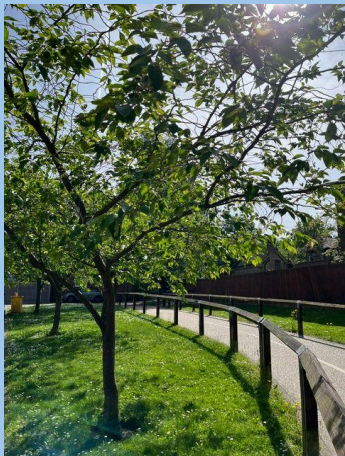


School Leadership Messages	Contents	
<p>Monday 3 June</p> <p>School will finish for students at 1pm, the end of period 4, to enable the staff to receive training in the afternoon. Students entitled to free school meals may collect these at break time.</p> <p>Expectations at Fortismere</p> <p>Please could we remind parents and carers of the messages from last week:</p> <ul style="list-style-type: none"> • All students to follow the dress code • No crocs or sliders • Water to be brought to school • Students may not leave lessons to get water • No smart phones brought on site <p>Top Achievement Points</p> <p>Well done to the following students who are this week's top positive points scorers</p> <p>Juna Abd El Qader Y8; Anagha Anand Y7; Jacob Elleson-Glynne Y8; Caleb Emms-Bonder Y8; Finlay Gibbins Y8; Christian Gilmore Y10; Reece Goldband Y7; Imogen Gray Y8; David Grunhut Y7; Rubai Harlow Y7; Sam Harntha Y8; Elijah Jacob-Lot Y9; Theo Mears Y7; Ethan Moreno Y8; Bill Morten-Spencer Y8; Nicole Nocco Y8; Hazel Pelling Y8; Jack Poormand Y8; Petra Rotchev Y8; Sahara Suleman Y7; Goktay Tujen Y8; Cooper Watson Y8; Curtis West Y7; Stella Yildiz Y7</p>	<p>CoHeads' Weekly Roundup</p>	
	<p>Extra Curricular Achievement</p>	
	<p>Department News & Notices</p>	
	<p>Half Term Holiday Camps</p>	
	<p>Safeguarding Information</p>	
	<p>Calendar</p>	
	<p>27-31.05</p>	<p>Half Term holiday</p>
	<p>20-24.05</p>	<p>Y7 PRE visits</p>
	<p>Mon 03.06</p>	<p>School to finish at 1pm for staff training</p>
	<p>06.07</p>	<p>Summer Music Festival 12pm-6pm</p>
<p><i>Apparently May is National Photography Month so here is one taken at school today.</i></p> 		

Co-Headteachers

Weekly Roundup

After the last beautiful weekend it really felt like summer had arrived. Fortismere really comes into its own in the summer months as we begin to be able to make use of our lovely green space (we constantly remind ourselves how fortunate we are to have this lovely space on our site - a rare thing for a London school!) However, the rain that followed that beautiful weather has meant that we haven't been able to put that field to good use every lunchtime just yet. Also, with the warmer weather we'd like to take the opportunity to remind parents to ensure that their children are attending school in the right attire. The dress code can be found [here](#).

There has been so much going on this week. The GCSE and A level examinations are fully underway and our Year 11 and Year 13 students are in study mode. We have been so impressed with their resilience and optimism. Year 11 in particular has a lot of big papers before half term. They have all brilliantly demonstrated the Fortismere value of 'Being Ready'. We are proud to see them embracing the chance to show themselves just how much they have learnt.

There's been a lot going on for Year 9 this week too. North Wing was buzzing with excitement yesterday morning as lots of Year 9 students were getting ready to go on residential trips. About 60 were heading off on a Duke of Edinburgh expedition. It was great to see them with their rucksacks and tents ready to navigate the wilds of Leighton Buzzard. What an amazing character building experience for them all! There's a wonderful photo of them below. Another group of Year 9 students were heading off to Annecy with the French Exchange group so embarking on a similarly character forming experience. We are very much looking forward to hearing their stories on their return which we will share in next week's Newsletter.

