

## Year 13 - RE conference

On Thursday 29<sup>th</sup> February, 11 sixth formers and Mr Meldrum attended an RE revision conference at Bloomsbury Central Baptist Church to hear Peter Vardy speak. Peter Vardy is a published philosopher and theologian who they study as part of their A-level. He gave some excellent tips for writing essays and provided expert insight into Christianity to help our students improve their grades!

**Mr Meldrum - Head of Humanities**

*"I found the conference very informative and helpful. The evaluation skills that were mentioned will really help me in my exam"* (Ikram Hussain 13.5)

*"We went to Peter Vardy's conference at Bloomsbury Baptist Church and we learnt about secularism. It was very interesting. He taught us how to write essays properly in an exam. We learnt more information than we could in class!"*

**Zahra (13.5)**



Rihanna (13.5) & Mr Meldrum with Peter Vardy

## Year 9 Synagogue Trip to Belsize Square Synagogue

On 6<sup>th</sup> and 7<sup>th</sup> February, Year 9 went to Belsize Square Synagogue to learn about the Holocaust. The students were brilliantly behaved on both days and the people at the community at the Synagogue put on an excellent and informative day. The day included a talk from the Rabbi, a brilliant video summarising the key points and the significance of the Holocaust, some excellent discussion sessions and finally a memorial ritual where a number of Hendon School students took part by lighting a candle in memory of the victims of the Holocaust and other genocides. The engagement and behaviour of the students was exemplary and they were a credit to both themselves and the school.

**Mr Meldrum - Head of Humanities**



*"During the Synagogue trip we learnt multiple interesting facts about the Jewish religion and culture, and intriguing stories about survivors of the Holocaust. We also learnt about lots of Jewish traditions. At the beginning of the trip we got to speak to the rabbi of the Synagogue and ask questions about Judaism. We also got to see many artefacts and objects that Jewish people use. Finally, we got to watch a video about survivors and how they managed to escape. My favourite part of the trip was learning about the Holocaust survivors as I found it fascinating to learn about how they managed to survive. Also, I loved learning about the Jewish artefacts and how they are used"*

**Rayanne 9.6**

## A story about life after death - reincarnation?

“Congrats” said a voice above you, “Welcome to the afterlife, human”

“Afterlife?” You question in your head, you look at your hands noticing healed wounds... “Oh. . .” you spoke, “am I really dead?”

“Well yes idiot” replied a deep dark voice, you look up and your eyes widen. . . An angel and a devil, what are the odds?

The angel glares at the devil next to him before looking back down at you, “yes, dear human” he spoke, “But.” he adds on, “you can live a second chance!” speaking with a cheerful tone and a smile.

“Please, choose what you’d like to be—“

“Stop with the darn fancy talk” the devil rudely interrupted, the angel places his hands onto his hips, glaring right into his eyes. . .

“Goddamn it!” groaned the angel, “I had a enough of you! You are such a. . .a...!!”

“HA!” laughed the devil, “I knew I could get you out of your zone” he smirked. . .

“Ahem...” you cleared your throat, both of them looked down at you realising your still here,

“Oh sweet Jesus! I’m so sorry you had to witness this. . .” apologised the angel, “Anyway...” began the devil “have you chosen what you would like to be?” questioned the angel

“Uhm....” you began as you started to think. “I...umm.. maybe... a cat?” you ask as you shrugged your shoulder unsure with your answer,

“Really, a cat?” the devil began but the angel hit his elbow in order for him to be quiet, the devil growled quietly.

The angel looked back at you with a smile “as you wish, human”, suddenly, a white gas comes around you, you see the angel and devil watching you as you began to turn into a cat. . .

First, your body starts getting shorter as you do you start to feel your arms and legs aching more than before, they start becoming into cat arms and legs, your ears start to tickle as they began to grow into long fluffy cat ears, a tail start growing out of your backside.

“What the— mew!” you cover your mouth but your hands were oddly soft, you look at them and gasp noticing they became into paws for hands! You take a quick look at your body seeing you have fur everywhere on your body, you look at the devil and angel, they just stood there with smiles....

“Welcome to your new body!” they both spoke at the same time, your eyes sparkle before blacking out...

As you began to awaken, you notice you’re in a strange place in a box....seeing an older cat above relaxing....

