

Japan Trip 2023 - Hendon School/Konan High School Exchange Programme

For the first time since October 2019 the Japanese exchange programme was restarted in October 2023. Eighteen students and two members of staff set off on a long flight to Japan, changing at Hong Kong for our final leg to Tokyo.

For the first three nights of our trip, we stayed in the National Youth Olympic Centre, where the Olympic athletes stayed in the 1964 Tokyo Olympic Village. We were all set and refreshed to experience the main cultural hot spots and embrace the sights and sounds that make Japan so unique.

Included in our tour was a visit to amazing cultural hotspots such as Senso-ji Temple, Yoyogi Park, Harajuku and the infamous Takeshita Street. We visited the busiest road crossing in the world in Shibuya where at night this iconic area really comes to life. This is a must-see experience when in Tokyo. Our students loved it.

Sadly, we left Tokyo on Monday morning although we were about to experience another iconic part of Japanese culture: riding the bullet train to Hamamatsu. It was a momentous occasion to be able to see the stunning view of Mt Fuji as we whizzed by at 200mph. It wasn't covered in snow on the way to Hamamatsu but a drop in temperature on the return trip saw it majestically covered in lots of snow. The cameras of all the students on our return trip to Tokyo were furiously clicking away. Mt Fuji is deeply embedded into Japanese culture and it's easy to understand why.



Arriving at Konan High School felt like visiting old friends and it is safe to say it was nice to be able to return to our sister school and continue with this programme which started in 2000. The students were nervous waiting to meet their host students but this nervousness soon passed as the respective students introduced themselves to each other using Japanese and English. The exchange programme was off to the best possible start. After the introductions the Hendon students set off to meet their new families for the week and without realising it at the time, friends for life.

Konan High School had designed a study programme that enabled both sets of students to engage in activities that were designed to help students exchange languages and enhance cultural differences. For example, Hendon students had to speak Japanese to the Konan students and the Konan students had to speak English to the Hendon students. It was pleasing to see so many of our students trying to speak Japanese whenever they got the chance.



We also got invited to Konan High School 'Sports Day' which is organised by the Konan students. No member of staff is involved in the organisation and set up and it is an incredible scene to be part of. It's also very humbling to know that Konan High School delay their sports day by 2 weeks so that Hendon students can take part. Our students took part avidly. They did not have the ideal preparation but they did take part with lots

of drive, energy and commitment and gave it their best. It was a big highlight of the day to hear and see our students being so kindly welcomed and we were included in most of the events, not to mention the opening and closing ceremonies. We even had our own flag for the day and we had our own flag bearer, just like in the Olympics! The sunny skies and 25c temperature added to the wonderful experience of this very special day.

There are too many experiences to recall in this article and it is just a flavour of what on our trip. The after-school karaoke where our students and Konan students were singing songs in either Japanese or English until 6pm in school was something I will never forget. Visiting Hamamatsu Castle and the man with an Eagle on his arm will surely be remembered. Watching Hendon students making their own 'tie dye washcloths' was a true hands on experience where I am sure some of those wash cloths will be hanging proud and prominent in some family bathrooms by now.

After a weekend with their host families the final sad day came -including, saying goodbye to Konan School itself. Tears of goodbye were witnessed as we left but I am sure tears of happiness have been fostered for the future. Some students will have bonds for life and hopefully the return visits by Konan students coming to Hendon in March 2024 will enable the students to develop even stronger bonds. Since our return I know of many students who are keeping in contact with their new-found friends.

Tokyo Disneyland was our final visit and this ended what was a truly wonderful and possibly life changing experience.



We asked some students who took part in the exchange programme what their favourite part of the trip was;

- ❖ Iliya 13.4 - Staying with a Japanese family as you get to experience Japanese culture first hand and seeing the sports facilities and the way all students support each other.
- ❖ Teida 13.1 - Seeing how everyone respects and supports each other. Everyone is polite and there is no litter to be seen anywhere. Going to Konan High School was awesome and I want to go back to the school.

