



## Scholastic Book Fair 2025



Raised  
£1,500

The NLGS Library hosted the Scholastic Book Fair this week, and it was a GREAT success!

Our students were excited to explore the wide selection of books and choose their favourites. The shelves were stocked with new releases and popular titles for all ages, from Junior to Senior, as well as some lovely stationery items. Once we reached the spend goal of £300, we began to earn rewards that will go towards new books for the school libraries. **A huge thank you to all the parents who visited, and we hope everyone enjoys their new reads!** We're already looking forward to future fairs and getting stuck into our new library books!



## 📌 IMPORTANT DATES

<b>17th - 21st Feb</b>	Half Term Break (No school)
<b>28th Feb</b>	Year 7 Football Tournament at Cophthall
<b>5th March</b>	Yr 9 and UFP Art Trip to Harry Potter Studios
<b>6th March</b>	World Book Day
<b>12th March</b>	Open Morning 9-11am Yr 11 Geography Trip to Stratford
<b>13th March</b>	Junior School Workshop - Step into the NHS'
<b>19th March</b>	Year 10 Parents Evening 4.30-6:30pm

## HALF TERM INTERVENTIONS

To support our students in achieving their full potential, we will be running intervention sessions during the half-term break. These sessions are designed to provide additional support in key subjects and are particularly beneficial for students who may need extra help or those preparing for upcoming exams.

Parents please see your emails for more information.

## Careers Talk Assembly



Mr. Ihsan Sengel  
NLGS Alum



The careers talk, given by **Mr Sengel** an alumni of NLGS and a current Computer Science and Mathematics student, provided insights into the different pathways to enter the course, including A-level subject choices and alternative routes such as apprenticeships.

**Mr Sengel** encouraged students to explore their interests from a young age through coding, competitions, and independent projects to build passion and skills. Lastly, the value of work experience was highlighted, stressing how internships, part-time jobs, and networking can provide real-world exposure, enhance employability, and clarify career goals. The talk provided valuable advice for students considering a future in this field.

## Y8 GCSE Options Evening



The evening on 5th February provided an opportunity for our parents to explore the range of GCSE subjects available, understand the options process, and share how to make informed decisions that align with each student's strengths, interests, and aspirations.

We hope you found the session informative and helpful in guiding your child through this transition.



## Spot & Share Challenge



NLGS outdoor advertising campaign launched this week! Over the next five weeks, keep an eye out for our adverts around the area, showcasing our school and inviting families to our **Open Morning on 12th March**.

### Join the fun:

1. Take a photo of our advert.
2. Tag or Mention @NLondonGrammar on Instagram or Facebook Story.
3. Share it!

One lucky winner will receive a **£100 Amazon voucher**! If you spot one during your travels, join us in celebrating why we're all #ProudToBeNLGS!

# MENTAL HEALTH WEEK



Senior school held a **Mental Health Awareness Assembly**. The talk on mental health by Ms Melike Student Services emphasised the importance of prioritizing mental well-being and provided practical strategies to maintain a healthy mind. It highlighted mindfulness as a key practice, encouraging individuals to stay present and manage stress through techniques like meditation and deep breathing. Effective communication was discussed as essential for emotional well-being, promoting openness in expressing feelings and seeking support when needed. The importance of creating meaningful relationships was also explored, emphasising how strong social connections contribute to happiness and resilience. Additionally, the talk underscored the role of exercise in reducing stress and improving mood, as physical activity releases endorphins that enhance overall well-being. Lastly, the significance of sleep was addressed, with guidance on maintaining healthy sleep habits to support cognitive function and emotional stability.



## A Lesson in Healthy Smiles!



Our Junior School students enjoyed a visit from a dentist, **Dr Dhroov Thanki** who shared important lessons on keeping their teeth clean and healthy. The children learned about the importance of brushing and flossing every day. The session was both fun and interactive, with students practicing brushing techniques on model teeth and discovering fascinating facts about how teeth grow and change.



## Top Tips - Hear From Our Staff Experts

With exams approaching after the half-term, now is the ideal time for students to refine their revision strategies and make the most of their study time. **The Pomodoro Technique** is a proven method to boost focus and productivity during exam preparation. **Mrs Erdil** shares her three top tips to help your child use this technique effectively, stay motivated, and reduce exam stress.

**Create a Distraction-Free Environment** - Create a quiet, organised study space, free from distractions like phones or TV. During each 25-minute session, students should focus entirely on revision. Support them by minimising interruptions and keeping them on track.

**Use a Timer and Stick to the Schedule** - *The Pomodoro Technique* uses 25-minute study sessions, followed by 5-minute breaks. After four sessions, take a longer break (15-30 minutes). Use a timer to maintain this structure, building discipline and preventing burnout.

**Encourage Active Breaks** - Use the 5-minute breaks for refreshing the mind like stretching, a healthy snack, or a quick walk. Avoid screens to maintain focus. After the longer break, they'll return to revision feeling re-energised.



**Mrs Erdil**  
Senior Deputy Head  
Teacher



## Year 11 Deep Dive into WW1

Year 11 History students embarked on a visit to the Imperial War Museum in London as part of their studies on World War I.