This week The Co-Headteachers began our latest series of assemblies with our students. This term we are focussing on our school identity and how we are all responsible for ensuring Fortismere is always a kind and welcoming place. As part of the assembly we ask students to recognise the behaviours that they might see around them which don't align with those values. This ties in nicely with the fact that we are launching our updated Anti-bullying policy during the course of this term and we will be engaging students in activities that allow them to consider the impact of certain behaviours on the culture of our school. This also presents us with the opportunity to remind everyone of the very high standards we have for all of our students around respect and kindness (see two of our 'Fortismere Four') . We are looking forward to seeing the work that our student ambassadors are doing to launch our new policy for their peers.

This half term is whizzing past at an alarming rate. We can't believe it's almost half term. We wish all of our families a restful weekend!



Student Extra Curricular Activities & Achievements

Luka Wins Gold!

Congratulations to Luka Abashidze in Year 10 for winning the gold medal in the recent Antwerp Judo Open 2024. A fantastic achievement and well done to Luka!



FortisMind

Mental Health Awareness Week Competition

This week, 13th-19th May, is Mental Health Awareness Week and this year's theme is to get everyone moving more for their mental health. It's a scientific fact that regular physical activity and exercise can make us healthier and happier. When we're active, the body releases feel-good hormones that can improve our mood and boost our energy.

Other benefits of exercise for mental health include:

- boosting our self-esteem and confidence and increasing motivation and focus
- reducing tension, anxiety, stress and mental fatigue
- helping to calm the mind, especially when dealing with difficult emotions like anger or frustration
- reducing loneliness by offering new ways to get together with family, friends and meet new people

To celebrate this year's Mental Health Awareness Week, Fortismere is launching a competition. Over the weekend, we are asking our students to take part in a physical activity and to take a picture of themselves participating - this activity could be anything from playing a team sport, to a solo walk or a dance class or dancing at home on your own - anything that gets your body moving!



Submit your photo, along with a short paragraph about how you felt after the activity by Friday 24th May. The best entry will win an Amazon voucher! Please email your photo and your text to ejones@fortismere.org.uk. Good luck, and get moving this weekend!

Miss Jones

Mental Health Champion

Sixth Form Notice

Student Article: The Ancient and Modern Use of Medicinal Plants

Year 12 student Christabella Chau has written for the newsletter this week about the use of plants in medicine. Christabella is hoping to apply to study medicine next year. *Thank you Christabella for a really interesting piece.*

Nature's Pharmacy: The Ancient and Modern Use of Medicinal Plants

Recently, for the first time, a wild creature was spotted using a medicinal plant to treat an injury. In Indonesia, a large Sumatran orangutan was observed self-medicating with a paste made from plants to heal a wound on his cheek. This behaviour mirrors ancient human practices, where plants have been used as medicine long before the discovery of pathogens. One of the earliest recorded uses of plants as medicine dates back 5000 years to the Sumerian civilization.

The Chemistry Behind Plant-Based Medicines - Due to their inability to move, plants have evolved highly effective defence mechanisms that humans have learned to utilise. These defences are mainly secondary metabolites, categorised into three groups: alkaloids, terpenoids, and phenols. Alkaloids, such as morphine and caffeine, contain nitrogen and have profound effects on the nervous system. Terpenoids, derived from five-carbon isoprene units, include compounds like menthol, known for their aromatic properties. Phenols, with one or more hydroxyl groups attached to an aromatic benzene ring, include tannins and lignin, which have antioxidant properties.

The history of Traditional Medicine - Before modern chemistry decoded these compounds, traditional medicine systems like Traditional Chinese Medicine (TCM) and Ayurveda utilised plants extensively. TCM, based on the philosophy of balancing the five elements (fire, earth, metal, water, and wood), groups herbs by taste to restore balance in the body's energy forces, yin and yang. Herbs like ginseng and ginger are believed to have anti-inflammatory and anti-nausea properties. Similarly, Ayurveda, dating back 3000 years, relies on the three doshas (vata, pitta, kapha), derived from five elements of Indian philosophy. Around 90% of Ayurvedic preparations are plant-based. For example, turmeric is used for its antioxidant properties and to treat skin conditions, while holy basil is used for respiratory disorders due to its anti-inflammatory effects.