Konan High School students were asked what their favourite part of hosting a Hendon student was;

- ❖ Rama Ishida - My best memory is shopping together. My host sister said, 'I want to go shopping. When we went to Hamamatsu, she enjoyed shopping, so I was happy. I also remember going to an amusement park and riding a roller coaster together.
- ❖ Yoshino Tsuchida - We had a small trip to a beautiful place called Izu. We stayed at a Ryokan (Japanese style Inn) and ate a lot of good food.

Mr G Hall - Japanese trip, co-ordinator

To be able to spend two weeks in Japan and experience their culture and their way of living, first hand, was so amazing. We spent the first 2 days at the NYC (National Olympic Memorial Youth centre) where we had our own rooms and a communal bath and living room. Our first full day was on Saturday and the first thing we did was to visit Meiji Jingu which is a famous shrine, not far from where we were staying and it was the first real part of Japanese culture we got to experience.

I think we were quite lucky as we saw about three marriage ceremonies taking place with the bride and groom dressed in very expensive 'kimonos' followed by all their guests which was a wonderful sight. After that we went to Harajuku where there a lot of clothes shops for young people and a 100 Yen store.

Throughout Saturday and Sunday, we spent our time exploring the famous and yet diverse areas of Tokyo such as Shibuya, Asakusa and Akihabara. I was lucky enough to go to 'ochiya no mizu' which is most famous for their love of music and is scattered with shops selling different instruments. It was so amazing to see. This place was a lot less crowded than Shibuya and was overall a very peaceful area.



On Monday after a final bit of sightseeing we left Tokyo and boarded the Shinkansen heading towards Hamamatsu. Within our journey we were lucky enough to get a close-up view of Mt Fuji. The overall ride to Hamamatsu took about an hour and a half.

Our time at Konan high school and with our host families was definitely one of the best parts of the trip as all the students were kind and welcoming and let us do activities

such as; sports day, karaoke and after school clubs which really gave an insight to the life of Japanese students, especially during lunchtimes where everyone would rearrange their desks together to eat lunch in the homerooms'. You could really see how close all the students were with each other. I think we can all agree that the thought of living with our host family was quite nerve racking at first, but after meeting them and experiencing so much with them you realise that you were scared for nothing.

Our hosts were kind and welcoming and took us all over Hamamatsu to see many places and restaurants. Another student said that their most memorable experience with their host family was visiting 'Bentenjima' which is a red torii gate floating in the water. They saw this at sun set. Seeing the different colours adorn the sky was a major bonus for them. During the week the Hendon students with their host students went to the big shopping mall in Hamamatsu city. It had a variety of different shops and a large super market that sold many sweets! We then went to this hamburger steak restaurant where they even finished off preparing the steak right in front of you and then drizzle an amazing onion sauce on top. This was definitely my number one favourite food place throughout the whole trip (minus my host families cooking, which was amazing).



On our last school day in Konan High School, they arranged an excursion for us where we got the opportunity to visit Hamamatsu Castle that was surrounded by beautiful forest scenery and even walked past a man walking around with an eagle mounted on his arm!

Monday arrived and we left our host families and Konan High School and boarded the Shinkansen again as we went straight to Tokyo Disneyland. Even though it was a school day the resort was heavily crowded, and the majority of us only managed to get on two rides but walking around the park and seeing the Disney characters as we tried out some more Japanese food out was an experience in itself.



