

Acton High School



Acton High School Newsletter

April 2009



2009 Season Starts for AHS Rugby

The Spring Term has been slow starting due to dark nights and poor weather, but things are starting to move again. Every Monday, the Year 10 Rugby Team are in the Gym completing weight training and cardio work. Every Wednesday, we go to a joint training session at the Wasps Training Pitch at Twyford. Using the facilities shared by the Premiership rugby team, the boys are building for the busy summer season.

One game to report since Christmas, Acton High School vs Twyford, and sadly we came second, but the gentlemen were valiant in defence and attack, and new players are building on the strength of existing squad members - well done to everyone involved. As always, if you're interested in joining a 'real' sports club, then speak to Mr Draper about signing up to the squad.



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Healthy Schools

As part of our Healthy Schools programme we would like to encourage your children to walk or cycle to school. There are obvious health benefits to be gained from the regular exercise which this provides for your child.

Should this be impractical we would urge you to ensure that your children use sustainable forms of transport e.g. bus, tube or train in order to travel to school.

For environmental and health and safety reasons we discourage parents from driving their children to school. Parents may only park on the school site if they have an appointment with a member of staff.

We are in the process of writing a new school travel plan and next term we will inform you of the improvements which this will bring.

Well London Project

Following on from healthy schools, after Easter we begin a food growing project on the Jerome allotments with Well London. They are working with students and residents from South Acton to raise awareness of physical and mental well being. We will be growing all types of food and vegetables to cook at a big harvest feast in October. A group of year 10 media students will be helping to design the allotments and we are also looking for any budding camera men/women to help document the development of the allotments - Volunteers see Miss Macsorley!

Maths Challenge

Students in maths set 1 were entered for the UK Maths Challenge in February this year along with other students of similar age all over the country and our students performed excellently.

Charlie Buick was awarded a **Gold** certificate for his achievements.

Jacob Watts, Matija Milovanvic and Bilel Ibrahim were all awarded **Silver** certificates.

Nadia Mudey, Jason Amoako, Samir Sarwari, Oliver Wills, Justyna Nartowska, Maya Singh, Rajindar Sethi, Emma Parry, Abdi Farah and Juweria Aden were all awarded **Bronze** certificates.

Very well done to every one who competed!

The maths challenge is a tough one, see how you compare - have a go at this question:

What is the value of $1 + 2(3) + 4 \times 5$?

A 27

B 29

C 55

D 65

E 155

Year 9 Spring

This term has been an extremely busy one for Year 9s with the focus on options for GCSEs and BTEC Diplomas in year 10. There was options evening on February 5th when students and parents could gather information from teachers on courses of study which interested them. This was followed by Review Day on February 13th when students and parents had the opportunity to discuss their choices with their tutors. A further consultation with teachers took place at Parents Evening on March 4th. This has meant students have been clear and focused on the selection of their choices.

Year 9 100% Punctuality

Congratulations to the following students who have not been late to school since they started year 9. They are:

Talha Amjad DUG, Jaspal Arora FSO, Nisarg Bhatt VSW, Emma Davies LCU, Savas Degirimenci LCU, Karina Kozlowska GMC,

Steven Le LCU, Georgia McPhee VSW, Kate Robinson VSW, Edipo Silva FSO, Ben Snape HJO, Jensen Taylor VSW

Year 9 100% Attendance

Congratulations to the following students who have not missed a day of school since the beginning of year 9. They are:

Talha Amjad DUG, Jamshid Barry LCU, Joe Billany NPE,

Joao Dovalepaiva DUG, Dayane Goncalevesdasilva DUG,

Karina Kozlowska GMC, Steven Le LCU, Ana Mihajilovic NPE,

Jessica Pinto HJO, Rowan Shukla DUG, Argeanna Smith NPE,

Agnieszka Tomczak HJO, William Walker HKW,

TakeII Ward-Springer NPE, Kyrone Williams GMC

Mountain Biking Trip to the Peak District

On Wednesday 1st April a group of 40 year 9 students took off to the Peak District to stay in the impressive youth hostel flagship Hartington Hall. The trip included testing their fitness on the High Peak and Tissington Trails. Those who were not seeking the thrills and demands of serious hill cycling had the option of a more leisurely pace which included the River Dove and soaking up the beauty and tranquillity of Dovedale.



BBC News School Report Project - Students from Year 8 make the news



Students from Year 8 took part in BBC News School Report this term, a national project aimed at getting young people writing and broadcasting news. The students, who were chosen due to their excellent work in English lessons, made their own reports on teenage issues, wrote news stories for the national events of the day and put everything together in a 10 minute broadcast recorded in Ealing City Learning Centre's TV studio. The broadcast is available to watch at www.breezetv.net. More information about the project can be found at www.bbc.co.uk/schoolreport.

