadth and diversity of The Royal Ballet's repertory in classical, contemporary and heritage works. It also included world premieres by Pam Tanowitz, Joseph Toonga and Valentino Zucchetti plus the Company's first performance of Four by Christopher Wheeldon and a performance of George Balanchine's Diamonds.

Lena commented, "I love the variety of colours in the costumes that were chosen, all different. The dancers were really elegant, strong and expressive. You could tell the story behind the different movements and facial expressions. The choreographers selected unique moves and varied dance styles. Ms Jarvis, thank you for inviting me. It was a great opportunity to teach me different ways to communicate in dance".

Milana said, "I really enjoyed the performances and how they used different music played by the orchestra. The costumes were very well thought out and the ballerinas were very skilful and expressive. They danced elegantly and I'm really grateful for the opportunity to attend".

Myah commented, "The whole ballet experience was amazing. It felt like such an amazing honour to be able to see professional dancers enjoying themselves. It gave me a sort of encouragement to continue my love for ballet. I loved all the dances!"



Newham Cross Country Championships

Congratulations to all athletes who competed in the Newham Schools Cross Country Championships. There were some fantastic 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: Anne (Yr7) placed 5th, Michaela (Yr8) placed 4th, Janet (Yr9) placed 10th, Divine (Yr10) placed 3rd, Afua (Yr11) placed 4th, Daniela (Yr10) placed 5th, Joy (Yr11) placed 6th, Vicky (Yr10) placed 7th, Elizabeth (Yr11) placed 8th, Jana (Yr10) placed 9th and Miriam (Yr11) placed 10th.

Overall Team Results: **Year 7 team - 3rd** **Year 8/9 team - 2nd** **Year 10/11 team - 1st**



Year 7 Newham Sportshall Athletics Newham Champions

Huge congratulations to the athletes who took part in the Newham Sportshall Athletics competition. The students participated in the qualifiers and finals where they finished first in both and earned them a chance at representing the borough of Newham at the London Youth Games. The students achieved some incredible results both individually and as a team.

Shot put	- Jessica	PB - 5.40m
Speed bounce	- Anne	PB - 78
Standing long jump	- Richess	PB - 2.10m
Standing triple jump	- Mesha	PB - 6.44m
Vertical jump	- Mesha	PB - 62cm
2 Lap race	- Mesha	1st place,
4 lap race	- Jessica	2nd place, Skye 1st place
6 lap race	- Tiana	2nd place
8 lap paarlauf	- Anne & Richess	1st place
4X2 Relay	- 1st place Tiana, Mesha, Jessica and Thalia	



Netball

Netball has been very popular this year with over 80 students from Year 7 to Year 11 attending netball club either before school, during lunchtime or after school. St. Angela's is currently in two very well subscribed netball leagues; the Newham Netball League and the Essex School's Cup. With all our year groups entered into both leagues and a combination team of a U14's and a U16's team in the Essex School Cup Plate League, netball has been enjoyed profoundly by the students here. We would like to congratulate our Year 10's and Year 11's on their commitment to attend 8am netball training every Monday morning, our Year 9's who have been our most consistent year group so far in regards to whole team attendance, our Year 7's for showing up in great numbers in recent weeks and lastly our Year 8's for their dedication in attending both Thursday training sessions and Tuesday lunchtime netball sessions. The enthusiasm and buzz for netball this year has been amazing. With future fixtures already scheduled into the new year, we hope to welcome many more netballers across all year groups in 2023!



Wallball - European Championships in Holland



Congratulations to Amelia and Alina in Year 10 who have been selected to represent GB at the Junior Wallball European Championships in January. We wish them well and look forward to seeing their progress in the sport.

British Rowing Academy Start

Daniela has represented St Angela's at indoor rowing for the past two years and after participating in a 6 week on water rowing experience last summer she was identified as a student who could take this sport more seriously.