From Tradition to Modern Medicine - The reliance on plants in traditional medicine has heavily influenced modern pharmaceuticals. *Atropa belladonna*, or the deadly nightshade, contains atropine, which ophthalmologists use to dilate pupils for eye examinations. Additionally, in the 15th and 16th centuries, belladonna drops were used cosmetically to achieve wide pupils, leading to its name, which translates to "beautiful lady." Another example is *Digitalis purpurea*, or foxglove, whose digitoxin content was first described as a heart treatment in the 1700s. Digitoxin increases the heart's output force and is now prescribed to manage congestive heart failure and atrial fibrillation.

Conclusion - From ancient traditions to modern medicine, plants have played an essential role in healthcare. As the efficacy of synthetic drugs decreases, the resurgence of plant-based remedies highlights the value of nature's pharmacy. The recent observation of the Sumatran orangutan is a testament to the long standing relationship between living beings and the healing power of plants.

Music Department Notices

Come & Sing Choral Workshops at Fortismere

Fortismere Community choir are warmly inviting parents and students to come and enjoy a day of singing together this summer - whether you used to sing and can't seem to find the time any more, or have always wanted to join a choir but have never taken the first step. There is no need to be able to read music, or be familiar with the pieces in advance - join in with us for one, two or all three days and experience the joys of communal singing! Directed by our fantastic acting Musical Director, Cathal Garvey, each workshop will focus on a very different repertoire. A good opportunity also for anyone looking to join a community choir to try us out! The cost is just £10 for adults, and free for Fortismere students (use code FORTSTUDENT). [Book via the FMC website](#)

These are the dates of the different workshops:

Sunday 26th May - Choruses from Haydn The Creation

Saturday 15th June - Britten Ceremony of Carols and Borodin

Polovtsian Dances

Saturday 13th July - Songs from the Shows (Working Girl, Carousel, South Pacific)



LINC Department Notice

Haringey Local Offer Website

Every local authority publishes a Local Offer website with services, resources, and information for SEND children and young people. Haringey SEND service is redesigning its website, and wants to gather feedback and ideas from parents and carers on how the Local Offer can be more helpful. There are in person sessions, online sessions and a survey to gather views - full details of the events can be found in the latest Haringey SEND Newsletter [link here](#)

Library Notices

Top Tips to Keep your Children Reading

And this one applies to grownups too! Keep a reading diary. Fabulous to look back on years later. Our Year 7 and Year 8 keep a reading log in the library, but it's so much nicer to have a special notebook – and there are some beautiful ones around – to write down what you're reading. It doesn't have to be involved, just the name and author of the book and the date finished. Mrs Ward uses a star system to remind her what she thought with five stars by exceptional books (only used once or twice a year) and one star by books that are so appalling they couldn't be finished and shouldn't be touched with bargepoles.



CoverUp

Man Tiger by Eka Kurniawan was the subject of much discussion at our parent staff reading group last week; it was fantastic to hear that our members got so much out of



it. Our next meeting – and the last one of this school year – is on Thursday 11th July, 7pm outside the library. We all look forward to this one as it's our traditional Pimms and Sunset get together. And, as always, we'll be chatting about the winner of this year's Women's Prize for Fiction which will be announced on 13th June.

Carnegie Shadowing News

Our wonderful group of Year 8 Carnegie Shadows are cracking on with reading this year's eight shortlisted books and producing some great, very honest reviews. Do take a look [here](#).



Local News

And the winner of the British Book Awards 2024 Children's Bookshop of the Year is.... (drum roll) ...**Muswell Hill Children's Bookshop!** Do pop in and congratulate them when you're passing.



Recommended Reads of the Week

Our Year 10 Duke of Edinburgh volunteers have put together a lovely sunny display of books for us. So even if the weather is dismal, you can find sunshine in a book – or at least on the cover...!