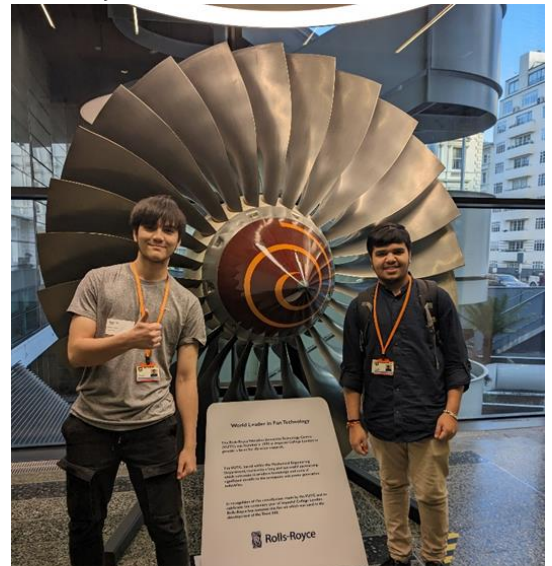
We spent our final night at The Narita Hotel which was close to the Airport meaning we could stay as long as possible before we had to leave. The morning of our last day was still quite eventful as we started off by having a great breakfast at the hotel buffet which even had its own ice cream machine. To end our time in Japan we visited another huge temple. It was the biggest temple we had seen so far on the trip. It even had a lake with a huge turtle statue and live turtles swimming around. We were given a few minutes to do some last-minute shopping around the temples which had some interesting shops that sold; jewellery, yukatas, and many different souvenirs for tourists.

In the afternoon we finally arrived at the airport to board our flight and although it was a shame to leave, I couldn't have asked for the trip to be any better and am really grateful for the experience as well as the opportunities to host in March.

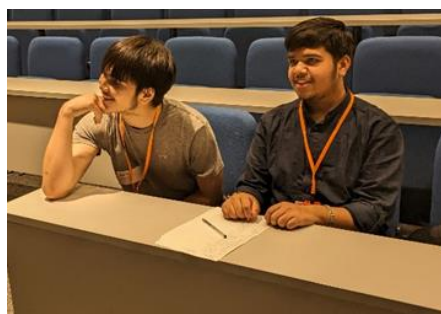
By Teida Nakmoto - 13.1

Year 12 STEM lectures at Imperial College London

On Wednesday 6th December, 14 students from Year 12 were fortunate enough to have an opportunity to see a series of lectures at a world-class university for a day. They had the chance to see introductory lectures led by well-known professors in the fields of bioengineering, material sciences and space physics. Afterwards, they had a tour of the campus and met with several student ambassadors who explained the various career pathways/opportunities available for our students e.g. internships, work placements, volunteering schemes. Overall, the university visit was a great success and proved to be incredibly informative and valuable for the students.



Ciaran (12.4) & Dhvip (12.3) in front of fan blades of civil aircraft engine designed by Rolls Royce



Miss A Ege - Head of Chemistry

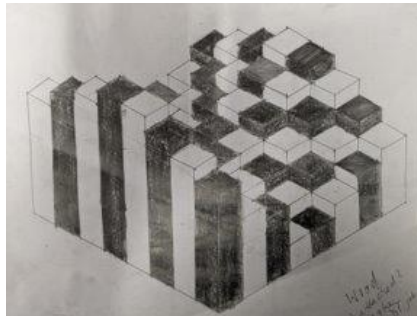
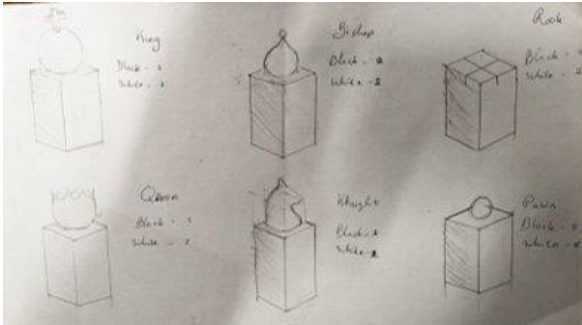
| Diary Dates | |
|---|---|
| ❖ Tuesday 19 th December | Christmas Showcase - 6pm |
| ❖ Wednesday 20 th December | Christmas Jumper Day/Christmas Lunch |
| ❖ Thursday 21 st December | Last day of Autumn Term/Non Uniform Day (Students finish at 12.00 pm) |
| ❖ Monday 8 th January | First day of Spring Term |
| ❖ Wednesday 10 th - Tuesday 16 th January | Year 12 & 13 Public Exams |
| ❖ Wednesday 17 th January | Year 9 History Trip |
| ❖ Thursday 18 th January | HS6 Student Progress Evening |
| ❖ Thursday 25 th January | INSET Day - School closed to students |
| ❖ Wednesday 31 st January | HS6 Politics trip to Parliament |
| ❖ Thursday 1 st February | Year 11 Student Progress Evening |
| ❖ Monday 5 th - Friday 9 th February | Children's Mental Health Week |
| ❖ Monday 5 th - Friday 9 th February | National Apprenticeship Week |
| ❖ Monday 5 th - Friday 9 th February | Year 13 Mock Exams |
| ❖ Tuesday 6 th & Wednesday 7 th February | Year 9 Trip - Belsize Square Synagogue |
| ❖ Monday 12 th - Friday 16 th February | Half Term Break |
| ❖ Monday 19 th February | Academic Review Day |