British Rowing Academy Start (BRAS) is the perfect place for young, determined rowers that want to aim and achieve beyond school rowing teams. BRAS has 8 locations over England to allow athletes 14+ yrs to row with professional coaching and reach the Olympic level.

The most recent opening was here, in East London and Daniela managed to be the very first person to be officially invited into the British Rowing Academy programme, with a required trial test using machinery that is not manufactured anymore: virtually no person has experience on the machine, which makes everyone's skill factor the same, capturing athletes RAW results. the test involves upper body and core work, crucial for rowing.

Daniela's scores indicated that she had exceptional attributes in all areas measured: body type, strength and endurance. Her levels compared very favourably with the testing Olympic champions had at her age, indicating that with the right training, commitment, competitive edge and mental toughness of an elite performer, Daniela could be very successful in the Olympic sport of rowing. We look forward to seeing her progress on the programme.

U16, U15 and U14 Football

This season the footballers took part in the Newham League, the English Schools Football Association (ESFA) and the Essex County Schools' Football Association (ECFA).



U15 Team

This season the U15s started the season well, with their quick decision making in attacking play and a strong defence. The team won most of their matches. They have shown great teamwork, understanding and have a brilliant chemistry, learning from their mistakes and reflecting on their progress, in order to keep being a better team. Well done to Alisha, Ana, Chiamaka, Whitney, Feykemi, Dorcas, Sarah, Divine, Mayeva, Esther, Zoe, Loveth, Emmanuella, Thea and Zeruiah.

Year 7 and 8 Football

This term has been great for the Year 7 and 8s footballers. We have over twenty students attend football training on a Friday every week and have participated in numerous fixtures which have seen the girls working together excellently as a team and competing with schools in the London, Newham and English School's Cup. The girls are currently participating in the Newham League where they started their campaign with a flawless 5-0 victory over Forest Gate Community School.

U16 team:

The team started off the term with a strong attacking side, winning all of their matches in all leagues. The girls have shown great team work, communication and skill. Congratulations to Audleigh, Precious, Kaira, Emily, Kate, Ashleigh, Kaira, Afua, Elizabeth, Carla, Alisha, Ana, Chiamaka, Whitney, Feykemi, Dorcas, Sarah, Divine, Mayeva, Esther, Zoe, Loveth, Emmanuella, Thea, Zeruiah and Tyra.

Newham League: St Angela's Vs Little Ilford, 3-1, Alisha (1), Dorcas (1), Whitney (1)

ECSFA: St Angelas Vs Heathcote 2-0, Alisha (2). St Angelas Vs Roding Valley 4-5, Alisha (2), Carla (1), Afua (1).

ESFA: St Angela's Vs Cardinal Pole, 6-0, Alisha (2), Elizabeth (2), Carla (1). St Angelas Vs Brampton Manor 5-0, Afua (2), Alisha (2), Carla (1).

London League: St Angela's Vs Chadwell Heath, 4-2, Tyra (2), Alisha (1), Ana (1).

ESFA: St Angela's Vs Stepney All Saints 3-0, Alisha (1), Chiamaka (2).



U14 Team

The U14 team is made up of Year 8 and 9 students. The team started off the season in good spirits, training consistently, supporting each other and they have tried their best in every game they've played.

They show great communication skills, determination and motivation. Well done to Angeline, Honey, Keren, Esther, Julia, Janet, Cindy, Suriyah, Martina, Nicole, Alexia, Ebony, Lyubov, Vanessa and Michaela.

ESFA: St Angela's Vs St Mary Magdalene, 1-3, Keren (1).

ECSFA: St Angela's Vs Roding Valley 3-2, Honey (2), Keren (1).



Lee Valley Indoor Athletics

Well done to all of the students who represented St Angela's at the Lee Valley Indoor Schools Competition this term. All athletes tried their best in their races, throws and jumps as they supported each other throughout. Sportsmanship, dedication and a drive to do their best was seen. Well done to the Year 10 and 11 team Selasie, Kady, Kaira, Elizabeth, Afua, Carla, Alisha, Esther, Whitney, Thea, Sami, Vicky, Ayoolowa, Whitney and Theresa. Well done to the Year 8 and 9 team Keren, Angeline, Eliora, Iri, Janet, Esther, Destiny, Olivia, Noelia, Vanessa and Nicole.

