

Biology Week 2022

This year the Hendon School Science Faculty took part in a week-long celebration of biology. Our students were able to carry out important biological reactions in test tubes, dissect eye balls and fish, grow bacteria on everyday objects and relax and enjoy Frozen Planet 2.

In addition, our Year 12 biology students launched the BioArt Attack with Year 3 and Year 4 students at Bell Lane Primary School and we are looking forward to seeing their biological sculpture once complete.

Ms Haria - Head of Science



Black History Month photography display



A big thank you to our fantastic Year 10 Photography students Joy and Casey who are celebrating Black History Month in Hendon School with a new project that involves taking photographs of our African-Caribbean student community and creating a display.

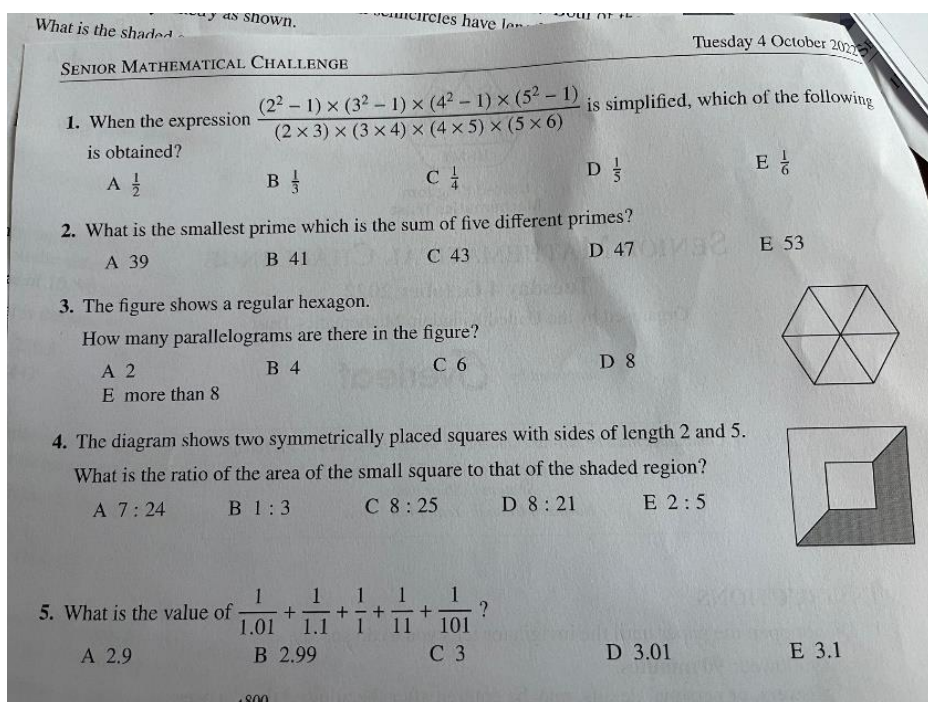
Ms Schmid - Head of Photography

UKMT Senior Maths Challenge

On Tuesday 4th October, 50 of our top mathematicians participated in the UKMT Senior Maths Challenge in the canteen. The students from Year 10,11,12 and 13 were selected by their maths teachers based on their aptitude in maths lessons so far this year.

The students answered 25 multiple choice questions which were designed to stimulate problem solving skills and to be very challenging for even our elite mathematicians.

The results will be published in the next couple of weeks and prizes will be awarded to the Best in Year, Best in School as well as Bronze, Silver and Gold certificates for those who reach those thresholds.



Good luck to all our participants! The first five questions from the challenge are included above, why don't you have a go!

Mr Roman - Head of Maths

Hendon Sport

Trampolining

It has been a great start to the trampolining season with club attendance at an all-time high. Students have been mastering skills and progressing in preparation for the annual Barnet Trampolining competition later this year. The selection process is tough with teams consisting of just 4 boys and girls per year group. Students of the half term go to:



Aaleyah (8.4) for mastering both her front and back somersault so quickly and being dedicated to making progress.

Sarah (9.4) for her dedication and commitment to her own progress as well as supporting all students within the club.



Girls Football

After the national success for the England ladies in this year's Euros, there has been a drive in girls football. This year we have partnered up with 'XLinSport' app to increase ball mastery. The girls have shown commitment to their progress and we are looking forward to seeing them perform in their upcoming games.

Well done to **Dea (8.5)** who is currently at the top of the 'XLinSport' leader board with a massive 1123 points and to **Chloe (8.1)** who is a close second with 1063 points.



Boys Football

Year 7

The year 7 team have made their debut for Hendon and are 3 games into their 22-23 season.

Top Goal scorers- **Daort (7.4)**

Man of the Match- **Daort (7.4)**, **Kyamme (7.4)** & **Kearno (7.2)**

Year 8

Top Goal scorers- **Nassim (8.4)**

Man of the Match- **De (8.2)** & **Sadiq (8.2)**



Year 9

The year 9 team are already 3 games into their 22-23 season.

Top Goal scorers- **Esjer (9.2)** & **Anton (9.4)**

Man of the Match- **Yusuf (9.7)**, **Esjer (9.2)** & **Mendim (9.3)**



Year 10

With just two games into the 22-23 season the year 10 team have brought home their first win against Saracens.

Top Goal scorers- **Marsel (10.7)** & **Ross (10.3)**

Man of the Match- **Andrea (10.7)**, **Diell (10.3)** & **Elson (10.2)**

KS4 & 5 Girls Netball

Students in KS4 & KS5 have been training for a number of weeks as part of pre-season in preparation for league matches starting this week.