Art Dept news: Jack Petchey winner Pasindu 10.6 - design & making of a clay chess set

Congratulations to Pasindu 10.6 for designing and making a chess set out of clay in collaboration with the Art Dept and the Chess Club.

We are so impressed with his design drawings and the ambition and commitment he has shown in producing the clay figures.

We will show you the final glazed set and board in the new year.



The Art Dept

GCSE and BTEC Level 3 Performance Evening

On Tuesday 14th November, our Year 10, 11, 12 and 13 musicians put on a wonderful evening of musical performances. From spine-tingling piano solos to all-out disco classics, they all performed with aplomb and sophistication. A special mention goes to our rock band, who bowled us over with their floor-pumping rendition of Nirvana's 'Smells Like Teen Spirit' - and apologies again to the Science department for drowning out your lessons during the rehearsal!



Thank you to our Year 10 GCSE Photography student Mariam Benfkir who documented the music performers.

Mr J McEvoy-Stevenson - Head of Creative Arts

Hendon School has kindly been donated a Christmas tree by Pines and Needles and they would love to offer parents a discount on Christmas trees in their pop up stores! Our local pop up store is located in Finchley at: **Charter Way**.



DISCOUNT CODE:HENDON10

Keep an eye out on Pines and Needles social channels @pinesandneedles for fun activities at our local stores.

Please visit www.pinesandneedles.com for more details and other locations as they are all around London!



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Location 1

Holiday Inn Brent Cross
Tilling Road, Brent Cross, London,
NW2 1LP

Time: 09:30am - 14:30pm

Ages: 11 - 16

Dates: Tuesday 2nd January - Friday 5th
January 2024 (4 Days)

Location 2

Holiday Inn Express Golders Green
58 Regents Park Road, London,
N3 3JN

Time: 09:30am - 14:30pm

Ages: 11 - 16

Dates: Tuesday 2nd January - Friday 5th
January 2024 (4 Days)

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Calling all Old Hendonians

National Careers Week is 4th-9th March 2024. The theme is "Your future starts here." It is a busy week for students at Hendon to learn about a range of different careers. This year we would like to make it extra special. We would like all our guest speakers to be ex-Hendon students, "Old Hendonians".

We are looking for a wide range of careers talks. If you can deliver a talk (online or in person), workshop or assembly, please get in touch. All careers welcome. If you are interested please contact Noelle Doona, careers leader at careers@hendonschool.co.uk. Please share with others who may be interested. Thank you in advance for your support.

Ms N Doona - Assistant Headteacher

Set design in progress for Rising Tones- drama production



A big thank you to our set design team: Rayanne, Asal and Eustyna who have just completed the undercoat for the giant theatre set cubes. They have generously given up their afternoons to complete this.

In January we will be projecting and painting the backdrop designs for all 4 scenes of the school's drama production 'Rising Tones'.

Miss M Schmid - Head of Photography



Year 13 A level Photography exhibition



A big thank you to our brilliant photography class for creating such a beautiful display of their A level work for the Prospective Sixth Form evening. Your display looked very professional and the project outcomes show such a wide range of creative skills. We are very impressed with your commitment and work ethic. You are a real credit to the Photography Department and to Hendon School.