U16 Basketball Newham Champions

This term the Under 16s attended the Newham Basketball Competition where they were competing against Kingsford and Lister schools for a chance to represent the Borough of Newham. The students performed excellently and won both their matches and will represent Newham at the London Youth Games Qualifiers. Congratulations to Feykemi, Esther B, Angel, Esther A, Elfreda, Valerie, Divine C, Sarah, Ana, Thea, Divine O, Tyra and Lasian.



Catching Colour Project with English National Ballet

St Angela's Dancers participated in a project called Catching Colour facilitated by English National Ballet, Akademi and The Line.

'Catching Colour' is a new public sculpture inspired by the artist Rana Begum, which supports a cross-art form collaboration. The project celebrated the diversity of Newham and Tower Hamlets by taking Rana's starting point for the work: the Bangladeshi fishing nets she remembered from her childhood.

Students participated in a series of

workshops with dance artists Pārbati and Kirsten exploring Kathak, ballet and contemporary dance styles. They created a dance work in collaboration with students from Mulberry School and were fortunate enough to have the experience of dancing at English National Ballet's studios in London City Island.

Family and friends were invited to the performance which took place at Hopewell Square. It was an enthralling performance as the dancers performed underneath the Catching Colour sculpture with the artist Rana Begum watching on. The students

were amazing and thoroughly enjoyed the experience. Congratulations to Milana, Kenechi, Chloe, Zeldia, Myah, Monae, Pisti, Angel, Naomi, Lanae, Semena, Sesina, Nicola, Davida and Lena.



Music

London Philharmonic Orchestra (LSO) GCSE Music trip

Our GCSE Music class spent a day in central London visiting the Royal Festival Hall. They watched the London Philharmonic Orchestra perform music from the GCSE Music syllabus, including pieces by Bach, Handel and John Williams. Our students loved being able to experience the power of a full orchestra in front of them. They took part in an interactive quiz, and learned about how the different elements of music worked together in the pieces they heard. Students found the experience to be memorable and will have hopefully opened their eyes (and ears) to discover more shows in the thriving live music scene that London offers.



Christmas Concert 14th December

After a three-year absence, the Christmas Concert was finally in front of a live audience! Staff, friends and family came to support our wonderful musicians, many of whom were performing for the very first time. The audience was treated to festive performances from three different choirs, the school orchestra, guitar ensemble, percussion group, bands, piano duet and the surprise performance by our very own staff choir. The programme ended with a special rendition of 12 Days of Christmas. With mulled wine and minced pies being served, the event was a lovely experience to be part of, of to start off the Christmas celebrations.



TLC



Reading Programme

Our whole school community is buzzing with reading. Mrs Bacon and Ms Royer, our dedicated library team continue to ensure that our TLC is well stocked with a fantastic range of books for all ages. Students can read for both pleasure and subject mastery.

Our successful reading programme has been delivered again this term with support given to students in our daily morning reading sessions. It has been wonderful to witness the students' confidence growing in reading and their excitement as they allow their minds to wander in the wonderful pages of stories.

Reading is very much evident across the school in all lessons and we encourage all students to read for at least 15 minutes at home every night. Our GCSE students have been given the opportunity to collect revision packs of CGP books which they can keep for the duration of their courses to support them further with their revision.



TLC Scholastic Book Fair

The book fair was an amazing experience that many students haven't experienced in their secondary school life. It had a range of diverse and popular books, many at an affordable price. The book fair was on every lunch time for a week and was packed full with many students wanting to buy books

Nabila was able to buy a selection of books and she is really enjoying them. We are extremely grateful to have had this opportunity.

