

A ROUND UP OF THE WEEK AT LAUREL PARK SCHOOL

Headteacher's Message - Adele Christofi

Dear Laurel Park community,

Another busy week in our school!

Our Year 10 geographers recently embarked on an enlightening field trip to Epping Forest. This excursion wasn't just a day out; it was a valuable opportunity for our pupils to gather first-hand data and observations that will serve as a case study in their final exam. I'd like to extend my heartfelt thanks to Ms Anscomb for her meticulous coordination of the trip, and to all the staff who accompanied our pupils, ensuring a safe and educational experience.

For our Year 9 pupils, the future is beginning to take shape as they navigate the important process of selecting their GCSE options. Our options assemblies are in full swing, providing key information about various subjects. These sessions are designed to empower our pupils to make informed choices that align with their interests and aspirations.

On the sporting front, I'm thrilled to report a superb victory for our basketball team against AIM academy last week. The dedication, teamwork, and skill displayed by our pupils were truly commendable. Well done to all involved! Sticking with sport our year 7 netball team played Winchmore on Thursday. What was a very close match with LPS trailing behind, our year 7s stepped up their game and came out overall winners beating Winchmore 13- 11. A great win for us!

It's always a pleasure to welcome prospective parents and pupils to our open mornings. These events provide an excellent opportunity for me to share insights about our school, highlighting the wealth of academic and enrichment opportunities available to our pupils. The enthusiasm and curiosity of our visitors never fail to remind me of the exceptional learning environment we've cultivated here at Laurel Park.

In our ongoing commitment to broaden horizons and inspire ambition, our Year 11 pupils recently visited University College London as part of our LPS Excel programme. This visit was more than just a tour; it was an eye-opening experience that encouraged our pupils to contemplate their future in higher education and beyond.

Looking ahead, I'd like to draw your attention to an important date. Our Year 9 parents' evening is scheduled for Wednesday, 5th February. This event provides a valuable opportunity for parents to discuss their child's progress and support their decision-making process for GCSE options.

As always, I'm immensely proud of the achievements and engagement of our pupils across all year groups. Whether in the classroom, on the sports field, or out in the wider world, they continue to demonstrate the values and spirit that make Laurel Park School such a special place.

Thank you for your continued support and partnership in your child's education journey.

Adele Christofi
Headteacher

Calling all Parents - Become a School Governor!



My name is Tracy Webber and I am a parent governor here at LPS. I have a child in Yr10, and became a governor in 2022 because I wanted to take an active role in the success of the school my child attends, and gain insight into how the school operates.

I enjoy being involved in shaping the future of the school and being a voice for parents. It is important that parents' perspectives from across our school community are represented in decision making.

As a governor, I get to meet new people, learn new skills, work collaboratively in a team, and support my child's education.

We currently have a vacancy for a parent governor to join our governing body and would strongly urge any parent/carers to apply if you would like the opportunity to contribute to our school community and have a direct influence on your child's future education.

There are many benefits to being a parent governor, so please get in touch if you would like to find out more at chairgovernor@laurelparkschool.co.uk

NEW

PANSANITY FITNESS

Strength & Conditioning Training
Thursdays 3.15-4.00pm
Room A3

For Year 10 and above
Max 10 students - first come first served



LAUREL PARK SCHOOL

Drama Club presents
A Valentine's cabaret of
Song, Poetry and
Love

1pm Drama room
Thursday 13th February
2025



Year 7 have been discovering about the nutrients in food this week. This involves testing foods for starch, sugars, protein and fats. They tested some of Monday's lunch and found the bread and rice contained starch and apples contained sugars.



YEAR 7 NETBALL

Laurel Park School 13 - Winchmore School 11

A very close game today! We were losing by 3 goals after the third quarter. In the final quarter, Winchmore did not score, and we scored 5 goals. Accurate centre passes between Ines and Maeve, fabulous shooting from Diane and Lorin, and excellent defence from Jessica, Phoebe, Rosie, and Kenda helped us turn the game around. Maeve was awarded Player of the Match for her outstanding contributions!



GREAT JOB!

