



Upcoming Events

- Monday 16th October - NLGS Art Week
- Friday 20th October - Culture Day
- Friday 20th October - Student Service Trip
- Friday 20th October - Last day of school before the half-term break
- Monday 23rd October - Intervention Week for Year 11



to our New Head Boy and Head Girl!

On the 6th of October, an important day arrived: the selection of Head Boy and Head Girl candidates. This process was a democratic one, combining the votes of both students and staff members. In the lead-up, students were given a week to diligently prepare and present their manifestos to the entire NLGS community. Year 11 students poured their hearts into crafting compelling manifestos and mounting spirited campaigns. The school was adorned with eye-catching posters, and candidates went the extra mile by treating their peers with delicious goodies, all in an effort to capture their attention and garner support for their respective manifestos.



**Head Boy and Head Girl Candidates
with our Headteacher**

The dedication and hard work put forth by the candidates were evident, reflecting their earnest desire to serve their school community.

Congratulations to our newest

Head Boy Zain and Head Girl Sanaa!

After a series of great campaigns and speeches during assembly, and an extremely competitive vote, we wish ALL the candidates who took place in the election a successful Year 11 journey and we will watch with anticipation to see how they will all go on to fulfil leadership roles of varying nature within our NLGS Community.



Sanaa
Head Girl



Zain
Head Boy

TERM DATES



**Student Academic Year
2023 - 2024**

Autumn Term 2023

Autumn/1

Thur, 07th Sept - Friday, 20th October

Half-Term Break

Saturday, 21st Oct - Sunday, 5th Nov

Autumn/2

Monday, 06th Nov - Friday, 15th Dec

Christmas and New Year Holiday

Saturday, 16th Dec - Wed, 3rd Jan

Spring Term 2024

Spring/1

Thursday, 4th Jan - Friday, 9th Feb

Half-Term Break

Saturday, 10th Feb - Sunday, 18th Feb

Spring/2

Monday, 19th Feb - Thur, 28th March

Easter Holiday

Friday, 29th March - Tue, 16th April

Summer Term 2024

Summer/1

Wed, 17th April - Friday, 24th May

Half-Term Break

Saturday, 25th May - Sunday, 2nd June

Summer/2

Monday, 3rd Jun - Wednesday, 10th July

Summer Holiday

Thursday, 11th July onwards

Thought of the Week

**"Believe you can and
you're halfway there."**

Theodore Roosevelt

Year 10 and Year 11 Interventions

At North London Grammar and Prep School, we are dedicated to fostering academic excellence in every student. With the commencement of Year 10 and Year 11 interventions, we are taking proactive steps to ensure no student is left behind. These targeted interventions, led by our passionate educators, are designed to bridge any learning gaps and provide tailored support to each student. Whether it's additional tutoring, personalized study plans, or focused workshops, we are committed to nurturing the potential of every student.

Together, we strive for success, knowing that by working together, we can empower our students to achieve their academic goals.



Careers Talk

The Student Services department at North London Grammar and Prep School is organising a series of events aimed at inspiring our students to make informed choices about their future careers.

During our dedicated hours, we would greatly appreciate it if some of our parents could participate by giving talks about their professions and the journeys they've taken in their lives. To facilitate this, we've established a booking system where you can select a suitable time and audience. If you're enthusiastic about sharing your career experiences and passions with our students, please click the link below to choose from our available time slots:

<https://form.jotform.com/212584154299968>

We extend our gratitude to all parents who have already expressed their interest and signed up for this initiative.

Boarding Life



Boarders are having a day out .



During one of the daily reading times in our boarding



Well-being Workshop Empowers Prep Students

North London Grammar and Prep School's Student Services recently hosted a valuable well-being workshop for our Prep Students, aimed at fostering emotional reflection and nurturing self-esteem.

During the workshop, students were encouraged to explore their feelings and emotions, gaining essential insights into understanding and managing them effectively. This empowering experience equips our young learners with the emotional intelligence needed to navigate the challenges of school life and beyond.



In addition to emotional well-being, an induction was provided, guiding students to know where to turn for support when in need of welfare concerns. This knowledge ensures that our students feel secure and confident in seeking assistance whenever required. We believe that promoting well-being is fundamental to a successful and fulfilling educational journey. The well-being workshop is just one of the many initiatives at NLGS aimed at supporting our students in every aspect of their development. We are committed to nurturing not only their academic growth but also their emotional and social well-being.



