



## Celebrating Cultural Diversity

On Friday, 18th October, NLGS celebrated the diverse cultures which make up our school community. There were many activities and events held throughout the school. Everyone was encouraged to wear their cultural attire for the non-uniform day, and Junior School hosted a fashion show to showcase their stunning outfits. They also had cultural themed student presentations and workshops, and shared foods from their native countries.



## Discover NLGS - Open Morning

Our next Open Morning will take place on **Weds 4th December, 9-11 am**. If you know families who are seeking a school for their child, please share this invitation with them. This event offers a wonderful opportunity to explore our facilities, meet our staff and students, and learn more about the enriching education and supportive environment we provide. Sign-ups are open on our website.

## Design a Christmas Card

This is a wonderful opportunity to showcase your child's creativity and festive spirit. The winning Christmas card design will be featured as the official school Christmas card, and the selected student will receive a special prize! Parents, please check your email for all the details on how to enter. Deadline for entries - **Friday 15 Nov**. Good Luck!





# Culture Day

Total Raised  
£249

Everyone donated £2 for a plate to collect food, and all the donations went to the Lotus Foundation. Secondary students performed cultural dances and enjoyed soundtracks from all over the world. It was a fantastic turnout, with everyone enjoying themselves and the delicious array of food on offer.

**“Special thanks to all the parents and staff who volunteered their time to be here and bring along the tasty delights”**

- Mrs Dhrona.





The Dining Hall was decked out with stalls from parents and teachers, each celebrating their different cultures. There were sweets, savouries, and drinks from Turkey, South Korea, Pakistan, South Africa, New Zealand, Iraq, and many more wonderful places around the world.



# Diwali



At NLGS students came together to mark Diwali, the festival of lights with creativity. On Fri 12th November, Junior students transformed the playground with intricate Rangoli patterns and vibrant chalk-drawn fireworks, bringing the festive spirit to life.

Pupils learnt about the traditions surrounding the festival of lights, understanding its importance as a time for joy, unity, and renewal, and designed an impressive Rangoli display using sand and candles.



# Important Dates

<b>November</b>	Non-fiction November
<b>12th Nov</b>	Odd Socks Day (Anti Bullying Week)
<b>15th Nov</b>	Children in Need
	Year 11 Team building/ Cultural Day
	Last day for Christmas Card Contest
<b>19th Nov</b>	UFP Parents Consultation Day
<b>20th Nov</b>	Young Scholars Programme Launch
<b>21st Nov</b>	Junior Parents Evening
<b>25th Nov</b>	Flu Immunisations
<b>8th Dec</b>	Winter Fair



## Upcoming Visit by Barnet Immunisation Team

Barnet Immunisation Team will be visiting our school to deliver flu immunisations to students

Please note there has been a change to the original dates and the immunisation will be happening over one day.

**Monday, 25th November,  
8:30 AM to 1:00 PM**

## NLGS Alumni Dinner with the Class of 2024

On Friday, 8th November, Mr. Shehu hosted an alumni dinner with the Class of 2024. Held in Holborn, the gathering featured a delicious Turkish meal and provided a warm space for everyone to reconnect. It was a fantastic evening catching up on their higher education and experiences since leaving NLGS. Thank you to Mr. Shehu for organising such a fun event!



## Top Tips - Hear From Our Experts

**Good sleep hygiene is essential for physical, mental, and emotional wellbeing. When students follow healthy sleep practices, they are more likely to experience improved concentration throughout the day.**

### Tip 1 - Keep a Consistent Sleep Schedule

Encourage your child to go to bed and wake up at the same time each day, even on weekends! A regular schedule helps regulate their internal body clock, leading to better focus and mood during school.

### Tip 2 - Create a Relaxing Bedtime Routine

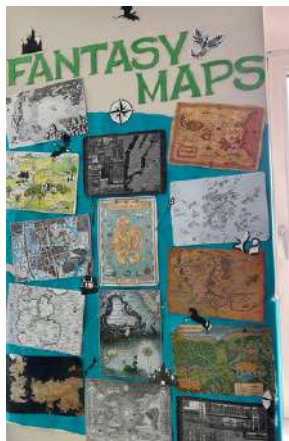
Developing a calming pre-sleep routine - like reading a book, doing a gratitude exercise or practicing deep breathing—can send signals to the brain that it's time to wind down, making it easier to fall asleep.