We were lucky enough to help supervise the students looking at the books and enjoyed the responsibility. The book fair was fun but very busy as lots of students came to look at the books but it was worth helping out, especially as Ms Bacon gave us a little treat. Hopefully we can help again as it was great fun!

Jessica, Nabila (Year 9) and Akunna (Year 11)



National Teen Book Club

"Taking part in the National Teen Book Club has simply been a delight. It was an environment where I could discuss and also listen to the viewpoint of others. For example, the first book that we read 'The Upper World' was a sci-fi book bursting with science, drama and entertainment. Personally, I enjoyed the drama side of the book as it was thrilling and such a pleasure to read. However, others were in favour of the science aspect, as it was a riveting twist that they hadn't seen in other books before. During the programme we attended a zoom meeting and engaged with other schools and had the incredible opportunity to hear from mathematicians, poets and even the talented author himself, Femi Fadugba. To be honest going to book club was one of the highlights of my week, as I would be greeted by the lovely Miss Bacon, who always tried her best to make sure book club was fun and interactive."



LUKE 2:4-7 AND JOSEPH ALSO WENT UP FROM GALILEE, FROM THE CITY OF NAZARETH, TO JUDEA, TO THE CITY OF DAVID, WHICH IS CALLED BETHLEHEM, BECAUSE HE WAS OF THE HOUSE AND LINEAGE OF DAVID, 5 TO BE ENROLLED WITH MARY, HIS BRETROTHED, WHO WAS WITH CHILD. 6 AND WHILE THEY WERE THERE, THE TIME CAME FOR HER TO BE DELIVERED. 7 AND SHE GAVE BIRTH TO HER FIRST-BORN SON AND WRAPPED HIM IN SWADDLING CLOTHS, AND LAID HIM IN A MANGER, BECAUSE THERE WAS NO PLACE FOR THEM IN THE INN.



Key Stage Three News

Year 7,8 and 9 have all explored careers advice and guidance regarding their future aspirations through our Rise Up days held over the course of the last term sessions have included finance awareness and consumer rights.

Key Stage Four News



We are delighted to inform you that the Year 10 students will be completing their work experience in March of this academic year. All of the students have been working with the in school careers team to secure a vast range of work experience placements. We are really looking forward to the cohort experiencing the World of Work.

Year 11 are embarking on their applications for post-16 education and are working with the careers team to explore all of the subjects available to them, in this their next chapter. In November, selected students from



NEW COLLEGE OXFORD

Years 11 and 12 participated in New College Oxford's Step Up Programme as a pathway to higher education.

Key Stage Five News

Year 13
During October half term, a number of students in Year 13 completed work experience placements which were aligned with their future ambitions to support their applications to university

Yamina went to Balaam Street Practice
Aisha went to Greengate Surgery
Favour went to Law Lane Solicitors
Eliona went to Sangham Surgery

Year 12
We are delighted that seven of our Year 12 students were successful in applying to the Future Leaders Programme. All students in Year 12 have benefited

from a huge range of in-person and online presentations and conferences (advertised in the Year 12 Google Classroom) about different careers to help them think about their pathways post-16. From banking and finance, to medicine and even aviation, students have had the opportunity to benefit from the plethora of activities that exist online.

On Thursday 13th October, Shuhana Sharmin from Healthcare Horizons at Barts NHS Trust visited school to give a presentation to students interested in a career in healthcare. She spoke about what is expected from healthcare workers, the variety of careers available in the NHS and routes into medicine, dentistry, nursing, midwifery and AHP roles.



GARDEN & ECO CLUB



This term has been a bumper time in the garden. We have harvested cucumbers, carrots, beetroot, courgettes and tomatoes to name a few. Ms Walsh led some cooking activities with these where students made courgette chips and cucumber smoothies. The flowers also continued to bloom until well into the autumn. Students have also been busy preparing for spring. Broad beans have gone in the beds, chives sown from seed and rosemary cuttings taken. They have also planted lots and lots of spring bulbs so the beds will be sea of colour by April. Students were also lucky enough to have special 'Flourish' workshops led by Joanna Pidcock of Looplabs. Students learnt how to collect seeds, identify plants in the same family and ask questions about what careers you can follow in the field of horticulture. We hope to welcome Joanna back in the spring. We look forward to more digging and growing next term!