ARE YOU WORRIED?

Keeping children safe is everyone's responsibility



All adults at North London Grammar and Prep School care deeply about your health, safety, and well-being. We appreciate all children at our school, and we want to keep you safe and help protect your rights.



Ms Dhrona
Designated
Safeguarding Lead
Email: ldhrona@northlondongrammar.com



Mr Adak
Deputy Designated
Safeguarding Lead
Email: fadak@northlondongrammar.com

All adults at school are trustworthy individuals with whom you can speak at any time; the staff listed here have been carefully trained to assist you and your family.



Mr Karatas
Boarding Designated
Safeguarding Lead



Ms Erdil
Deputy Designated
Safeguarding Lead



NLPS are delighted to welcome Ms Wang to lead the new Mandarin Language and Culture Club



Ms Wang is a native Mandarin speaker and has been teaching Mandarin in the UK for the past 17 years. Ms Wang is very passionate and dedicated teacher and has taught Mandarin at GCSE and A level, and even lectured for a year at a university.

Notes from the interview with Ms Wang

My teaching philosophy emphasizes that all students, including those learning challenging languages like Mandarin, can learn. I encourage students to enjoy learning, take initiative, and adapt to their unique learning styles. I promote critical thinking, a positive attitude, and Growth Mindset, valuing effort and progress over results. I create a student-centred, supportive learning environment with engaging activities to foster enthusiasm.



The Mandarin Language and Culture Club, which is an after-school club, is open to all Prep students from Year 3 up to Year 6. Chinese as a subject in the timetable is taught to Year 5 and Year 6 students only.

I believe it would be helpful for the readers if we mention Chinese as a subject and the Chinese Language and Culture after-school club separately here.

In the classroom, I create a student-centred, supportive environment with engaging activities. Thanks to the school's support, the Chinese club is well-equipped and aims to offer interactive experiences for Year Five and Year Six students. Activities include crafts like flags, maps, and more, along with Chinese calligraphy, Beijing Opera masks, paper fans, and exploration of the Chinese Zodiac. We'll also learn Mandarin songs and celebrate Chinese New Year with lanterns, red envelopes, and possibly dumplings. The focus is on Chinese culture, including traditions, festivals, customs, and language through calligraphy and exchanges. We'll also explore Chinese history, including folktales and legends. Our Chinese club offers an enriching experience for those interested in Chinese culture.

Access your child's **behaviour, attendance, and report card** through the provided link.

This tool offers insights into their education, enhancing our communication.

[Click here for the link](#)

(For the soft copy readers)

Contact for assistance: Alison Rodriguez (For the hard copy readers)

Email: alison.rodriguez@northlondongrammar.com



BLACK HISTORY MONTH: HUMANITARIANS



John Alcindor

Born in Trinidad, Dr John Alcindor was a physician and activist for racial equality, who helped others during the First World War despite facing prejudice and discrimination.

Although he had a medical degree from Edinburgh University and having worked in several London hospitals for many years, he was rejected by the Royal Army Medical Corps during the war because of his origin.

Dr Alcindor persisted with his desire to help those in need by joining the British Red Cross as a volunteer and treated countless wounded soldiers at London railway stations as they returned from the battlefields. He was later awarded a Red Cross medal for his life-saving work.

He also conducted research and published articles on cancer, influenza and tuberculosis and worked to prevent syphilis and tuberculosis in Great Britain. His research set the groundwork for the correlation between poverty, low quality food and unbalanced diets in poor health.

Princess Tsehai

Princess Tsehai was the daughter of Haile Selassie of Ethiopia, born in Addis Ababa. She joined her father in exile in London and trained as a state registered nurse in 1939 at Great Ormond Street for Sick Children. After the restoration of her father in 1941, she returned to Ethiopia to work in Dessie Hospital. Sadly, Princess Tsehai in 1942 died from complications during childbirth; her baby also did not survive. Emperor Haile Selassie founded the Princess Tsehai Memorial Hospital in her memory which was also funded by British admirers that were very moved by her death. The hospital was also created to serve as a nursing school.



Mary Seacole

Born and raised in Jamaica, Mary came to England in 1854 after the start of the Crimean War to join the British War Office to go and help wounded soldiers in Ukraine. She was flatly refused despite her valuable education in Caribbean and African medicine.