The trip provided an opportunity for students to explore the museum's renowned World War I galleries, with exhibits and historical artefacts. Displays with personal stories and accounts allow students to gain a deeper understanding of the experiences of soldiers and civilians during this period.

# The Reading Challenge



The Reading Challenge at Senior school began in January, attracting several enthusiastic students. They had no trouble finding books that matched January's themes.

The half-term holiday provides the perfect opportunity to dive into February's themes: a love story, a book set in China or written by a Chinese author, and a book featuring a dragon. These themes are open to interpretation and are designed to encourage readers to explore books beyond their usual choices and read more diversely.

## Are you ready for the March Challenge?

The Task: Read a book or three for the following theme:

- A book set in Ireland or from an Irish author
- A book that takes place in a natural location e.g forest or ocean
- A book about books

Each reading earns you merit points!



## NLGS Clubs PHOTO GALLERY

Junior & Senior clubs for this first half of the spring term.



**CODING CLUB**



**CHESS**



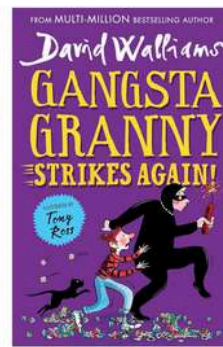
**ARTS & CRAFTS**



**NETBALL**



**SCIENCE CLUB**



### Book Review

**Genre:** Fiction, Mystery, Humour, Adventure

**Setting:** London

**Plot:** Tutankhamun's mask is stolen and Ben tries to unmask the thief. Doing so he jumps into the Royal Box and finds a waxwork of the Queen. With Raj and the real queens help, Ben returns the stolen items

I liked the suspense and plot of the book.



# Junior School



## Celebrating Maths Week:

A Week of Numbers, Puzzles, and Fun!

Last week, our Junior School celebrated Maths Week, dedicated to inspiring a love for mathematics and showcasing its importance in everyday life.

Throughout the week, students participated in a variety of activities designed to make maths fun and accessible. Junior students embraced the world of numbers with enthusiasm and creativity.

The week ended on a high note with a maths themed fashion walk and the students dressed as creative representations of numbers, shapes, and mathematical concepts.



# SPORTS FIXTURES



## FOOTBALL FIXTURES

NLGS U16

Vs

Wetherby

3rd March

NLGS U13

Vs

Mount House

12th March

NLGS U16

Vs

The King's School

14th March



## NETBALL FIXTURES

NLGS U13

Vs

Mount House

12th March

Yr 7 Rose Netball Tournament

2nd April



## OTHER FIXTURES

Yr 5 and 6 Hockey Clinic

11th March

# SPORTS



## Netball Results



### Year 10 match vs John Lyons School

On 6th February, the Year 10 team faced off against John Lyons and emerged victorious with a **19-14 win**, after being down 9-2 at halftime. The girls turned it around with quick, accurate passing and outstanding teamwork. The communication on the court was superb, and a special mention goes to Roshni Patel, who was named Player of the Match.

**WIN!**

A big congratulations to all the girls for their incredible efforts!

### Year 7 & 8 match vs Mount House School

In an exciting match, a mixed Year 7 and 8 team played against Mount House's Year 8 team and only narrowly lost 7-5—an outstanding result, especially considering that most of our team were Year 7s.

What a fantastic way to wrap up the term! I am incredibly proud of all our Netball girls for showcasing exceptional skills, great running, and precision in throwing into space on the court. They truly have every reason to feel proud of their performance. With such talent, I see nothing but success for the NLGS Netball teams in the future.

### Year 9 A Friendly Football Match

At NLGS, we have an inclusive approach to PE and Sport. We believe in giving every student who wants to play the chance to get involved. Whether they've been playing for years or are just starting out, on 6th February every Year 9 student had the chance to shine and enjoy the thrill of a friendly football match.

Well done to everyone who took part, and thank you to John Lyon School for a great match!





## Year 3 & 4 visit the British Museum

On Wednesday, 12th February, our Junior School students visited the British Museum to see the iconic Rosetta Stone and explore its fascinating history. The children had the opportunity to see this world-famous artifact up close.

The Rosetta Stone, which played a crucial role in deciphering Egyptian hieroglyphs, brought their classroom learning to life. During their visit, the students also explored other fascinating exhibits, connecting their studies to real-world history in an engaging and interactive way.



## Juniors visit the Library

The Junior School paid a visit to Colindale Library on Tuesday 11th February where they learnt about how libraries work and the importance of reading. All children joined the library and were able to borrow a book each. Did you know you're allowed to borrow TWENTY books at a time from the library? Many of our children are excited to go back over the holidays with their parents to borrow more books!



## ARE YOU WORRIED?

All adults at North London Grammar 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.

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



**Ms Dhrona**  
Designated  
Safeguarding Lead



**Mr Adak**  
Deputy Designated  
Safeguarding Lead



**Mr Karatas**  
Boarding  
Designated  
Safeguarding Lead



**Ms Erdil**  
Deputy Designated  
Safeguarding Lead