

11 Days in Japan: Hendon Students Embrace a World of Tradition and Adventure

Gatwick was our departure airport; sixteen students all with Japanese adventures ahead of them. Air China flew us via Shanghai onwards to Tokyo. It was in this magnificent city that the adventure of dreams started.

Everyone settled into our accommodation for three nights which was the 1964 Tokyo Olympic village. From there we visited many incredibly vibrant places in Tokyo where, at night-time, the lights are so bright it feels like daytime. It is also home to the worlds busiest junction where a thousand people and more cross at the same time - not surprising as it is a city of 33 million people.



Our students were overwhelmed by Japanese culture and all it can offer. This included trying the incredibly delicious Japanese food and visiting the many temples and shrines which are all over Japan.



Places like Shibuya, Shinjuku, Harajuku and Yoyogi Park were visited. To some of our manga readers and anime watchers these were familiar places.



Leaving Tokyo behind we travelled on the 200 mph bullet train to meet and greet our host students at Konan High School in Hamamatsu City. We didn't see Mount Fuji on the way to Hamamatsu but we did see it in all its majestic beauty on the way back to Tokyo.

At Konan High School each Hendon student greeted their host student, exchanging Japanese and English introductions from the get go. Within hours strangers had quickly become friends.



Hendon students were at Konan School for 4 days sharing different lessons with the purpose to share languages and cultural differences. Lessons included the chance to dress as a samurai warrior, wear a kimono in the tea ceremony room, try calligraphy and experience P.E lessons Japanese style. The final weekend had free time with the host families where their Japanese family looked after our students.





Sadly on the Monday after being in Japan for 11 days it was time for our students to say goodbye to their host families. It was a very emotional moment and many tears were shed given the strong bonds that had formed. I am sure some students will keep in touch forever or maybe even travel to see each other in the future.

After leaving Hamamatsu we went to Tokyo Disneyland (and it didn't disappoint) before going to a very nice hotel for our last night in Japan. Our last day enabled us to visit the old town of Narita. It is a cultural masterpiece showing off the wonders of Japanese culture. It also allowed our students the last chance to buy any last minute souvenirs and soak up their final experiences in Japan.

Air China delivered us safely home going via Shanghai for the long flight home. But as they say...."It isn't just about the destination it is also about the journey".

Mr Hall - Head of Year 11



Year 13 Winter Wonderland Rewards Trip

As a celebration of hard work and dedication, twenty Year 13 students were rewarded with an exciting trip to Winter Wonderland on Wednesday 10th December, accompanied by Miss Tuac and Mrs Qyqalla. The group met at Hendon Central at 9:30am, full of anticipation for a well-deserved day of fun. The train journey into Central London was lively,



filled with laughter and conversation, a perfect start after a demanding term.





After a scenic walk through Hyde Park, the dazzling lights and towering rides of Winter Wonderland came into view. Upon entering, the festive atmosphere, music, bright lights, and the thrill of the attractions set the tone for an unforgettable experience. Highlights included Airborne, a spectacular ride lifting students 65 metres into the air for breath taking views of London, and a looping roller coaster that even the teachers joined in on! Later, students enjoyed festive treats such as churros, fries, and hot chocolate, and some tried their luck at game stalls, with a few walking away with enormous teddy bears.



Ms Tuac - HS6 Independent Study Co-ordinator

House News

This term has been an outstanding one for our House teams, with students collectively earning over 40,000 house points across the two houses. We are incredibly proud of their dedication, teamwork and enthusiasm. Congratulations to the top-performing houses in each year group, who have been invited to enjoy a festive Christmas Movie reward. A special well done also goes to our top individual achievers, who were celebrated with their own reward trips with their Heads of Year.

			
EMERALD	SAPPHIRE	RUBY	AMBER
10563	9832	9759	10722

YEAR	EMERALD	SAPPHIRE	RUBY	AMBER
7	1845	1730	1612	2002
8	2069	1894	2088	2126
9	2081	2563	2728	2107
10	2343	2092	2172	2052
11	2342	2000	1527	1680
HS6	1343	1678	1034	1276

This half term also saw the launch of our very first whole-school quiz event, "The Hendon Feud." Hosted brilliantly by Mr Harper—channeling his inner Steve Harvey—the competition featured House Teams led by Mr Dickie, Mr Ramjhan, Ms Moreland and Mr Sair. The event was packed with suspense, excitement and plenty of laughter, and we are already looking forward to bringing it back next year.