Instead, she decided to raise money for herself to travel to Balaclava, Ukraine and set up the British Hotel, where she could tend to the injured soldiers. She also visited the battlefield to treat the wounded and became known as 'Mother Seacole'. She returned to England after the war penniless and in ill health.

The newspapers discovered her story and in 1857 Queen Victoria's nephew hosted a benefit in her name, attracting thousands of people and raised plenty of funds for her. Mary later published her memoir, 'The Wonderful Adventures of Mrs Seacole in Many Lands'.



Information Evenings

Year 9 GCSE Information Evening

The Year 9 Information Evening was a vital event emphasising the critical transition from Key Stage 3 to Key Stage 4. Multiple key aspects, starting with the academic significance of this phase, were addressed by the Senior Leadership and Year 9 Teams. The Staff underscored the importance of attendance, a foundational factor in a student's success. The evening also highlighted the invaluable pastoral support available to students during this transitional period.

A critical component discussed was the comprehensive careers guidance that will be provided, aiding students in making informed decisions about their future paths. The introduction of the dedicated Year 9 team, complete with form tutors, offered parents and carers a direct connection to those supporting their child's education journey. The turnout was impressive, reflecting the strong engagement and commitment of the school community, our NLGS family.

The atmosphere was truly heartwarming, as families came together to share in this crucial milestone. The evening served as a pivotal opportunity for parents, carers, and educators to collaborate in ensuring a smooth and successful transition for the Year 9 students into the challenges of Key Stage 4. We wish Year 9 every success as they embark upon their GCSE courses.



Boarding Information Evening

We Invited the parents of our boarding students to attend an information evening that we held via Zoom.

During the information evening, our Head of Boarding explained in detail the daily schedule of boarding and what students are expected to do after school hours. Parents were also given information on the boarding activity calendar and extracurricular activities offered by the school e.g. Duke of Edinburgh.

Parents were also reminded on how to use ParentMail and iSAMS, and how to access school reports; teachers also explained the grade boundaries used in student reports. This was a fantastic opportunity for parents that live abroad to interact with boarding staff and receive key information about their child's education and how they can support them on their academic journey.

NEED TO KNOW



Dear parents/Guardians!, kindly note that **smartwatches are not permitted** at our school. Your cooperation in adhering to this policy is greatly appreciated.

OPEN EVENING



We are delighted to share the outstanding success of our recent Open Evening, which was organised on the 11th of October. A diverse array of prospective parents graced our campus, and the feedback was overwhelmingly positive.

DoFE



Our students at have embarked on an exciting journey as they set out to pursue their Duke of Edinburgh's Award (DoFE). We are confident that they will rise to the challenge and make us proud as they undertake this prestigious endeavour.

PA Committee Members and Volunteers



Chairperson
Jay Hari



Vice Chairperson
Dr Dinesh Kumar



Secretary
Edita Statovci



Yr 3 & 4 Representative	Margarita Strelcenia	Yr 8 Representative	Aqsa Azim
Yr 3 & 4 Representative	Halime Akbas	Yr 8 Representative	Mona Hussain
Yr 5 Representative	Edita Statovci	Yr 9 Representative	Nurgul Pinar
Yr 6 Representative	Olga Charles	Yr 10 Representative	Shireen Al-Hadid
Yr 7 Representative	Monika Kadiri	Yr 11 Representative	Rowzana Faiz
Yr 7 Representative	Sadia Khan	Yr 11 Representative	Sarah Ali

Student Drop-Off Gate Locking Time

Dear Parents and Guardians, Please note that, for safety reasons, the gates in our student drop-off/pick-up area are closed and locked at 4:30 pm daily. If your child remains at school after this time, please collect them from the main **reception entrance**. Our staff will ensure their supervision. Your cooperation ensures our students' safety. For questions or concerns, contact us at alison.rodriguez@northlondongrammar.com. Thank you for your understanding.



What Parents & Carers Need to Know about AMONG US

A multiplayer 'social deduction' game set in outer space, Among Us enjoyed a surge in popularity in 2020, and has since maintained a dedicated fan-base (globally, around 60 million regular players each month) thanks to its unique nature, simple premise and ease of access across numerous platforms. The game's on-screen action revolves around danger, disguise and deception – and there are certain parallels to be drawn with some of the real-life risks that parents and carers of young Among Us players need to be aware of.