**By Kawther Jawad - 8.6**

Diary Dates	
❖ Thursday 28 <sup>th</sup> March	Last day of Spring Term - Students finish at 12 pm Non Uniform Day
❖ Monday 15 <sup>th</sup> April	Start of Summer Term Inset Day (School closed to students)
❖ Wednesday 17 <sup>th</sup> April	Y12 Brunel University trip
❖ Wednesday 17 <sup>th</sup> April	Y13 Keats House & Hampstead Heath trip
❖ Wednesday 24 <sup>th</sup> April	Y13 Westfield Stratford City Trip
❖ Thursday 25 <sup>th</sup> April	Y7 Student Progress Evening
❖ Thursday 2 <sup>nd</sup> May	Polling Day - (School closed to students)
❖ Monday 6 <sup>th</sup> May	Bank Holiday (School closed)
❖ Thursday 9 <sup>th</sup> May	Year 13 Leavers assembly and BBQ
❖ Thursday 9 <sup>th</sup> May - Wednesday 19 <sup>th</sup> June	GCSE Public Examinations
❖ Monday 13 <sup>th</sup> May - Monday 10 <sup>th</sup> June	A Level Public Examinations
❖ Monday 13 <sup>th</sup> - Wednesday 15 <sup>th</sup> May	Y10 Geography Fieldtrip to Dorset
❖ Wednesday 15 <sup>th</sup> May	Cultural Day
❖ Monday 27 <sup>th</sup> May - Friday 31 <sup>st</sup> May	Half Term Break
❖ Friday 7 <sup>th</sup> June	Sports Day (Willesden Sports Centre)
❖ Friday 21 <sup>st</sup> June	Year 11 Prom



## Barnet Festival Dance Performance

On Monday 11<sup>th</sup> March students from years 7-10 & 12-13 performed at the annual Barnet Festival held at the Arts Depot. Students have been working really hard since January attending a regular extra-curricular Dance club, perfecting their skills, learning choreography and perfecting their overall performance.

The KS3 dancers performed a highly energetic piece that was inspired by the Barbie Movie while our KS4 & 5 students performed a sophisticated Jazz inspired piece.



We are extremely proud of all the students. They have all shown such a high level of dedication and commitment at rehearsals. Our next event will be a summer showcase.

*Mrs Choolun - Head of Dance*

## Moulin Rouge Theatre Trip

On Tuesday 5<sup>th</sup> March students were taken on a theatre trip to see Moulin Rouge at the Picadilly theatre. The West End delivered a highly energetic show with so many well known iconic songs which were cleverly used to tell the story. At the beginning of the show the actors moved through the audience.

Students were captivated by the choreography, the set design, lighting and costumes and loved the overall experience of the West End. A massive thank you to Miss Goodman and Mr Harper for taking the students.



*Mrs Choolun - Head of Dance*



## National Careers Week Trip to PWC (Price Waterhouse Coopers)



On Tuesday 5th March a group of 45 students from Year 7-9 went to visit the Headquarters of PWC in Central London for National Careers Week. The students, who were impressed by the iconic building designed by Fosters Architects, quickly adapted to the environment by conducting themselves in a mature and professional manner.



The students had the opportunity to listen to a number of speeches and they also took part in the a question and answer session with one of the company partners. We were also treated to a tour - the building with its hi-tech spaces, calming communal areas and internal gardens with views of many of the iconic buildings across London was incredibly inspiring.



The second part of our visit included various tasks, where our students had to work in teams on two different projects: sustainability and Women in the workforce. It was amazing to see how motivated our students were, working in teams, coming up with descriptions of issues, possible solutions and proposals. I was even more amazed and touched, when our students were presenting their findings in front of others. Without any doubt, most if not all of those who presented their work demonstrated outstanding leadership skills. Both teachers and the team from PWC who were supervising the projects were left speechless by the amount of enthusiasm and the outcomes from the sessions.

All in all, it was a unique and valuable experience for our students, many of whom who have been further motivated by their experience and now aspire to work in successful companies like PWC.

### **Mr K Kalogirou - MFL**

'The trip at PWC was a fantastic opportunity for our students to gather a sense of the working environment at such a prestigious company. Students were very amazed during the tour of a building and it has definitely elevated their aspirations to work in a similar company. Thanks to the PWC volunteers' team, students were able to reflect on bigger social and environmental issues impacting companies such as the inclusion of women in the workforce and sustainability. It was overall a very enriching visit.'