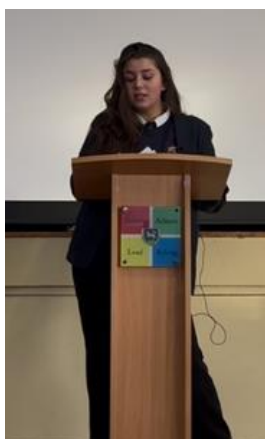
A huge congratulations to the Amber Team, who claimed the inaugural Hendon Feud title. They celebrated in style with crowns, medals and a well-earned pizza party!



Jack Petchey Speak Out Challenge

This term, 60 of our Year 10 students took part in the Jack Petchey Speak Out Challenge. Leaders from the Speakers Trust joined us for two full days of workshops, guiding students through the skills of crafting, structuring and confidently delivering impactful speeches. Across both days, students produced an impressive range of thoughtful, powerful and persuasive speeches, making the judging process incredibly difficult. From the workshops, eight students were selected as winners.

The eight finalists delivered their speeches to members of the Senior Leadership Team, who faced the tough task of narrowing the group down to just four. Those four students went on to perform their speeches to the entire staff body, showcasing exceptional confidence and communication skills. The standard was outstanding, and each of them would have been worthy of a place in the regional final.



However, this year's overall winner was Alexandra, who will proudly represent Hendon School at the Barnet Regional Final on Wednesday 4th February. We are delighted to be hosting this event and look forward to welcoming winners from schools across Barnet as they compete in this prestigious challenge.

Jack Petchey Achievement Award Winners

We are very fortunate to be part of the Jack Petchey Achievement Award Scheme, which recognises and celebrates the outstanding contributions of young people across London. Each term, three students from Lower School and one student from HS6 are selected for a Jack Petchey Achievement Award. Teachers nominate students for a wide range of reasons, including academic excellence, resilience and determination in learning, commitment to extracurricular or volunteering programmes, or acts of kindness and service to others.

This term, our four exceptional winners are:

Eva (9.5)

Eva was nominated for her consistently committed approach to learning at Hendon School, supported by an exemplary behaviour and attendance record. In PE, she is an outstanding student who has shown exceptional dedication to extracurricular sport, representing the school in netball, basketball, trampolining and football.

Natalia (11.8)

Natalia was nominated for her impressive growth over the past year and her proactive approach to learning and revision. She is incredibly hardworking, resilient and humble, always willing to learn and improve. Natalia is also a highly committed Creative Arts student and recently performed her own musical composition to staff—a performance that was both confident and impressive.

Diba (10.1)

Diba was nominated for being an exceptionally focused and driven learner. She consistently gives 100% effort, participates actively in lessons and approaches mistakes as opportunities to grow. Her proactive attitude is reflected in the thoughtful questions she asks and her determination to succeed. This term, she has also brought this same positive energy to volleyball; despite being relatively new to the sport, her commitment, motivation and rapid improvement have made her a valued member of the team.

Casey (13.3)

Casey was nominated for her remarkable dedication and leadership during her time at Hendon School. Her seven-year commitment to dance demonstrates her passion, perseverance and strong ability to balance academic and extracurricular responsibilities. Last year, she joined the student leadership team as Deputy Head of Sapphire House, where she has shown excellent leadership skills and commitment to the role.



Ms Downing - Assistant Headteacher

Absence Reporting

If your child is going to be late or absent, please contact 020 8202 9004 and select option 1 then option 1 or email attendance@hendonschool.co.uk

When reporting an absence please include your child's name, form group, the reason for absence and the anticipated day of return. We ask that you also leave your name and your relationship to the child whose absence you are reporting.

Extension Curriculum

This year, we introduced our new Year 8 Extension Curriculum, giving every student in Year 8 a dedicated hour of enrichment each week built directly into their timetable. This programme has enabled us to offer a fantastic range of opportunities, including guitar lessons, kayaking, football coaching, martial arts, knitting, tennis, entrepreneurship, drama and Big Art. It has been wonderful to see students embrace these experiences, develop new skills and discover fresh interests.



The aim of the Extension Curriculum is to broaden students' horizons, build confidence and encourage them to step outside their comfort zones. By offering experiences they may not otherwise encounter, we hope to nurture creativity, resilience and curiosity, supporting students' personal and academic growth.