WHAT ARE THE RISKS?

SENSITIVE PREMISE

In Among Us, up to three players are secretly assigned to be alien imposters, tasked with murdering their colleagues while the survivors try to unmask them. While the concept's not far removed from traditional games like Wink Murder or TV shows such as *The Traitors*, some parents may feel uncomfortable about their child playing a video game in which deception and killing are prioritised.

VIRTUAL VIOLENCE

The on-screen death of characters may be fundamental to the gameplay of Among Us, but the majority of the animations depicting this are deliberately cartoonish and only appear very briefly. However, it is worth bearing in mind that the game has a PEGI age rating of 7 – meaning that certain elements (however heavily stylised they may be) could still upset some younger players.

CHAT BETWEEN PLAYERS

With up to 15 people participating in each game online, a large part of Among Us' appeal is speculating with fellow players who the imposters might be and making accusations. This dialogue through the in-game text chat can occasionally become heated – and could, of course, involve your child being put into contact with people (including adults) who they don't know in real life.

GOING OFF PLATFORM

While Among Us provides basic ways to communicate, many gamers prefer to use external services such as Discord: a popular app which offers voice and video chat functions. These undeniably make cooperation easier, but also create a potential route for children to hear inappropriate language – or for strangers to message them privately in an environment which isn't regulated by the game itself.

IN-GAME PURCHASES

Among Us is free to download on mobile devices, and costs less than £5 to obtain on console and PC. A related longer-term pitfall, though, is that the game also includes options to pay for upgrades such as removing ads on the mobile version or adding cosmetic touches to characters (such as different costumes). It's certainly possible that a child could spend a significant sum without realising it.

Advice for Parents & Carers

CONSIDER SIMILAR ALTERNATIVES

Although Among Us is hugely popular with young gamers, it's possible that some children might find the murder themes unsettling. If so, plenty of similar social deduction games are available (in both digital and traditional board game formats) which downplay the potentially grislier elements: some centre around undercover spies, for instance, and there's even a Marvel superhero-themed variant.

CHAT ABOUT CHATTING

You might feel it's prudent to talk to your child about the risks associated with voice chat while gaming, explaining in particular that strangers online aren't always who they claim to be. Keeping the conversation relaxed will reinforce your child's confidence that they can always come to you with any online concerns – not just about Among Us, but any potential future issues as well.

DISCUSS DISCORD

In general, Discord is an excellent app for keeping online communities together because of its use of dedicated individual servers, which allow comprehensive control over who can join – and who can't. Once you're familiar with the platform, you could set up a secure server for your child and their friends to communicate during games of Among Us, with no access for people they don't know.

AMONG US, AMONG FRIENDS

When your child and their friends get together, they can enjoy a private game of Among Us by choosing a 'local' lobby – that is, only people connected to the same WiFi (your home network, for example) can enter. This prevents any random online users – who may be total strangers – from joining and removes the need for voice chat, as the players are all physically in the same location.

STOP SURPRISE SPENDING

If you're concerned about the possibility of your child racking up an unexpected bill on Among Us' microtransactions, you could consider using a prepaid card with a set limit. Likewise, you could specify in the game's options that adult authorisation is required for every purchase – or you could make sure that no payment methods are enabled on the device that your child plays the game on.

Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the value of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



NOS National Online Safety®
#WakeUpWednesday

NEED TO KNOW

unifrog

Secondary School Parents!! You MUST read it!!

What is Unifrog: It is an innovative platform designed to assist the Secondary School students in their journey to discover options and pursue their career paths. It provides a comprehensive resource for researching various careers and the steps needed to reach them.

How it works: Students gain access to a wealth of information and tools on the platform. Unifrog's intelligent algorithm personalizes career pathway recommendations for each student. This includes the option to take career tests, allowing students to explore their interests and strengths further. Moreover, Unifrog facilitates the application process for internships and work placements based on suggestions offered and tailored for individual students.

As a parent, how can I obtain the username and password? To access Unifrog, **all students have received their unique usernames and passwords via email.** These credentials are provided to ensure easy and secure access to the platform.

Does the Student Service offer additional support? Absolutely. We conduct regular sessions for each form class in the computer room, where students can dedicate time to explore their career options. These sessions are scheduled on a fortnightly basis, providing valuable guidance and support in their career exploration journey.