The students who took part were: Ala, Ayyub, Mohammed, Holly, Ahmed, Nicole, Tashan, Billy, Haaris, Ivan, Jenny, Namathoulah, Waleed, Zakaria, Dyman, Isis.

Well done to everyone involved!
Will Halsey



The Army Cadets

The Army Cadet Force is a national voluntary youth organisation. They came into our Year 8 assembly and talked to our students about the activities, challenges and opportunities young people can enjoy as an Army Cadet. Our students were inspired by the range of activities available in the Army Cadets such as Star Awards, Annual Camp, Shooting, Sport, Duke of Edinburgh's Award and many others. There are Cadet Centres in Chiswick, Brentford, White City and Hammersmith.

For more information visit www.armycadets.com



Angel Hunt, Chanika Hewitt and Callum McDougall looked extremely smart and impressive in their Army Cadet uniform. Well done!

Year 8 Sports Round Up



Rugby

5-20 students in our Yr 8 team are in a fortunate position of having a 90 minute training session with London Wasps RFC every Wednesday at their Twyford Training ground. To test our vigour for the sport, a friendly was arranged with close rivals Twyford School. We battled hard and were starting to cause some serious damage, (with the help of Thiago!). Unfortunately the Twyford backs ran us ragged.

We'll have better luck next time!

Cricket

We have 5-6 Yr 8 players in our team this year who entered into the Ealing Borough Inter-Cricket tournament in Southall Leisure Centre. We gained victory over the West London Academy and went onto further victory against Feathestone. Unfortunately our winning luck ran out when we lost in the final against Feathersone. Still a good had by all and some definite talent shown for our upcoming season!

Football

Having won against Dormers Wells and Brentside, we are now sitting 2nd in the league. With only one game left to play we are confident we will have another win when we face Feathersone. Good luck guys! *Peter Banks*

Hills of North Wales



On the weekend of March 20-22nd staff bravely took 34 Year 11 students to the Hills of North Wales. The weekend was designed to give students a final chance to relax before their exams and with activities focused on team building and communication. Students attempted climbing, abseiling, caving and took on the challenge of the giant zip wire. From the worn out expressions on the faces on the coach back (especially staff) it would seem that a great time was had by all. Many thanks to Mrs Edwards who put so much time and effort into organising the trip.

Year 11 Flexiday

The entire year group enjoyed a day out at Greenwich University campuses as part of the February flexiday. Students were split into three groups and each group went to one of the three Greenwich sites; Avery Hill, Medway and Old Navy. The purpose of the day was to give students a feel for university life as they took part in a series of activities intended to give them information on typical student life. With campus tours and talks on the opportunities available to all students from all backgrounds, the day will surely prove useful in raising the aspirations of our students and encouraging them to continue their studies on to higher education.

GCSE Exams

GCSE exams begin in earnest on May 11th so there are only 38 more days until they commence. However, students will remain in school until May 15th. It is important that if they haven't already students should begin having a revision schedule in order to best prepare for their exams.

Year 7 Flexiday - Globe Theatre

As part of their Introduction to Shakespeare unit in year 7 English, the whole of the year group visited the Globe Theatre on Tuesday 31st March to have a tour round the replica of the Elizabethan landmark, and partake in a drama workshop with actors from the Royal Shakespeare Company. This half day trip is an end to a very successful experience of Shakespearean language and drama, and was part of a whole day of Shakespeare fun, including drama and poetry activities in school, before and after the trip.

Thanks to the whole English Department and the Year 7 team for supporting a fantastic day out.



Book Quiz

The Year 7s took part in a Book Quiz organised by Miss Norman, to celebrate World Book Day. There was an excellent turnout and every tutor group was represented, with plenty of spectators. The students showed a remarkable knowledge of texts ranging from "Harry Potter" to "Skellig". Well done to every one that took part and supported their form; with particular congratulations to Gezim, Ameer and Murthatha, who helped 7ARO to victory in the final against 7MWI.

Study Support (ICT 4)

Students attending Study Support sessions will be awarded points based on the length of time they have spent doing their work.

The sessions are led by the Pastoral Support Assistants (PSA), to support students with homework, projects or research given by tutors.

As a reward, students with the most points will be going on a trip to the cinema and bowling.

Monday - Wednesday 3:45 - 5:30

Year 7 - Maths

The Diploma Group are currently working on shapes and measurements; as part of a recent lesson they made 3D shapes from various different nets. We all had some competitive fun, as we all attempted to make the best 3D shape

Silent Reading

As a way of promoting independent reading, year 7 students have a reading lesson once a week. During this time students are encouraged to have a book that they are able to read to the end.