Students have spoken enthusiastically about the programme, with many sharing how much they enjoy trying something new. Staff leading the sessions have also commented on the students' positive attitudes, teamwork and willingness to challenge themselves. It has been inspiring to see so many Year 8s grow in confidence and uncover new passions.

Hendon School Helps Bring Clean Water to a Community in Africa

At Hendon School, we believe in making a difference—not just within our classrooms, but across the globe. That's why we're proud to partner with AquAid, a company that supplies clean drinking water throughout our school while also supporting life-changing projects in developing communities.

As part of our agreement with AquAid, a portion of the funds from our contract is set aside each month to contribute towards the installation of a water pump in an African community. This initiative ensures that, over time, we can help provide access to safe, clean water where it's needed most.

We are delighted to announce that we have reached our target and the water pump has now been built and installed! Thanks to this collaboration, an entire community is enjoying the benefits of clean water—a resource that many of us take for granted.

This achievement reflects our commitment to sustainability and global citizenship. It's a reminder that small actions, when combined, can create a big impact.

Thank you to everyone who has supported this initiative. Together, we've helped transform lives.



Year 10 Theatre Trip: Wicked at the Apollo Victoria

On Wednesday 17th September, 55 Year 10 students enjoyed an unforgettable trip to see the hit musical *Wicked* at the Apollo Theatre - Victoria. Thanks to the Jack Petchey Award Scheme, tickets were fully funded, making this experience possible for our Music and Drama GCSE students, along with others who earned the trip as a reward for excellent behaviour.

The Apollo Theatre is a stunning Victorian proscenium arch theatre, and as we settled into our plush red seats, the stage resembled a gigantic treasure map, complete with a looming dragon above. This impressive puppet came to life as the show began—breathing fire and glowing with red eyes!



The performance was spectacular. Through incredible singing, dancing, and storytelling, the cast explored the untold story of the Wicked Witch of the East from *The Wizard of Oz*. Themes of good versus evil and what shapes our choices captivated the audience. For some students, this was their very first theatre experience, and their reactions said it all:

"That was amazing!"

"Is it really live music?" (Yes—the orchestra was hidden beneath the stage!)

"The costumes were incredible!"

The production transported us through schools, palaces, bedrooms, and outdoor scenes using clever set design and lighting. It was truly a magical journey, and everyone had a fantastic time.

Ms Gill-Carey - Drama Department

Year 9 Day of the Dead Project

This term, Year 9 students explored the vibrant traditions of Mexico through the lens of Frida Kahlo's work and the cultural celebration of Día de los Muertos (Day of the Dead). Building on the clay modelling techniques introduced in Year 8, students designed and sculpted imaginative skull models inspired by this theme. Each piece was carefully fired and glazed, showcasing their creativity and craftsmanship while deepening their understanding of cultural symbolism and artistic expression.

Mr Keller - Head of Art



Year 12 Students Visit Auschwitz-Birkenau

On Wednesday 22nd October, four Year 12 students participated in an educational visit to Auschwitz-Birkenau Concentration Camp in Poland. The purpose of the trip was to deepen their understanding of the Holocaust beyond classroom study, by experiencing the historical site first hand. This visit provided an opportunity to reflect on the atrocities committed during one of history's darkest periods and to appreciate the importance of remembrance. Below is a personal account from Zainab, offering insight into the impact of this experience.

Studying the Holocaust in class is one thing, but being at Auschwitz in person is something completely different. History books explain the facts, the dates, the numbers—but none of that prepares you for the feeling of actually stepping onto the grounds where so many lives were taken. The moment the gates come into view, the world seems to go quiet. Even the air feels different, as if it carries the weight of everything that happened there.



Walking beneath the “Arbeit Macht Frei” sign is unsettling. You know the cruel lie those words represented, and it sends a chill through you. It's impossible not to think about the people who were forced to walk the same path, not knowing what waited for them inside. You try to imagine their fear, their confusion, their hope that maybe things wouldn't be as bad as the rumours—but imagination falls short. Nothing can truly recreate their reality.

Inside the barracks, the emptiness tells a story louder than any lesson ever could. The wooden bunks look more like shelves than beds, and it's hard to understand how people survived in such conditions. The guide talks about starvation, forced labour, and illness, but your mind drifts to the people themselves—the individuals

who once slept here, who shared whispered conversations in the dark, who clung to whatever pieces of humanity they had left.