FOCUS ON FITNESS



This week Year 10 students completed their fitness tests in order to plan their six-week personal exercise programmes which is a coursework component of their GCSE PE



NEED TO KNOW

Dear parents/Guardians!,
Kindly note that emails sent from info@parentmail.co.uk are **no-reply** emails. If you have inquiries regarding:

- **Your child's education:** contact the **form tutor**.
- **Absences, lateness, or any other general queries:** reach out to alison.rodriguez@northlondongrammar.com
- **Financial issues:** get in touch with finance@northlondongrammar.com
- **School bus-related matters:** reach out to admissions@northlondongrammar.com



LEARN to LEARN

Developing the skills and mindset for success

Learn to learn deals with our learning capability not as a fixed trait but rather a skill that can be developed and improved over time. The aim of the lessons is to understand how we learn and apply effective learning strategies to improve our learning capability and enhance our ability to acquire and retain new information.

We believe that all students in Year 7 and 8 need to establish good study habits to support and deepen their learning. We also want to foster a culture where students are proactive in thinking, questioning, and developing independence in their learning. Teaching pupils' study skills explicitly encourages students to develop, refine and use their skills more effectively across all subject areas.



This Study Programme Aims to Enable Students:

- To explore individualised approaches to study.
- To provide strategies and techniques for studying more effectively
- To develop a growth mindset and positive approach to study.
- To identify skills and reflect on individualised, personalised approaches to the management of studies.

Autumn Term Study Skills Schedule:

- How we learn (Focus mode Diffuse Mode)
- Target setting/goal mapping / SMART targets
- Reading for exams (SQ3R),
- Inference skills
- Keywords/Exam terminology
- Notetaking (Cornell Method) / Condensing / Chunking
- Mind maps / Visual cues / Frameworks / flow charts
- Memory Techniques / Visualisation / Memory Palace / Mnemonics / Short term-long term memory / Flashcards
- Planning/ Concept 5 planning / Frameworks/Exam timetables
- Time Management / Pomodoro Technique
- Making use of revision software and revising online

World Teachers' Day was celebrated on the 5th of October. Our Senior Leadership Team took the opportunity to extend their heartfelt congratulations to our dedicated teachers. In a world where the role of teachers is more crucial than ever, we celebrated their unwavering commitment to shaping young minds. These remarkable individuals go above and beyond to provide quality education, instil values, and inspire future leaders. Their dedication deserves our utmost appreciation, and on this special day, we express our gratitude for their tireless efforts in nurturing the potential of our students.



School Council Meeting

A recent School Council meeting, expertly organised by Ms Rhianna, brought together students in a collaborative forum. The meeting showcased our commitment to fostering open communication and involving the school community in decision-making. With a diverse array of voices, they discussed important initiatives, from enhancing our extracurricular programmes to addressing environmental sustainability. The enthusiasm and innovative ideas shared during this meeting underscore our dedication to nurturing a vibrant and inclusive educational environment.



Year 11 Career Workshop

While our Year 11 students are busy preparing for their Mock Exams and upcoming GCSEs, our Student Services department delivered a valuable workshop on how to apply for colleges and Sixth Form.



STUDENT WELLBEING

Year 7 students received a fantastic induction to the Student Services facilities at NLGS. Student wellbeing mentor Ms Newby-Myers and Head of Pastoral Care Mrs Dhrona took the opportunity to ensure our newest members of the school community felt not only welcome but also well-informed about the resources available to them. Students were provided with an overview of whom to contact if in need of emotional support, or safeguarding problems. The induction ended with a spin-the-wheel game, quizzing the students on information received during the induction. All winners received a prize of goodies to enjoy!



Our students earn merit points for positive behaviours, and striving for excellence. The top merit point earners become **class champions**.

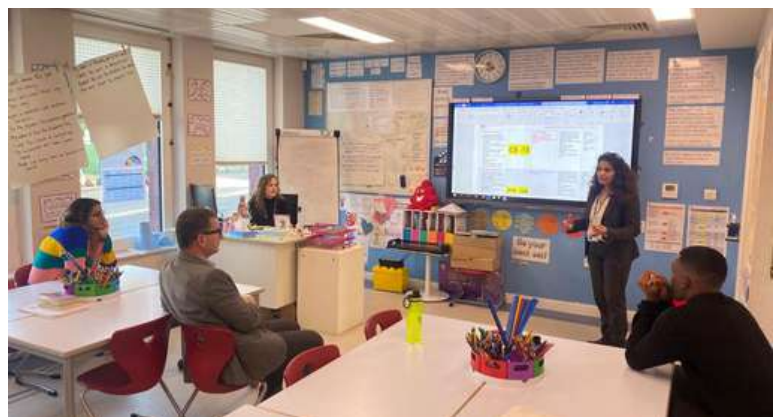
We're thrilled to announce our first **Prep Fortnightly Champions** for this year: **Meryem** (Year 6), **Lina** (Year 5), and **Cemile** (Year 4). When consecutive champions, they receive champion cards from the Senior Leadership Team. Congratulations to these outstanding students!