Sport & PE Notices

Success in the Pool - Haringey Swimming Gala

It was a joy to watch our Fortismere students showcase just how talented they are at swimming when we took a big group to take part in the annual Haringey Swimming Gala. On Monday morning this week, Park Road Pool was packed with students from eight local Haringey secondary schools. Fortismere performed brilliantly in the individual and relay events. Our Junior boys team won the gold and our Senior girls team won gold too!. The Y7/8 girls team took the silver medal and the Y7/8 boys took the bronze. Ms Jackson and Ms Vangucci were very proud of our students both in and out of the pool. Congratulations to everyone involved!



Year 7 & 8 Tennis Round Up

On a sunny Thursday afternoon last week, our Y7/Y8 boys and girls tennis teams travelled to Highgate School with Mr Hawkes for some matches. The girls played well but unfortunately didn't win. The boys had a very exciting, very close match going all the way to a super tiebreaker, losing 9-11. Well done to all our players.



On Monday afternoon, Ms Bailey took the boys tennis team to play some matches at University College School. Well done to the team who beat UCS 4-2 and JFS 5-1. Keep up the good work Alex, Sivaan, Connor and Ethan.

Middlesex Chance to Compete U13 Girls Cricket Competition

Our U13 girls cricket team enjoyed a lovely sunny morning on Wednesday at the North London Cricket Ground when they took part in the Chance to Compete Middlesex Inter Schools U13 Cricket competition. We had two teams competing against Latymer, Alperton, St Mary Mags and Grey Coat Schools. Our girls played really well together - their batting skills improved as the day went on and some of the bowling was outstanding. Millie, Leni, Selin and Bar all managed to take a few wickets each. We had some close games and only missed out on reaching the final in June by one run to Grey Coat School. Well done Year 7 - next year we will make the final!



London Mini Marathon Runners meet the Mayor

Fortismere students were invited to meet the Mayor of Haringey, Lester Buxton, on Tuesday this week in recognition of their excellent efforts in this year's London Mini Marathon. Apparently he was very nice, even though he supports Tottenham!!



Good Luck Year 11

Good Luck to our Year 11 PE GCSE students - they had their first exam paper on Wednesday this week.

Upcoming Fixtures - Next Week

Monday 20th May	Y7 & Y8 Boys v John Lyon (Away)
Tuesday 21st May	Y7 & Y8 Boys Cricket v Finchley Catholic (Away)
Wednesday 22nd May	U15 Girls Middlesex Cricket at North London Cricket Ground 9-1.30pm Tennis v APS and St Anne's 1.30 pm @ Broomfield Park
Thursday 23rd May	Y9 & Y10 Cricket v London Academy (Away) 2pm

Fortismere Holiday Camps

May Half-Term Holiday Camps - Places Filling Fast

Booking is now open for the May half-term holiday camps which will run from Tuesday 28 May to Friday 31 May. Our camps are really popular and filling up quickly so if your child would like to do some sports, comic club, cooking or some pottery book now. Full details and booking information are on the school website - [See Fortismere Holiday Camps](#)

School Fundraising

Donations by Direct Debit

Direct Debit is a convenient way to set up a regular donation to support the school. Support from our families is invaluable and will make a real difference to our students. Use the following link to **set up a direct debit** and ensure you select Bacs Direct Debit as your payment method: [Set up a Monthly Direct Debit](#) You can also arrange a regular monthly payment or make a one-off donation via our school website: [See this page](#)
Thank you for your support
Ms Demetriou

Safeguarding at Fortismere

Safeguarding Contacts

If you wish to speak to the Designated Safeguarding Lead (Ms Sullivan) about any safeguarding matters or concerns please use the My Voice [link](#) or QR code alternatively contact your child's Head of Year



Year 7	Ms Fox kfox@fortismere.org.uk
Year 8	Ms Jackson kjackson@fortismere.org.uk
Year 9	Ms Cuenca icuenca@fortismere.org.uk
Year 10	Ms Williams kwilliams@fortismere.org.uk
Year 11	Ms Boot aboot@fortismere.org.uk