Then there are the personal belongings: piles of shoes, children's items, suitcases with names written on the sides. Those objects make everything painfully real. They remind you that the victims had lives, families, dreams, small everyday routines. They weren't just numbers in a textbook; they were people who deserved so much more than what history gave them.

As you move through the camp, there's an intense silence that follows you. It's respectful, but also heavy—like the place demands reflection. You start asking yourself difficult questions about hatred, discrimination, and how ordinary people could allow something so horrific to happen. And beneath all of that is a deeper understanding of why remembering matters so much.



Leaving Auschwitz, stepping back into the normal world, feels disorienting. The contrast between life inside the camp and life outside it is overwhelming. But the visit stays with you. It becomes a reminder not just of what happened, but of the responsibility everyone has to make sure it never happens again.

Zainab (12.3)

Diary Dates	
❖ Wednesday 17 th December	Christmas Lunch/Christmas Jumper Day KS3 House Reward Movie afternoon Christmas Concert - 6 pm
❖ Thursday 18 th December	KS4 House Reward Movie afternoon
❖ Friday 19 th December	Last day of Autumn Term - Students dismissed at 12.10 pm
❖ Monday 5 th January	First day of Spring Term
❖ Monday 5 th - Wednesday 14 th January	Year 12 & 13 Vocational Public Exams
❖ Thursday 8 th January	Year 8 Student Progress Evening
❖ Thursday 15 th January	Year 11 Student Progress Evening
❖ Tuesday 20 th January	Twilight Inset - Student dismissed at 12.25 pm
❖ Friday 23 rd - Friday 30 th January	Year 13 Mock Exams
❖ Thursday 29 th January	Year 9 Student Progress Evening
❖ Friday 30 th January	Culture Day
❖ Wednesday 11 th February	Smart Futures Day
❖ Friday 13 th February	House Day
❖ Monday 16 th - Friday 20 th February	Half-Term Break

Year 10 'Still Life' Art Work

This term Year 10 students have been working on a 'still life' natural form unit. The purpose of which is to guide the students through the four assessment objectives and to have them use a range of material they have not as yet used in school. Here are a few of the incredible outcomes they have produced in their sketchbooks this term.



Mr Keller - Head of Art

Well done to Year 7 Art students for their excellent Arcimboldo inspired fruit monsters.



Year 7 Reward Trip to Babylon Park

On Wednesday 10th December, 23 Year 7 Students went along to Babylon Park in Camden. This trip was a reward based on achievement points, attendance and punctuality and general behaviour around the school. The students had an amazing time. They tried rollercoasters, arcade games and had great fun all round! Well done everyone, you deserved it.

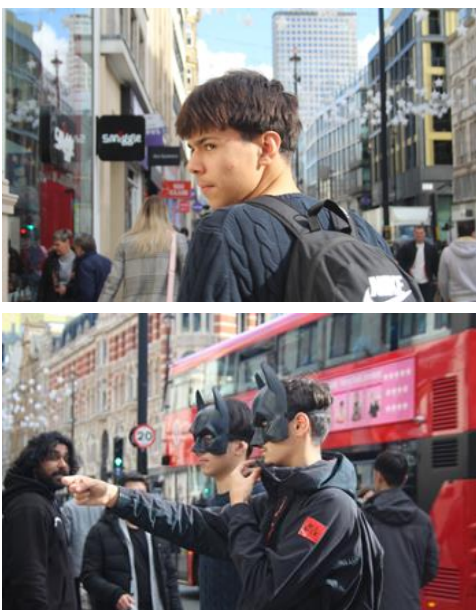
Mr Lynch - Head of Year 7



Year 11 GCSE Photography Trip

On Monday 6th October, Year 11 GCSE Photography students visited the Photographers Gallery, Hope 93 Gallery and Somerset House where a range of inspiring, contemporary exhibitions were on display.

The students impressed us with their focus and enthusiasm. It was a pleasure to watch them explore camera techniques, composition and lighting on such a bright sunny day. A big thank you to Mr Sair and Ms Miah Browne for accompanying us!



Ms Schmid - Head of Photography

Celebrating Excellence at Our Annual Awards Evening

On Tuesday 21st October, we proudly hosted our annual Awards Evening in the impressive Quad at Middlesex University. This prestigious event honoured 130 exceptional students, each nominated by their teachers for outstanding achievements across a wide range of categories.

The evening was a truly joyous occasion, bringing together pupils, families, and staff to celebrate the remarkable accomplishments of our students. The atmosphere was filled with pride and excitement as awards were presented, recognising hard work, resilience, and dedication.