Behaviour Policy Training



We conduct regular policy training sessions for our teachers, providing essential support to our staff and governors at North London Grammar and Prep School. These training sessions are crucial for ensuring the proper management of behaviour within our school and maintaining a positive and orderly learning environment.

By equipping our educators and governing body with the necessary knowledge and skills related to our behaviour policy and procedures, we uphold our commitment to fostering a respectful and disciplined atmosphere within our school community.



BOOKS RECOMMENDED FOR OUR PREP STUDENTS



For Year 3

Rowan and her mother escape to the Dark Forest due to an impending war. There, they meet her Grandpa and a white wolf named Arto. Rowan befriends powerful witches and rescues a baby dragon, realizing she's a wildsmith. She raises a group of dragons over the summer.



For Year 4

Black Panther meets Percy Jackson in this action-packed superhero series about a British-Nigerian girl who learns that her Afro hair has psychokinetic powers. Soon to be a feature film with a major streamer!



For Year 5

A twelve-year-old named Jude, from a family of magic thieves, wants to prove herself by stealing powerful magic from a fancy house. But the stolen magic is cursed, putting her family's criminal business at risk. As she tries to fix things, she discovers the dark secrets within her family, making her path to becoming a true Ripon much more challenging.



For Year 6

Xanthe enjoys visiting her grandmother in her rooftop garden flat, but Nani's memory is fading. Xanthe wants to assist her but doesn't know how. A mysterious cat reveals a path that leads Xanthe to uncover clues about Nani's past, including her journey from Africa to Britain.

BOOKS RECOMMENDED FOR OUR SECONDARY STUDENTS



For Year 7

Budi's dream of becoming a football star takes a hit when a single unfortunate kick leads to a debt owed to Jakarta's most dangerous man, the Dragon, putting not only his dreams but also his life in jeopardy.



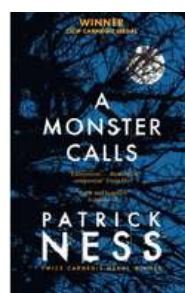
For Year 8

The Hitchhiker's Guide to the Galaxy, a global pop-culture sensation, has taken many forms, including radio, TV, novels, stage plays, comics, and films. It follows the adventures of Arthur Dent and has captivated curious minds worldwide.



For Year 9

There was a wild crashing sound, a ripping of metal, and the plane blew through the trees, out over the water and down, down to slam into the lake. Brian is a city boy. Not used to living rough. Until his plane crash-lands in the Canadian wilderness. All he has is a hatchet - and a desperate will to survive. Now Brian must learn to live the hard way - or die.



For Year 10

Conor has recurring dreams since his mother's illness and ineffective treatments. One night, an ancient and powerful entity appears at his window, seeking the truth. Patrick Ness transforms Siobhan Dowd's concept into a poignant story of courage, healing, and survival.



For Year 11

Charlie Gordon, a low-IQ floor sweeper, undergoes an experimental surgery to boost his intelligence, following the success of a similar procedure on a lab mouse, Algernon. Initially, Charlie gains genius-level intellect, but as Algernon's condition deteriorates, uncertainty surrounds Charlie's fate.

REMEMBER!!!

Reading is vital for personal and intellectual growth. It opens doors to knowledge, cultivates empathy, and enhances communication skills. Through books, one can explore diverse perspectives and historical insights, fostering a deeper understanding of the world. It's a lifelong journey that empowers individuals and enriches their lives.

PREP POETRY SLAM

To celebrate National Poetry Day, NLPS students spent the week working hard to write poems based on the theme of refuge. They explored some poems with the same theme and then wrote their own Collom Lune poems. A Collom Lune poem follows the structure of 5 words, 3 words, 5 words. At the end of the week they hosted a Poetry Slam and invited their families along to watch them perform their poems. Everyone performed with confidence and enthusiasm and we are all so proud of everyone who took part.