### **Ms Didot - MFL**



## A Spectacular Journey: Our Experience at the Commonwealth Day Service of Celebration



On Monday 11<sup>th</sup> March a group of eight exceptional students, accompanied by two dedicated members of staff, embarked on a journey that would leave an indelible mark on their lives. The occasion? The prestigious Commonwealth Day Service of Celebration. Selected for their outstanding contributions to school life, these students represented not only our institution but also the spirit of excellence that defines us.

The event was nothing short of breath-taking, with luminaries and talents converging to honour the diverse tapestry of the Commonwealth. Hosted by the Royal family, with Prince William, Prince Edward and Queen Camilla in attendance. Among the distinguished guests were politicians Lord Cameron and Angela Rainer, lending their presence to the celebration of unity and collaboration across nations.

The program dazzled with a line-up of performances that captured the essence of cultural exchange and artistic brilliance. From the soul-stirring melodies of Callum Scott to the infectious energy of the Ghetto Kids, each act resonated deeply with the audience, reminding us of the power of music to transcend boundaries.

Furthermore, the ethereal strains of harpist Jacob Portelli and the masterful piano compositions of Spencer Klymyshyn added layers of elegance and sophistication to the proceedings, elevating the atmosphere to one of sheer enchantment.



As our students basked in the splendour of the event, they were not mere spectators but active participants in history unfolding before their eyes. They absorbed the richness of the occasion, gaining insights into the shared heritage and values that bind Commonwealth nations together.

For these students, the journey was not just about witnessing grandeur but about embodying the ideals of leadership, service, and cultural exchange that lie at the heart of the Commonwealth. Their presence was a testament to the transformative power of education, shaping young minds into global citizens poised to make a difference in the world.

As they returned to our school, their hearts brimming with inspiration and their minds ablaze with possibilities, they carried with them the memories of a day that exemplified the beauty of diversity and the strength of unity.

In the end, the Commonwealth Day Service of Celebration was more than just an event; it was an experience that enriched the lives of all who attended, leaving an indelible impression that will resonate for years to come.

We extend our heartfelt gratitude to the students Sam (12.6), Osman (10.2), Ethan (10.3), Daniel (7.7), Fatima (7.3), Jessica (7.3), Rayanne (9.6) and Sneha (11.1) who represented us with grace and distinction, and to Ms Wilkinson whose guidance and support made this unforgettable journey possible. Together, they have written a chapter in our school's history that will be cherished for generations.

**Mr Roman - Head of Maths/Senior Leader**





## Spring Music Concert

On Wednesday evening, March 20th, Hendon school music students from KS3, 4 and 5 participated in the Spring Concert. Some highlights included Ivan's performance of Vivo on the accordion, Gabriel's performance of Rachmaninoff's Prelude in C# Minor, and Scott's three song showcase as part of his BTEC music performance.



It was a wonderful evening that highlighted the diverse backgrounds and talents of Hendon school students. Congratulations to all the students for putting on such a successful show!



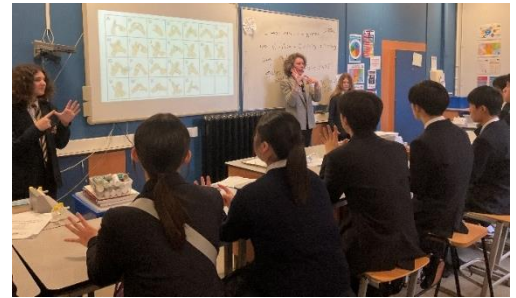
A big thank you to Kris Fosu (10.6) for his great photographs!