A particularly poignant moment of the evening was our tribute to Patrick Guthrie, a much-loved former English teacher who sadly passed away last year. Patrick's family joined us for the celebration, and in his memory, we introduced a new award in his honour.



On the evening of our awards ceremony, we were honoured to welcome former pupil Fred Varley as our guest speaker. Fred, now a physicist working in the field of nuclear medicine and radioactive medicines used in diagnostics and cancer treatments. It was a proud moment for the school to celebrate the success of one of our alumni and to hear his inspiring thoughts for the next generation of Hendon students

Congratulations to all of our award winners:

Award	Name	Form
Achievement in Mathematics	Ardavan	8.1
	Avi	9.5
	Mennah	10.6
	Gokul	11.7
	Mohammed	12.5
	Lauren	13.3
Outstanding Achievement in Mathematics	Yuuki	10.8
Achievement in English	Ksenia	8.6
	Arushi	9.3
	Joel	10.3
	Harley	11.2
	Nicky	12.5
	Jasmine	13.1
Outstanding Achievement in English	Melvina	10.3
Achievement in Science	Ornela	8.4
	Alina	9.2
	Neela	10.3
	Michael	11.2
	Hanna	12.2
	Wiktoria	13.3
Outstanding Achievement in Science	Lulu	11.6
Achievement in Modern Foreign Languages	Brandon	8.5
	Koto	9.3
	Erin-Rose	10.6

	Khorshid	11.3
	Eustyna	12.6
	Sasha	13.4
Outstanding Achievement in Modern Foreign Languages	Alexandra	10.8
Achievement in Humanities	Rey	8.5
	Sam	9.1
	Jayden	10.3
	Zia	11.4
	Yasmin	12.4
	Mary	13.1
Outstanding Achievement in Humanities	Janan	10.1
Achievement in BICT/ICT	Anisa	8.4
	Alina	9.2
	Kirill	10.5
	Chloe	11.1
	Rayan	12.1
	Bais	13.3
Achievement in Design & Technology	Isabella	8.1
	Victoria	9.5
	Erin-Rose	10.6
	Isabel	11.5
Outstanding Achievement in Design & Technology	Isabella	8.2
Achievement in Physical Education	Pogba	9.6
	Melvina	10.3
	Leon	12.4
	Henry	13.5
Outstanding Achievement in Physical Education	Neela	11.3
Achievement in the Creative Arts	Mati	8.1
	Daniel	9.7
	Rebeca	10.8
	Amin	10.8
	Casey	13.3
	Nandana	13.3
Outstanding Achievement in the Creative Arts	Mikhaela	12.5
Resilient Learner Award - EAL	Zahraa	8.6
Resilient Learner Award - EAL	Mariia	12.2
Resilient Learner Award - PDS	Jasmine	12.4
Resilient Learner Award - PDS	Naomi	13.2
Resilient Learner Award - HARP	Marson	11.8
Resilient Learner Award - HARP	Tom	12.7
Resilient Learner Award - REACH	Filip	11.2
Contribution to the Pastoral Life of the School	Inham	8.1
	Areej	8.2
	Shayna	8.3
	Alisha	8.4
	Havivah	8.5
	Matilda	8.6
	Dianna	9.1
	Amelie	9.2
	Abdul	9.3
Contribution to the Pastoral Life of the School.	Zunairah	9.4
	Summer	9.5
	Artemis	9.6
	Nethumi	9.7
	Hydeia	9.8
	Diba	10.1
	Aimee	10.2
	Jay	10.3
	Abobaker	10.4
	Anaya	10.5
	Iuliana	10.6
	Manel	10.7
	Kacper	10.8
	Parham	11.1
	Ricardo	11.2
	Nasma	11.3