### Tip 3 - Limit Screen Time Before Bed

Reducing screen exposure at least one hour before bedtime can significantly improve sleep quality. The blue light from devices can interfere with melatonin production, which is important for restful sleep.



**Ms Kansal**



## October in the Senior Library

October was National Book Month and the library obviously had to celebrate. The student librarians (students who help in the library during break times) created butterflies to surround the quote, "Books and stories teach us to fly." A display was also created for 'fantasy maps' or maps from literature.

It was also Black History Month and this year's theme was 'Reclaiming Narratives'. The library created a display to celebrate some of the books and stories written by black authors and featuring black voices and main characters.



## U15s Football Triumph

Written by student Omar (Year 10)

On Thursday 7th November, we started off our match at a good and strong pace by winning our challenges and being confident on the ball. We were causing all sorts of danger to the opposition whether it was the lovely through balls or set pieces and our full commitment of winning each of our individual battles. I think towards the middle of the game, we felt a bit too

overconfident because of the score causing us to lower our guard allowing the other team to create chances and have shots on goal. Fortunately, we got back into shape after a nice team talk at half time. We then took a final, strong push and ended the game very sharply and swiftly winning the match. All our hard work paid off in the end. **Final score 6-1.**



**Congratulations to the goal scorers:**

**Irfan x1, Ador x1, Yusuf x1, Omar x3**





# V&A

Year 10 Art have started their GCSE portfolios with a project about identity. They kickstarted this with an inspiring V & A Museum trip. They looked at the Cast Room, where they got to draw the large figures. They then moved on to the Islamic and Japanese collections and the Jewellery, Theatre Design and Fashion rooms. It was a fabulous trip rounded off in the gift shop!



## Year 11 New Scientist Live Trip

The Year 11 Science trip to New Scientist Live on Monday, 14th October 2024, was a great success! Our students had a fantastic time exploring the latest innovations in STEM (Science, Technology, Engineering, and Mathematics) at ExCeL London. The show provided a wonderful opportunity for them to extend their learning beyond the classroom and gain hands-on experience with cutting-edge technology and scientific concepts.



Students were able to visit numerous interactive stands from leading universities and businesses, where they explored the science of tomorrow. Many enjoyed talks from inspiring researchers, learning about a variety of career opportunities in STEM fields. It was wonderful to see our pupils so engaged with the subject.

## Ice Skating Trip

Last half-term's Student Services Ice Skating trip to Alexandra Palace was a huge hit! Twenty-four students spent two hours gliding across the ice. This student-requested outing brought together many of our students who skate outside of school and wanted to share their passion with friends. It was inspiring to see them encouraging and teaching each other their skating skills. It was a fun and memorable experience for everyone involved.





## Junior School - Parachute Power!

Year 5 Junior students worked in teams to create small parachutes, focusing on careful measurements and testing different sizes to see which worked best. Through teamwork, they discovered ways to improve their parachutes by making adjustments, all while having fun testing each version. The experiment taught them the value of collaboration and how small changes can lead to big improvements, making the learning process both enjoyable and educational.



## Chinese Club

At Chinese Club, Junior students engage in activities that celebrate Chinese culture, including art, games, and exploring Chinese history and festivals. These enriching experiences foster a deeper appreciation of Chinese traditions, providing students with a fun and educational way to connect with this vibrant culture.





# Model United Nations in Prague

## A Transformative Experience for our MUN Club Students

The MeriMUN conference was a truly distinctive experience for students, complete with historical simulations that transported them back to pivotal historical moments. Students delved into the 1956 Hungarian Uprising, debating its complex political aftermath, and took part in a reenactment of the National Convention of the First French Republic in 1792. The opportunity to engage diverse and thought-provoking topics was a highlight for many and challenged them to adapt to new committee styles and debate formats while improving their diplomatic skills.