**Mr Rienecker - Music Department**

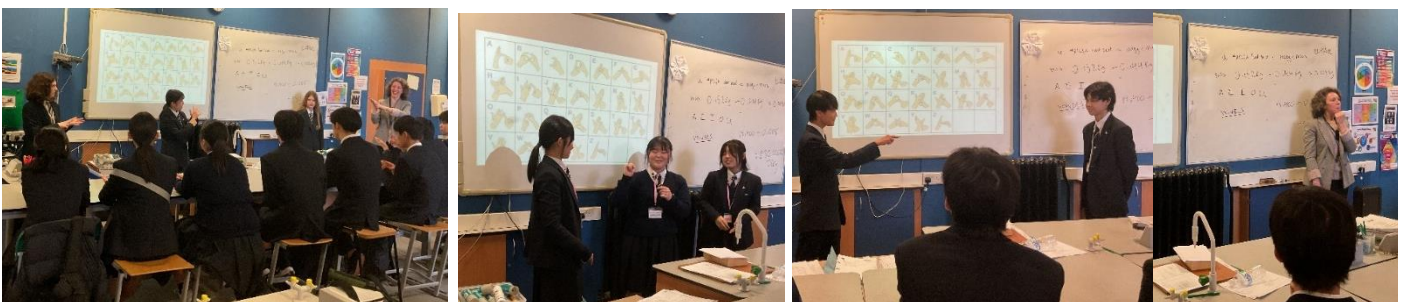
## Konan School Hendon Visit: BSL Lesson

On Tuesday 12th March 2024, the PDS staff had the privilege of conducting a lesson teaching British Sign Language to the visiting students from Konan High School from Japan.

Arriving at the start of Period 3, the Konan High School students sat with a clear view of staff and the white board at the front of the classroom, ready, eager and attentive, as they were introduced to the lessons' objectives and the BSL signs that they would be learning throughout the lesson.



With the help of our two Hendon School PDS Year 7 students, the students then first learnt some basic greeting signs in British Sign Language. This included the signs for 'How Are You?', 'Sorry Again Please', 'Please/ Thank You' and 'Nice to Meet You'. Once these signs had been expertly mastered by our visiting students, it was then time to move onto learning the British Sign Language Fingerspelling Alphabet.



Once all 26 letters/ signs had been practiced, the students were then encouraged to participate in several BSL Fingerspelling challenges, including trying to spell their own names in BSL, working in pairs or groups to then spell their partners' names and even trying to see if they could spell out to the class the names of their



Teachers (Sensei). We even had some of students happily volunteer, or who were willing to stand before staff members and their fellow students in the room, to practice and show an example of their fingerspelling skills in front of everyone.

We in the PDS could clearly see the students having fun learning BSL and when practicing using their newfound skills with their friends. However, before we knew it, the time had soon flown, the lesson came to an end and it was time to say goodbye- during the End and Send the Konan High School students were so thankful and grateful for the lesson and were signing the BSL sign for 'Thank You' to me on their way out to lunch.

*Alexandra Crane (PDS Communication Support Worker)*

## Y8 Cubist Self Portraits

These self portrait paintings were inspired by Cubism and by the British-Nigerian artist Chris Ofili who created No Woman No Cry in homage to Doreen Lawrence and her fight for justice for her son Stephen.

Students studied the context and meaning of this painting and created their own expressive versions. We were really impressed with the joyful nature of the artwork and the way that students showed excellent team working skills while collaborating in pairs.



*A big well done to 8.2!*

*Miss Schmid - Head of Photography*





British Science Week this year was the 8th-17th March and the theme was 'Time'- at Hendon all KS3 classes were off timetable and carrying out experiments relating to the theme. All three year groups started off the week making paper aeroplanes in a production line and seeing how far they could fly. Year 7 participated in an engineering



challenge, Year 8 investigated how the camera is used to capture a moment in time, and Year 9 went back in time to investigate timekeeping and made their own clocks using sand, water and pendulums. It was a great week, and feedback from the students (and teachers!) was very positive!

"It was so fun when I got tape in my hair" - Jazmin 7.5

"It made science more fun" - Renee 7.5

"I liked how we experimented with the papers and I liked how it was a competition- I was second place because I'm the best!" - Summer 7.5



*Ms Hern - Science Department*

### Exam STRESS.....Top Tips.....

Stress is a normal response to facing challenge, change, novelty or threat. In the short term it can be helpful and even motivating- e.g. helping us concentrate and learn for exams. However...too much stress for too long can be counterproductive, and symptoms of stress are a signal that should not be ignored.

Symptoms of unhelpful Stress levels can be;

Physical; sweating, nausea, sleep and appetite changes, muscle tension, racing breath and heartbeat.

Emotional; feeling overwhelmed, struggling to concentrate and remember things, worrying a lot.