Year 10 Basketball Team Extends Winning Streak with Impressive Victory!

Our Year 10 basketball team continued their dominant form this week with a hard-fought 34-24 victory over a strong AIM Academy side. From the outset, the team displayed excellent creativity on offence and solid defensive organisation, maintaining their lead throughout the match.

This performance marked their best of the season, showcasing teamwork, skill, and determination. The scorers on the day were: Trevaun and Gideon, who scored 2 points each, Mohammad with 6 points, and Salah with an impressive 12 points. The player of the match was Bolu, who scored 12-points, including a spectacular slam dunk and a well-executed three-pointer.

Congratulations to the team on another outstanding win!



Guest speakers from The Huddle Project recently visited our assembly to share exciting details about their work with local young people. They offer a unique sports programme that combines football and NFL FLAG rugby, aimed at children aged 11-18. The session was highly interactive, with the speaker explaining how The Huddle Project is helping transform the lives of young people by providing over 180 hours of sports coaching every year, along with education and employment workshops. The programme also focuses on wellbeing and offers opportunities for internships and work experience through partnerships with Tottenham Hotspur and the NFL. It was an engaging talk that got everyone excited about the benefits of sport and personal development!



Exciting Opportunity for Aspiring Pilots!

The Air League has launched its 2025 Aviation Scholarship Programme, offering students the chance to gain valuable aviation skills and explore career pathways in the industry. Scholarships are open to those with little to no aviation experience. Applications are open from January 27th to March 30th.

Available Scholarships:

- 3-hour, 5-hour, and 12-hour flying scholarships
 - Full Private Pilot's License (PPL) worth over £12,000
 - £500 Gliding bursaries
 - Electric flying training on a Pipistrel Velis Electro
 - Self-launching motor glider course
 - Two-week gliding to solo course
- Scholarships are ideal for students interested in aviation careers such as pilot, cabin crew, engineer, air traffic controller, and more.

How to Apply: To apply, students must be a member of the Air League (£30/year), which provides access to 100+ scholarship opportunities and events.

For more details and to apply:

- [Flying Scholarships](#)
- [Gliding Scholarships](#)
- [Electric Flying Scholarships](#)

Webinar:
Join the Air League's Webinar on Wednesday, 19th February at 5pm for application tips and more info. [Register here.](#)



Dear all,

Last term, we told you about the RE:SET project that Laurel Park School is taking part in, which is run about the charity Tender. This is in collaboration with staff, students and parents looking at relationships education at Laurel Park School. Staff have started their training and some student projects will be organised for the Spring term.

We have previously asked parents to complete a survey about and worries for your children. Following the feedback from your survey, one of your biggest concerns was about Online Relationships. Therefore our first parent session will be based on this.

The session will be virtual (via Zoom) and it will be taking place on Thursday 6th February from 4pm-5pm.

If you would like to join the session, could you please complete the Eventbrite link below. You will then be sent the link for the session.

<https://www.eventbrite.co.uk/e/1220895534409?aff=oddtcreator>

If you have any questions, please do not hesitate to contact me at the school

Ms Gray





JACK PETCHEY



The Jack Petchey Speak Out Challenge Finalist Assembly has been a huge success! Our finalists performed their speeches in front of the whole of Y10 and to a panel of judges: Mr Coyle, Miss O'Flaherty, Mr Shabaz and our Head Judge Miss Christofi. Our judges had to score our finalists in 4 key areas: content, delivery, structure and overall positive impact. All our finalists delivered their speeches to an exceptionally high standard on a topic they felt passionately about. They had their peers and teachers completely hooked and moved! The final decision was very close but unanimous. Our Assembly winner is Hfasa for her impactful speech on Fear. We are extremely proud of all our finalists and their confidence to speak out!

We look forward to Hfasa representing our school at the Enfield Regional Final on Monday 10th February at St Ignatius College, Turkey Street, EN1 4NP. Our school community, friends and family are warmly invited to attend at 6pm - 8.30pm. Mrs Nicolaou



"Our finalists are all winners and I'm so incredibly proud and privileged to have these students in our school."
Miss Christofi



"I was overwhelmed by their stage presence and passion for their belief" Miss O'Flaherty



"I have been an activist all my life and these speeches were exceptional."
Mr Sahbaz



"I was completely moved to tears."
Mr Coyle



Character Education focus of the week

The vision of Laurel Park School is to develop well rounded students who have the ambition and determination to excel in life whether this be through academic study, vocational training or employment.