Computer Science

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 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 a computer systems and the characteristics of secondary storage and what they should look for when buying different secondary storage devices.

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 have made a fantastic start to the academic year and their GCSE studies, exploring 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 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 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.

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 have been developing their programming project to include all the skills that they have been learning and the department is delighted with the progress they have made and the solutions that they are coming up with.

CyberFirst Girls Competition

This year we will enter teams into the CyberFirst Girls Competition. The competition is a team event, with each team made up of 4 students from Year 8. The competition is to give even more girls the opportunity to discover the exciting world of cyber security.



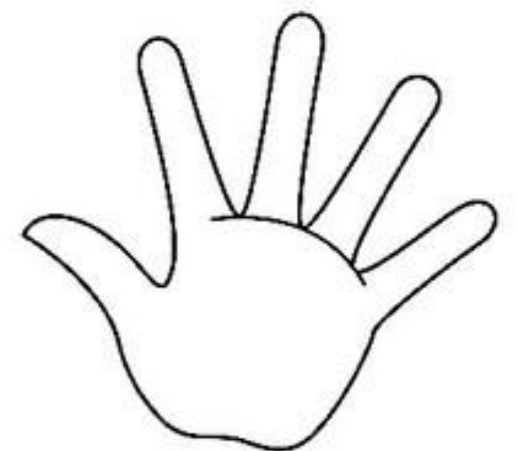
Mental Health and Wellbeing

The lead up to winter break can be a fun and exciting time, but it is also a period that may make some young people feel anxious and stressed. Students have been engaging with activities from the Young Minds Website. If you have not yet had a chance please do take a look at their website - there are lots of useful support materials for young people and adults.

Antibullying Week : This year the theme was 'Reach Out'. Our Year 11 did a splendid presentation across all years, encouraging students to build a '5 person support network' including a trusted adult in school to reach out to if they are experiencing any issues.

The Anti Bullying Alliance says, *'Bullying affects millions of lives and can leave us feeling hopeless. But if we challenge it, we can change it. And it starts by reaching out. It doesn't stop with young people. From teachers to parents and influencers to politicians, we all have a part to play. Reach out to someone you trust if you need to talk. Reach out to someone if you know they're being bullied. Reach out by being the change you want to see. It takes courage, but it can change lives.'*

5 fingers of safety



I can use my fingers to name 5 people I feel safe with. These are the people I can turn to for help, no matter how big or small my problem may be. They will always be there to help keep me safe.



SPRING TERM BEGINS
WEDNESDAY 4TH JANUARY 2023

The Season of Advent

The white candle is placed in the middle of the wreath and lit on Christmas Eve. This candle is called the "Christ Candle" and represents the life of Christ. The colour white is for purity - because Christ is our sinless, pure Saviour.

The second candle, also purple, represents faith. It is called the "Bethlehem Candle" as a reminder of Mary and Joseph's journey to Bethlehem.

The third candle is pink and symbolises joy. It is called the "Shepherd's Candle," and is pink because rose is a liturgical colour for joy. The third Sunday of Advent is Gaudete Sunday and is meant to remind us of the joy that the world experienced at the birth of Jesus. As well as the joy that the faithful have reached the midpoint of Advent.

On the fourth week of Advent, we light the final purple candle to mark the final week of prayer and penance as we wait for the birth of our Savior. This final candle, the "Angel's Candle," symbolises peace. It reminds us of the message of the angels: "Peace on Earth, Good Will Toward Men."

The first candle, which is purple, symbolises hope. It is sometimes called the "Prophecy Candle" in remembrance of the prophets, especially Isaiah, who foretold the birth of Christ. It represents anticipation of the coming Messiah.