	Carmen	11.4
	Arvin	11.5
	Abdul	11.6
	Lea	11.7
	Natalia	11.8
	Nicolý	12.2
	Liliana	12.3
	Kulthum	12.4
	Mikhaela	12.5
	Jakub	12.6
	Adrian	12.6
	Jacob	12.7
	Jasmine	13.1
	Pranay	13.2
	Suhani	13.3
	Ermal	13.3
	Sneha	13.4
	Mehrana	13.5
Outstanding Contribution to the Pastoral Life of the School	Sabina	8.3
	Jannat	9.5
	Zakariye	10.4
	Amika	11.3
	Casey	13.3
UKMT Junior Maths Challenge Winner	Elvis	9.6
UKMT Intermediate Maths Challenge Winner	Yuuki	10.8
UKMT Senior Maths Challenge Winner	Qasim	13.1
Sports Team of the Year Award: Year 7 Basketball Team	Mehran	8.2
	Alistone	8.3
	Kayne	8.3
	Khan	8.2
	Charlie	8.5
	David	8.1
Award for Sporting Excellence	Olivia	11.8
Sports Performer of the Year	Mehran	8.2
SPARK! Careers Partnership Award	Romina	13.3
V-inspired - Over 100 hours Volunteered	Yana	9.3
	Mutmainah	9.7
	Wesley	13.1
	Rebeca	13.3
	Shreeya	13.1
	Romina	13.3
	Suhani	13.3
	Nara	9.2
	Mohammad Ahmed	9.4
	Victoria	9.5
	Nada	13.2
	Vlera	9.7
	Hannah	9.7
	Anowshka	9.6
	Abdul	9.3
Everyday Heroes	Nethumi	9.7
	Koto	9.3
	Abdul	11.6
	Asal	11.2
	Nara	9.2
Everyday Staff Heroes	Mr Le Hoang	
	Ms Fung	
	Mr Salam	
	Mr Ramjhon	
Mitzvah Day Award	Wesley	13.1
Active Citizenship Award	Mutmainah	9.7
House Shield 2024-5 - Emerald	Emerald	
Patrick Guthrie Memorial Award	Jay	10.3
Bernie Myers Award for Outstanding Achievement	Rayan	12.1
Headteachers' Award	Alaa	13

Library News

Our library has been buzzing this term! We've decorated the space from head-to-toe for the upcoming Winter holidays, with our very own book-mas tree and student-made advent calendar. A few events and activities stood out this term, and we're excited to highlight them:

- Year 9 Young City Poets: our Library, in partnership with the National Literacy Trust and the English Department, ran the Young City Poets program which aims to encourage young people to express themselves through poetry. This program includes lessons on poetry, a writing workshop with professional poet Paul Cree and trips to iconic London cultural landmarks - Guildhall Art Gallery and St Paul's Cathedral. All these aim to give students the full creative process to come up with their own poems to submit in the competition next January. So far, we've been very impressed with their enthusiasm and dedication, and we're looking forward to discovering their pieces!



- Research development, information literacy and citations lessons: as part of our collaborative initiatives with academic departments, we delivered research skills, digital and information literacy and writing citations and referencing sessions for KS4 and KS5 Science and EPQ students. These sessions equipped students with the skills to locate reliable resources, critically evaluate information, organise their research and use that information effectively and ethically. Also, these sessions were closely linked to curriculum topics, and students developed their own inquiry questions to guide their further research. By building healthy habits now in our students now, we are ensuring they are prepared as best as possible for GCSEs, A-Levels and any further academic path they might embark on. Given their success, we'll be organising more sessions next term - and even extending them to Key Stage 3 students!



- New Library Ambassadors team: we are thrilled to announce that our Library Ambassadors team has grown to 32 volunteers! These students play a vital role in keeping the library organised, welcoming and vibrant. From organising shelves to helping decorate the space, their contributions make a huge difference. A huge thank you to our ambassadors for making the library such a safe and special place for everyone, and proving why they were elected "Best Student Team at Hendon School" at this year's awards ceremony! 💖



- National literary competitions: a huge thank you to every student who submitted creative writing pieces for Young Writers competitions this term, as well as audio submissions for the NLT's Verse Novel Challenge. We will inform you if you're getting published as soon as we hear back from the organisers!

In addition to these highlights, make sure to keep up with our monthly library newsletter to read more about all the events, activities, programs and trips we run.

Mrs Indran and Miss Ledeme

Netball

Netball has enjoyed excellent participation this half term, with strong attendance from students across all year groups. We are delighted to have fielded full teams from Year 7 through to our Sixth Form, reflecting the enthusiasm and commitment shown by our players. Training sessions have been consistently well attended, and students' progress has been evident in both skill development and teamwork. So far, 13 fixtures have been played across the squads, with league competitions continuing until early March, and we have already seen some very positive results.

A particular highlight has been the exceptional dedication of our Year 9 team, whose impressive attendance has enabled us to field three full squads. Their hard work has translated into success on court, securing three wins from their first three matches.

To further support students' development and to reward their commitment, we are also exploring opportunities to take a group to a competitive external event later in the year.