Alongside this, we have a commitment to developing character and integrity across the school and wider community. Opportunities are provided outside of the taught curriculum to develop core life skills, preparing our students to be proud global citizens.

Finally, Laurel Park is a school where all members of the community are treated with care and respect, whilst supported both with their well-being and their academic aspirations.

This is achieved through our Core Values of **Integrity, Determination, Excellence** and **Ambition**

Each month we will see a Skill and each week we will try to link this Skill to one of our Values.

This month's Skill is Creativity!

"Creativity takes courage." – Henri Matisse

This week's value is Excellence and Ambition

How can Creativity help us achieve Excellence and Ambition

- **Inspiring Ambition:** Creative expression empowers students to set and pursue higher goals, sparking the motivation to achieve excellence in all areas of life.
- **Boosting Academic Performance:** Creative thinking enhances engagement with subjects, making learning more enjoyable and helping students retain information better.
- **Building a Growth Mindset:** Engaging in creative thinking helps students understand that setbacks are part of the learning process, encouraging persistence and resilience.

Students will be presented this in assembly each week but please also speak to them at home



Member of the



NOMINATIONS FOR HEADTEACHER'S COMMENDATIONS ARE NOW OPEN

Anyone can nominate a student for a
Headteacher's Commendation.

Staff, parents, other students -
complete this nomination form:



Criteria

Integrity - for hard work, honesty, making good choices, representing the school

Determination - for motivation, overcoming barriers, effort, self-discipline

Excellence - for Character Points, personal excellence, sporting / musical excellence

Ambition - for high aspirations (mock) exam results, assessment results



Bronze Award
Awarded 1st time



Silver Award
Awarded 2nd time



Gold Award
Awarded 3rd time

JACK PETCHEY GRANT AWARDS

CELEBRATING STUDENT EXCELLENCE!



Do you have what it takes to stand out and make a meaningful impact? The Jack Petchey Grant Awards are here to recognise students who truly go the extra mile—whether through their efforts at school, in their community, or by achieving incredible personal goals.

This is your opportunity to be celebrated for your hard work, leadership, and determination to make a difference.

What's the Award All About?

The Jack Petchey Grant Awards are a prestigious programme designed to shine a spotlight on outstanding young achievers who embody the values of leadership, dedication, and resilience.

Students who stand out demonstrate:

- **Leadership and Teamwork:** Inspiring others and working collaboratively to achieve success.
- **A Positive Attitude and Resilience:** Staying determined in the face of challenges and remaining optimistic.
- **Contributions to School or Community Life:** Volunteering, organising events, or supporting projects that make a difference.
- **Personal Accomplishments:** Excelling in unique talents, academics, sports, or the arts and inspiring others to follow their passions.

What's in it for You?

Winners receive up to £300 to support impactful school projects or activities.

You'll also gain:

- ✦ **Recognition** at a special awards event.
- ✦ **A CV Boost** to enhance your portfolio.
- ✦ **Pride** in making a difference and inspiring others.

How Can You Get Involved?

Be a Role Model: Show kindness and lead by example.

Get Involved: Volunteer or organise events that make a difference.

Show Resilience: Overcome challenges and stay determined.

Share Your Talents: Inspire others with your skills and passions.

Why Take Part?

- This award is more than just recognition; it's about leaving your mark and making a difference. You'll also:
- Gain the confidence to tackle future challenges.
- Build leadership skills that will benefit you in all areas of life.
- Contribute to a stronger and more inspiring school community.

Your Journey Starts Here!

Take the first step towards achieving something extraordinary. Speak to your teacher or Jack Petchey Coordinator today to find out more and get advice on how to begin.

This is your time to shine, inspire others, and make your school proud. YOU could be the next winner of the Jack Petchey Grant Award!

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

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