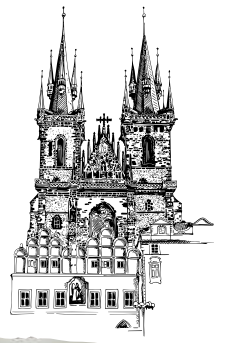
Beyond the conference, our students had the chance to explore Prague’s cultural treasures. From the historic Old Town Square to the Clementinum Astronomical Tower and Kafka Museum.

The impact of this trip was profound. One student remarked, “Debating in a foreign country was a unique experience like no other... The memories and friends I made in Prague will stay with me for the rest of my life.”

From 17th to 22nd October, eight Year 11 students embarked on an unforgettable journey to Prague, Czech Republic. Where they participated in the 2024 MeriMUN (Meridian International School Model United Nations) conference, and four of our students returned home with awards!







Another student emphasised the educational value of participating in an international MUN, commenting:

**“The conference improved my understanding of how certain procedures can differ based on where you are... It was a very captivating and educational trip.”**

This MUN trip to Prague was not just an academic exercise but a formative experience that expanded our students' worldviews and deepened friendships, leaving them with memories and lessons they'll carry well into the future.





## The Beginnings of the Origami Club



Origami club was created after Ms Kansal began bringing origami paper and instructions to Friday duty this term, which attracted a dedicated group of 8-9 students. Their enthusiasm for origami led to the formation of an official club, now held every Thursday in student services. Currently, the students are working on a collaborative project to create a chain of origami room lights, which will be used to decorate the student services office.



## Student Led Assembly Recycling Week

In a special Recycle Week assembly, our students presented on the importance of recycling for a cleaner environment. They shared practical tips on reducing waste, reusing materials, and recycling effectively. Their enthusiasm inspired our community to become more mindful and embrace greener habits whilst working towards a more sustainable future.

## North London Grammar School Reads!



In October 2024, students have read...

**111 Books**

**2,044,734 Words**

for **26 minutes/day!**  
(individual student average)

RENAISSANCE Accelerated Reader®



## Careers Talk: A Pathway to Medicine

A UCL fifth-year medical student, Prisha Pahariya, came to speak to students about going on to study medicine. She talked about what GCSEs she took, the structure of her medical degree, the extracurricular activities she is involved in and the pros and cons of doing medicine. She also offered some advice on how to get relevant work placements in the medical field.





## Sauren's Swimming Triumph

Congratulations to Sauren for his exceptional performance at the ISA London North Swimming Gala, held at Cophall Leisure Centre on 12th October. Sauren competed in the 50m Butterfly and the 200m Individual Medley, winning gold in both events! His victories have qualified him to represent the London North Region at the ISA National Championships, which will take place at the Olympic Pool in London on 29th November. We are incredibly proud of Sauren's accomplishments and wish him the best for the Nationals!



# SPORTS

## FOOTBALL FIXTURES

NLGS U14	Vs	North Bridge House Senior
25th November		
NLGS U13	Vs	Mount House School
27th November		
NLGS U14	Vs	North Bridge House Cononbury
2nd December		
NLGS U16	Vs	North Bridge House Senior
11th December		

## OTHER SPORTS FIXTURES

ISA National Swimming Championships
29th November
U16 ISA London North Table Tennis Tournament
14th January
U13 ISA London North Table Tennis Tournament
15th January
U11 ISA London North Table Tennis Tournament
16th January

## NETBALL FIXTURES

NLGS Yr9/10	Vs	King Alfred
14th November		
NLGS Yr7/8	Vs	North Bridge House Senior
18th November		
NLGS Yr9/10	Vs	North Bridge House Cononbury
2nd December		
NLGS Yr7/8	Vs	Yr 7 King Alfred
4th December		



SAVE THE DATE

# WINTER FAIR

8TH DECEMBER 11AM TO 3PM

FREE ENTRY

ISA  
Poetry  
Competition

Pupils at ISA Members' schools are invited to write an original poem on the theme  
'My life as...'

Open to KS1-KS5  
Competition open to ISA Members' schools only  
Visit the ISA website for more information

**Deadline**  
**Tuesday 25 February 2025**

ISA INDEPENDENT  
ASSOCIATION

Visit [www.isaschools.org.uk](http://www.isaschools.org.uk) to submit entries

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