My refuge

*My refuge is a bear,
She is restless.
And she likes cosy hugs.*

*My refuge is about paradise,
Reading a book.
And making things more interesting.*

*My refuge feels like ocean,
The waves splashing.
Lots of people swimming everywhere.*

*My refuge sounds like music,
Pop or jazz.
From a phone or radio.*

*My refuge is hot chocolate,
Warm or cold.
As long as it`s delicious!*

*My refuge is my couch,
For sleeping in.
You can relax or play!*

by Charlotte, Year 4

My refuge

*My refuge is a rainforest,
Humid, relaxing nature.
And tropical island for adventuring*

*My refuge is like water,
Smooth, calm, relaxing.
Another world of curious mystery.*

*My refuge is a fire,
Blazing, hot, burning.
Cracking sounds in your ear.*

*My refuge is the galaxy,
Mysterious, undiscovered place.
A whole new fascinating world.*

*My refuge is the clouds,
Puffy, white, emotional.
Towering all buildings among us.*

by Ayman, Year 4



School Uniform Policy

NEED TO KNOW

The school has a strict uniform policy for both girls and boys to encourage a sense of loyalty among students.

- The policy includes guidelines on clothing, grooming, and accessories.

- It specifies acceptable items such as trousers or skirts for girls, and formal black leather shoes for both genders.

- Prohibited items include extreme hairstyles, decorative footwear, makeup, and body piercings.

- Neat and proper dressing is emphasized, and PE kit requirements are outlined.

The school's uniform policy aims to maintain a high standard of personal appearance among students.





Year 8 Flip Out Day

Year 8 had a great time at Flip Out on 26th of September. They aimed to strengthen friendships and had a blast with trampolining, soft play, and a doughnut slide. They also enjoyed a mini pizza feast, creating genuine smiles and camaraderie. Thanks to staff, students, and parents for making this day memorable and fostering lasting friendships among Year 8 students. Looking forward to more adventures in the upcoming school year!

Year 10 & 11 National Portrait Gallery Trip

Year 10 and 11 students recently visited the National Portrait Gallery, the world's first public art gallery solely dedicated to portraits of significant British historical figures. Guided by their teacher, Ms Ziegler, students explored various artworks and had insightful discussions. We thank the staff for this enriching experience, hoping it inspires students to continue their artistic endeavors.



D.E.A.R. Time During Form Time

In our school, we emphasize literacy development by dedicating specific time during Form Time for students to engage in D.E.A.R. time (Drop Everything And Read). This initiative aims to foster a love for reading, improve literacy skills, and instill a lifelong habit with academic and personal benefits. We aspire to inspire a passion for literature, broaden horizons, and equip students with essential skills for academic and personal growth through the joy of reading.



Science Club

In our Science Club at North London Grammar and Prep School, Secondary students recently explored the world of science by creating natural polymers using an unexpected ingredient: milk. This hands-on project enriched their understanding of molecular structures and the principles of coagulation, all while fostering a sense of curiosity and practical knowledge. The experiment not only demonstrated scientific concepts but also their real-world applications in various industries. Our Science Club exemplifies our commitment to nurturing students' intellectual curiosity beyond the classroom, inspiring future scientists and innovators. This engaging experiment is a testament to our holistic educational approach, sparking a lifelong passion for learning.

Table Tennis Clubs: A Fun Learning Experience for All Ages!

Our Table Tennis Clubs at North London Grammar and Prep School offer students of all ages, from preschool to secondary, a fantastic opportunity to enjoy and learn through this engaging sport. Table tennis promotes physical fitness, sharpens coordination, and teaches teamwork and sportsmanship. Our nurturing environment allows students to develop skills at their own pace, and who knows, we might have future champions among us. We invite all students to join and discover the joy of table tennis while making friends and acquiring valuable life skills.



British Values at NLGS

In our recent British Values Assembly on the 27th of September, we explored the importance of mutual respect. Key Stage 4 students gained insights into how mutual respect fosters understanding, empathy, and unity among individuals from diverse backgrounds, emphasizing its role in our school community.

The assembly underscored how mutual respect is the foundation of a harmonious society and our school environment. It promotes positive interactions, teamwork, and a thriving academic atmosphere.