Behavioural; self-soothing with food/alcohol/cigarettes/vapes, avoiding people, irritability.

Protect Yourself before Stress escalates or reduce the Stress you are experiencing by...

- Eating well and regularly, maintaining a sleep schedule, exercising.
- Seeing friends and supporting each other (helping others can help us feel better too).
- Taking time out to do things that replenish you and that you enjoy.
- Practicing relaxation/yoga/breathing exercises.
- Notice and reframe unhelpful thoughts- for example "I must be perfect- its not good enough" to "I am trying my best" or "Be strong- expressing worry makes me look weak" to "its okay to have a tough day, exams are stressful for everyone". Speak to yourself with the same kind voice you would use to speak to a friend.
- Write your feelings down in a journal or share them with a trusted friend or adult.

Other resources;

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/tips-to-reduce-stress/>

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

<https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/revision/>

If you are feeling overwhelmed, then reach out for help to a parent, carer or trusted adult. 24/7 support is also available from Childline 0800 1111, Samaritans 116 123, or, in a life threatening emergency, by dialling 999.

Sally Hobson - Hendon School lead for Terapia's Whole School Approach Project; providing Psychotherapeutic Services within schools (funded by John Lyons Charity <https://www.jlc.london/>). Terapia ([www.terapia.co.uk](http://www.terapia.co.uk)) is a Registered Charity (no: 1144041).



### Girls shine in national campaign

Despite playing in the pouring rain across three netball courts in 2023 for International Women's Day, Hendon students were determined to be part of the 'Biggest Football Session Ever' once again in 2024. Upgrading to Mill Hill Powerleague and doubling the amount of girls playing football, this year had all the makings of a memorable day. The Year 7 and 8 girls were fantastic from the get go. Competing in a league format until lunch, the girls had a lot of football to play. Their efforts, organisation and sportsmanship were superb as they competed vigorously for a top 4 spot. In a celebration of skill, unity, and girl power, 12 Year 7 teams, each representing a nation, battled it out on the pitch in an electrifying International Women's Day football tournament for girls. From the fierce determination of England to the flair of Spain, and the underdog spirit of Northern Ireland to the tenacity of Albania, the competition was a testament to the growth of women's football.



Year 8 Silver Medalist's: Team Northern Ireland

With every kick, pass, and goal, these young athletes showcased their talent and passion, captivating the spectators watching by the side lines with their exceptional play. Beyond the game, the tournament showcased solidarity and support, as teams cheered each other on with amazing enthusiasm.

In a thrilling finale, Ivory Coast emerged victorious, triumphing over Spain in a nail-biting showdown. Their victory symbolized the resilience and strength of girls everywhere, proving that when given the opportunity, they can overcome any challenge.

In a thrilling finale, Ivory Coast emerged victorious, triumphing over Spain in a nail-biting showdown. Their victory symbolized the resilience and strength of girls everywhere, proving that when given the opportunity, they can overcome any challenge.

As the final whistle blew, it was clear on and off the field, these girls are champions, inspiring everyone around them with their extraordinary abilities. Here's to a future where every girl can shine, just like the stars of this unforgettable tournament!

In the Year 8 tournament, Germany asserted their dominance very early on, hardly dropping a point in the opening games. England were also playing well as Alessia inspired her team to 3 wins from 3 in the opening matches. Trinidad and Tobago were also drawing a lot of attention as they had acquired a full time supporter, Miss Ubwa, who was pitch side for every step of their journey. The top 4 teams to qualify were Germany, Northern Ireland, Romania and Spain. Rebecca, the Northern Ireland captain, was a major standout, putting in a string of incredible performances to ensure her team made the final qualifying spot. The dream continued as they knocked out Germany in the semi-final, however, Spain and their star player Mai showed their class in the final and won the trophy in what was an excellent showcase for girls' football. The third place playoff could not be ignored as it went all the way to penalties. Yasmin was the hero as she placed the ball beautifully in the top corner, securing the bronze medal for Germany.

An excellent day was had by all and a huge congratulations to the girls for making it such a success. A great advert for Women's Sport and Women's Football, can Hendon School go even bigger in 2025?