The Year 10s played their first league match against St Michael's on Tuesday 12th October. The girls put in a great performance and battled right until the final whistle. It was a slow start for the girls who took a while to find their feet in the first half coming in at half time 10-3 down. But by the third quarter, the girls had settled and dominated the play winning the quarter.

The final result was a 15-9 loss for Hendon but the demonstrated just how much potential this team have for the upcoming season. Player of the match was awarded to **Amina (10.7)**.



GCSE PE



The Year 10 GCSE PE students have been learning about anatomy & physiology this half term. They have worked hard to have a secure understanding of how our muscular and skeletal systems work to create movement. Last week they put their knowledge to the test at Nuffield Health Hendon where they took part in an exercise class to gain a deeper understanding of the topic.

Prospective Parents Evening

A massive thank you to all of our PE helpers on Prospective Parents Evening. The students were great sports leaders who both demonstrated the high level of sporting ability we have at Hendon whilst acting as role models and ensuring all year 5 & 6 students touring the school were given the opportunity to take part in the sports on offer.



PE Student of the Month

ETHAN 9.3

Ethan has been awarded student of the month for his outstanding commitment to PE. Ethan has excelled in both the football team and basketball team this half term. He has also been a great sports leader and role model to all students within lessons, extra-curricular and at Prospective Parents Evenings.



SEPTEMBER NOMINEES

Lulu (8.6), De (8.2), Aaleyah (8.4) and Xhoi (7.8)

Ms Downing - Head of PE



Hendon School Sixth Form



Sixth Form Open Evening

Thursday 10th November

5pm-7pm

I would like to invite all our current year 11s and their parents and carers to **Hendon School's Sixth Form Information Evening**. We are a high achieving, inclusive Sixth Form that continues to deliver good outcomes for our students. We offer a combination of innovative teaching and outstanding pastoral support that has empowered students to excel in both academic and vocational courses. Last year we welcomed 120 high calibre students into Year 12 and we are now beginning the application process for next academic year. It is important that you attend the event in order to find out information to help you with your subject choices in the Sixth Form next year.

At 6pm there will be a talk by senior staff in the school hall explaining the process of applying for a place in Hendon School Sixth Form. You will be able to visit Faculty displays where you will have the opportunity to speak to subject teachers as well as current Sixth Form students. You will also be able to tour the Sixth Form Centre and have a better understanding of the kind of work that you will study next year.

I look forward to welcoming you for the information evening on **Thursday 10th November from 5pm - 7pm**.

Mr R Spicer - Assistant Headteacher KS5

Diary Dates	
❖ Tuesday 18 th October	Year 12&13 T&T Thorpe Park Trip
❖ Wednesday 19 th October	Annual Careers Fair
❖ Wednesday 19 th October	Year 10 Sports Trip to Nuffield Centre
❖ Monday 24th - Friday 28th October	Half Term Break
❖ Thursday 3 rd November	Year 11-13 Photography Trip
❖ Tuesday 8 th November	BERTHA Earth Ambassadors - Nature Connect Day
❖ Thursday 10 th November	HS6 Information Evening
❖ Thursday 24 th November	Year 7 Parents' Evening
❖ Thursday 1 st December	Year 10 Parents' Evening
❖ Friday 2 nd - Thursday 15 th December	Year 11 Mock Exams
❖ Friday 2 nd - Friday 9 th December	Year 13 Pre Public Exams
❖ Wednesday 7 th December	Inset Day - School Closed to students
❖ Monday 12 th - Friday 16 th December	Year 12 Pre Public Exams
❖ Friday 16 th December	Last Day of Autumn Term
❖ Tuesday 3 rd January	First day of Spring Term
❖ Thursday 12 th January	Year 12 & 13 Parents' Evening

Thrive 365

Dragonfly: Impact Education



Did you know?

Anger is sometimes referred to as a 'secondary emotion' or a 'masking emotion'. That's because as well as being a valid emotion in its own right, we can also feel anger as a response to other, more vulnerable feelings such as shame, loneliness, sadness, nervousness, embarrassment...or a combination of any of these, and the list could go on! Teaching young people to identify the feeling beneath the anger is an important part of teaching self-regulation.

1

Co-Regulation

Children and young people – particularly those who find self-regulation difficult – look to the adults in their lives to help them regulate strong emotions. The adult can do this by consistently modelling the desired tone and behaviour (i.e. not joining them in their anger!) and narrating what's happening and what needs to happen.

This explicitly shows them how to react and respond appropriately. The adult remains calm but engaged, continues to communicate with warmth, and ensures that predictable and consistent boundaries and consequences are in place so that children learn to recognise the cues.

2 Feeling the Feeling

Anger can be unpleasant to feel – it can often seem easier to act on it, even though in the longer term this could make things worse. Learning how to tolerate an uncomfortable emotion takes practise. Encourage the child to take deep breaths and focus on the areas in their body where they feel the anger. This takes their attention to what they're feeling instead of why they're feeling it. Encourage them to continue breathing deeply, noticing what they feel without judging the feelings or trying to make them go away. After a while, if they notice any other feelings with the anger, ask if they can put names to the other feelings that are there.

3

Go-to Activities

Once children are able to identify the physical cues that tell them they're becoming angry, support them in identifying 'go to' activities that help them to feel calmer before it becomes a problem for them. Quite often this is physical activity – anything that gets the heart rate going. Favourite activities can also help, such as playing computer games. In a school context, this quite often needs communication and imagination! Having a 'squeeze ball', a scribble pad or an activity that occupies without raising stress levels, such as a word search, are ideas that have been used successfully.

Our training: www.dragonflyimpact.com/link-tree

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