**Girls' Football**

We have been extremely impressed with the continued growth of girls' football at Hendon over the past few years. This year, we are proud to have fielded teams in Year 7 & 8, Year 9, and Year 10 & 11, ensuring that girls across all year groups have the opportunity to participate in competitive school football. Commitment to training has been exceptional, with over 50 students attending each week. This dedication has led to noticeable improvements in skill level, teamwork, and overall understanding of the game, all

clearly reflected in our match performances.



Our strong partnership with local club Barnet Panthers continues to provide valuable pathways for further development. We encourage any student interested in football to attend their Monday evening sessions. Many Hendon students already train with the Panthers alongside school football, and we have seen significant progress in these players. A flyer with further details is included below.

To further support girls' football, we have recently purchased 15 pairs of football boots that students can borrow for both training and matches. This has already made a meaningful difference, removing barriers for those new to the sport. However, demand remains high. If you have a pair of boots at home that no longer fit, please consider donating them to the PE Department so we can continue to support students at the start of their football journey.

We also have several exciting events scheduled later this year:

- **January** - First round of ESFA Challenge Cup for U13 and U15 Girls Football Teams
- **Friday 6th March** - International Women's Day Football Tournament
- **Monday 23rd - Friday 27th March** - Schools' Football Week (look out for activities and events throughout the week)
- **Tuesday 14th April** - Girls' football trip to Wembley Stadium to watch England Lionesses vs Spain
- **Friday 22nd May** - Hendon School's annual Primary School Football Tournament



These events offer fantastic opportunities for our students to develop their passion, gain new experiences, and celebrate the continued rise of girls' football at Hendon.

Rugby

We have been extremely fortunate to work closely with the Saracens Foundation this term, who have played a key role in strengthening our rugby provision at Hendon. Across the term, students have been developing the fundamentals of the sport through Tag and Touch Rugby, while many have also been introduced to the basics of contact rugby during sessions led by Saracens coaches. This partnership has greatly enhanced students' skills, confidence and understanding of the game.



We have been particularly impressed with the progress shown by our Year 7 and 8 students, many of whom have demonstrated excellent potential ahead of this year's competitive opportunities. Their enthusiasm and commitment in training have been clear to see and bode well for the fixtures ahead.



Key dates for Rugby this year include:

- **Year 8 Challenge Cup Rugby Fixtures** at Stone X Stadium - Every Monday from **8th December** to **19th January**
- **Year 7 Challenge Cup Rugby Fixtures** at Stone X Stadium - Every Monday from **26th January** to **23rd February**
- **After Easter** - T1 Barnet Rugby League for Year 7 & 8

These events will provide valuable competitive experience and an exciting platform for our young players to continue developing their passion for rugby.

Year 8 Boys Basketball

After an unbeaten season and a league championship, the year 8 boys were ready and raring to go to defend their title this season. With a new group of fixtures and new schools to face, the boys were back training in full swing.

The first game of the new season was against a fast paced and confident Finchley Catholic side. The Hendon boys started off slow but after the first quarter very quickly found their feet again. There was an excellent display of teamwork, communication and spirit to work hard and come off the court with a very positive win.



The match ended in a 43-18 win for Hendon, an excellent start to the season and another win to remain unbeaten in our basketball journey. MVP to Mehran and Alistone, two players who performed exceptionally well both defensively and offensively.

Year 8 Boys' Football

The Year 8 boys head into the final round of league fixtures joint top of the table, having shown real character and quality throughout the season.

Their most recent outing ended in a narrow 4-3 defeat, but the performance told a bigger story. After falling 2-0 behind, the boys responded superbly to fight their way back into the match and take a 3-2 lead. Unfortunately, two late mistakes allowed the opposition to score twice and snatch the win. While frustrating, it was a valuable learning experience and a strong example of the team's resilience and attacking intent.

The game before saw the 8s make it three wins from three, securing a dramatic late victory away at Clarion in a challenging atmosphere. The match looked set for a hard-fought draw until a short corner was worked to Kayrne, who unleashed a fierce strike from outside the box into the top corner, sealing a deserved win for Hendon. The team showed excellent fight, composure and resilience throughout.

With confidence high and everything still to play for, the Year 8 boys now look ahead to the final fixtures determined to finish the season strongly.