### Sports leaders shine to provide epic day for Year 7 & 8



Y12 Sports Leaders Chidi, Zyra and Yaeli

The Hendon School Sports Leaders prove their worth yet again as they put on an excellent day for the Year 7 & 8 girls. Helping out with everything from class registers, refereeing matches, managing teams and many other jobs, their involvement ensured the younger girls in the school got to be a part of the 'Biggest Football Session Ever.' Leaders from Year 9 up to Year 12 were present with certain individuals being nominated as having a significant impact in the smooth running of the day. Irisa, Albjona, Sarah E, Hannah and Mulki were all commended on their efforts with the younger year groups. However, Yaeli (Y12) claimed the spotlight as she took control of a panicking Mr Chaudhry and Mr Tobias, saving the



Y7 tournament as a result of her hard work.





We are extremely proud of Year 10 student Leon (10.4) who competed in the English Schools Swimming Championship in Coventry on 9th - 10th March. Leon won a silver medal for the London region in the intermediate 200m backstroke with his time of 2:16:09.

### PE Key dates for Summer Term

- ❖ Tuesday 16th April: Year 11 and Senior Netball League Play offs
- ❖ Tuesday 30th April: Year 9 & 10 Athletics Meet
- ❖ Wednesday 1st May: Year 8 Athletics Meet
- ❖ Tuesday 7th May: Year 7 Athletics Meet
- ❖ Thursday 9th May: Year 9 and 10 Athletics Meet
- ❖ Tuesday 14th May: Year 9 Athletics Meet
- ❖ Thursday 16th May: Year 7 Athletics Meet
- ❖ Friday 7th June: Hendon School Sports Day
- ❖ Tuesday 2nd July: Barnet Athletics Championships (all day event) Years 7, 8, 9 and 10 compete separately.

## PE student of the Month

February 2024 - Eda 10.5

Eda shines as a standout athlete across multiple sports, she is also recognised for her exceptional academic achievements and impeccable manners. She consistently demonstrates dedication to her GCSE coursework, actively seeking guidance from her teachers. Her recent trampolining success was nothing short of impressive, earning her a medal and she's also broken into the 9/10 girls' basketball Huskies team.



## PE Summer Term Extra - Curricular Timetable

As we enter the summer term the extra-curricular clubs in PE change to reflect our summer timetable. The new term welcomes new clubs and this term we will be introducing athletics and cheerleading.

	Monday	Tuesday	Wednesday	Friday
KS3 Lunch		Trampolining Club	Basketball Club	Badminton Club
KS4 Lunch	Badminton Club	Trampolining & Table Tennis Club		
After School	Volleyball Club	Cheerleading club with Janin Cheer  Girls only Gym with Nuffield Health	Athletics Training all years	



**JANIN CHEER**  
Stunts, Tumble, Dance, Jumps

COMING SOON  
AT HENDON SCHOOL

Nuffield Health

**Move Together**

FREE 'GIRLS ONLY' FITNESS SESSIONS EVERY TUESDAY 3.30-4.30PM.

JOIN QUALIFIED PT 'JUNIOR' EVERY TUESDAY IN THE SCHOOL GYM.

LIFT LIFESTYLE | INCLUSION FUTURE | TOGETHER

**E2E**

BARNET LONDON BOROUGH  
Department for Education

**FREE FOOTBALL SESSIONS**

SPRING **BACE** 2024 HOLIDAYS

**WEDNESDAY 3RD & 10TH APRIL 6PM - 8PM**  
WOODHOUSE COLLEGE SPORTS HALL, WOODHOUSE ROAD, FINCHLEY, N12 9EY  
ASTRO-TURF OR TRAINERS (NO BOOTS)

SCAN ME

**THURSDAY 4TH & 11TH APRIL 6PM - 8PM**  
ST. JAMES' SCHOOL ASTRO-TURF GRAHAME PARK WAY, COLINDALE, NW9 5PE  
ASTRO-TURF OR MOULDS

FOR CHILDREN AGED 11 - 16 IN RECEIPT OF BENEFIT RELATED FREE SCHOOL MEALS (MUST HAVE AN E-VOUCHER)

ALL COACHES ARE FULLY QUALIFIED, TRAINED AND DBS CHECKED

For more info contact: [info@liftcic.co.uk](mailto:info@liftcic.co.uk) or call: 07342789771

f @LIFTCIC WWW WWW.LIFTCIC.CO.UK