Students were encouraged to actively practice this value in their daily lives.

On the 5th of October, Year 9 demonstrated their commitment to British Values with an insightful Assembly on the Rule of Law, part of the Prefect Selection process. This showcased teamwork and mutual support among students as they delivered surprise presentations.

The assembly was a crucial part of the selection process, evaluating the students' grasp of the Rule of Law. The judging panel included staff members and experienced Year 11 candidates for Head Boy and Head Girl.

Year 9 students exhibited dedication and determination, reflecting their commitment to upholding the principles of law in British society. This assembly not only shaped the prefect selection but also contributed to personal growth and development. Congratulations to all participants for their passion and engagement in line with the school's mission to nurture responsible leaders.



Cricket Festival at Channing Junior School

*Great news! Two of our North London Prep School students received **The Most Promising Cricket Players Medals.***

They had a remarkable time at the Cricket Festival at Channing Junior School in June 2023. The event was a delightful, sun-soaked day brimming with sportsmanship, teamwork, and, most importantly, a whole lot of fun and excitement that will be cherished in their memories for years to come.



Mental Health Week

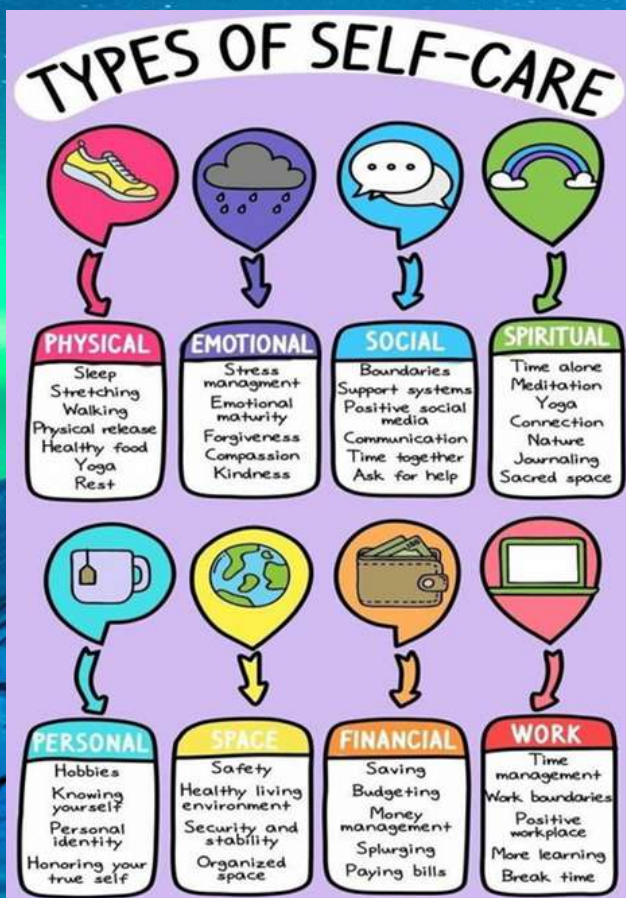
"Mental Health is state of well-being in which the individual realises their own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community" WHO 2022.

During Mental Health Week, our teachers held a Form Time session to focus on promoting good mental health and providing essential mental health support strategies.

They emphasized that good mental health involves experiencing positive emotions such as optimism, happiness, love, compassion, and satisfaction. It also entails effectively managing life's normal stresses and changes, maintaining good self-esteem, and expressing a range of emotions while staying productive. The discussion highlighted the Power of Attitude, stressing that a positive attitude can boost one's mood and inspire others. Managing emotions and not letting things bother you contribute to a better sense of self.

Physical activity was encouraged, with the reminder that you don't need a gym for fitness. Activities like swimming, walking, and hula hooping for 20-30 minutes a day, three to five times a week, can make a difference.

A structured routine was recommended, emphasizing engagement in enjoyable activities like journaling, reading, creating content, participating in extracurricular activities, and creating artwork.



World MENTAL HEALTH Day

TUESDAY 10th OCTOBER 2023

Competition time!

Often in life individuals need motivation to help go about their daily lives. Can you create a positive slogan of encouragement! The winning form will be invited to celebrate in students' services, alongside having their slogan displayed within the area.

- Can only be 15 words.
- Must include the word positive.

Deadline is Thursday 12th October, the winner will be announced next week!