Trampolining

Trampolining is now in full swing at Hendon, with Key Stage 3 lessons running from October through to February and well-attended lunchtime clubs taking place every Monday for Key Stage 3 and every Tuesday for Key Stage 4. Students have been developing a wide range of core skills and are making strong progress as they build confidence on the trampoline. Later this term, they will also have the opportunity to trial for our school squads, who will represent Hendon at the annual Barnet Trampolining Competition on Thursday 6th February at Hendon Leisure Centre.

Each year group can enter both a girls' and a boys' team, with four students per team. The set competition routines for students to practise are outlined below. Lunchtime trampoline club will be reserved for the trampoline squad from January- February. However, following the competition it will be back open to all students until Easter.

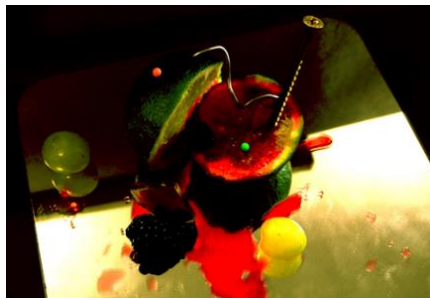
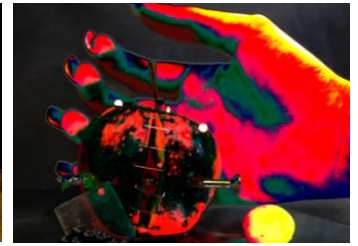
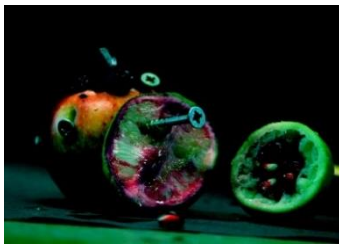
Key Stage 3 Routine:

Compulsory Set	
	Routine
1	Full Twist Jump
2	Jump (Straddled)
3	Jump to Seat Landing
4	Half Twist to Seat Landing
5	Half Twist to Feet
6	Jump (Piked)
7	Jump to Back Landing
8	To Feet
9	Jump (Tucked)
10	Half Twist Jump

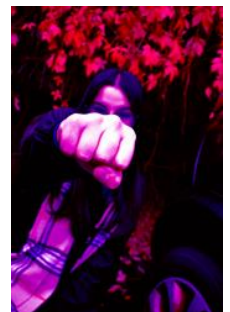
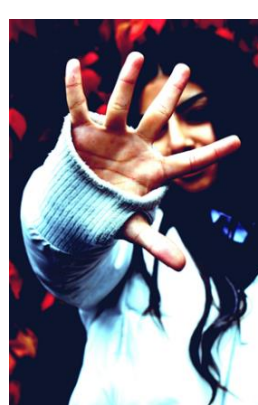
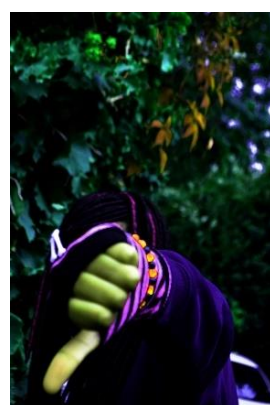
Key Stage 4 Routine:

Compulsory Set	
	Routine
1	Full Twist
2	Straddle
3	Seat Drop
4	1/2 Twist to Seat
5	1/2 Twist to Feet
6	Pike
7	Back Drop
8	1/2 Twist to Feet
9	Tuck
10	Front Somersault (T)

Year 10 GCSE Photography students took macro photographs in response to Frida Kahlo's paintings with the theme of Beautiful Destruction. Well done for their fantastic Photoshop edits that show creativity and dramatic ideas.



Year 10 GCSE Photography students developed their shallow depth of field photography skills and showed excellent creative Photoshop editing.



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This programme has been *hugely successful* year after year & our students return with lifelong friendships, amazing stories, and a whole new outlook on the world.

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- Travel to Japan in October 2026
- Spend **3 days** in **TOKYO**
- Stay with a welcoming Japanese host family
- Host a Japanese student in return
- Experience **authentic Japanese culture** and school life
- Make **international friends** and **unforgettable memories**
- Be part of a long-running, much-loved exchange adventure



READY TO JUMP IN?

Students currently in **Y9, 10 & 12**, who are *seriously interested* can collect their information pack from **Mr Hall's office**.

Reminder: Parents/carers will need to fund the trip.

DON'T JUST DREAM IT... LIVE IT!

Come and grab your letter today and start your journey to Japan!