Miss M Schmid & Mr K Keller

Year 11 Geograpy Field Trip to Stratford

Well done to all the Year 11 Geography students who braved the wet conditions in Stratford, East London on the 13th and 14th November. The students were collecting fieldwork data to investigate how and why the quality of life varies within urban areas. They have since completed a full enquiry as part of the Geographical Investigations topic, which is a key part of the Unit 2 exam. It was especially exciting to visit the Olympic Park, Athletes Village and Europe's largest shopping centre! Well done to all the students who represented the school so well.

Mr R Spicer & Ms N Doona



Y10 GCSE Photography Hayward gallery trip - 21st November 2023

Thank you to our amazing Year 10 GCSE Photography students who showed enthusiasm, curiosity and creative spirit while being involved in the Hayward Gallery school takeover programme based on Hiroshi Sugimoto's exhibition.

It was a pleasure seeing them so engaged in the wide range of activities on offer and we were very proud of their impeccable behaviour and impressive attitude to learning.



Student quotes;

- Parvathy: "The year 10 photography trip was amazing. I liked Sugimoto's photography and the portrait photoshoot was the best."
- Harley: "It was fun going around the show and seeing all the work."
- Alphonsa: "The trip was so nice because they arranged some activities for us."
- Shuraiya: "My favourite activity was the one we got to dress up and take photos. When we looked at the seascapes series we made boat origami in response to imagine being at sea."
- Bilan: "The most interesting thing I learned was creating a wire sculpture of lightning in response to Sugimoto's images."
- Luke & Kris: "The best activity was when we got to dress up as different characters."
- Nicky: "I enjoyed the trip and seeing what different work looks like in an exhibition space. I liked the way the seascapes were presented in order to show their progression."
- Caitlynne: "I really enjoyed dressing up and making our 'won' potrait photos."



Dress up portraiture workshop



Lightning workshop

Miss M Schmid - Head of Photography

Our two Year 11 GCSE Photography classes had a fantastic day exploring street photography for their current London Eyes project. The sunshine enhanced the spectacular views across Waterloo Bridge and the Graffiti Tunnel provided ample opportunities for exciting camera angles and location shots.



The students impressed us with their enthusiasm and their excellent behaviour. A big thank you to Mrs Sternfeld and Mrs Barron for accompanying us and being amazing!



By Wiktorja 11.4



By Safer 11.8

Miss M Schmid - Head of Photography



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PE News

Sports Teams update



| Year 7 Girls Netball | | | | |
|----------------------------|-----------------|-------------|----------|--------|
| Date | Location | Opponent | Score | P.O.M |
| Tues 10 th Oct | Home | SMSJ | 4-3 (W) | Eva |
| Wed 1 st Nov | Home | CCF | 13-2 (L) | Jumana |
| Thurs 16 th Nov | Home | King Alfred | 13-1(L) | Eva |
| Mon 20 th Nov | Home | Whitefield | 4-0(W) | Asiah |
| Wed 21 st Feb | Away @ Copthall | Tournament | | |



| Year 8 Girls Netball | | | | |
|----------------------------|----------|-------------|---------|---------|
| Date | Location | Opponent | Score | P.O.M |
| Mon 16 th Oct | Home | SMSJ | 4-7 (L) | Anisa |
| Wed 1 st Nov | Home | CCF | 7-7 (D) | Aseel |
| Thurs 16 th Nov | Home | King Alfred | 6-7(L) | Rebecca |



| Year 9 Girls Netball | | | | |
|---------------------------|----------|-------------|----------|----------------|
| Date | Location | Opponent | Score | P.O.M |
| Tues 10 th Oct | Home | SMSJ | 16-0 (L) | Amirah, Riziki |
| Wed 27 th Sept | Away | King Alfred | 12-6 (L) | Riziki |
| Tues 3 rd Oct | Away | CCF | 6-3(L) | Amirah, Riziki |
| Mon 13 th Nov | Home | Whitefield | 6-3 (W) | Chloe |
| TBC | Away | Mill Hill | | |

| Year 10 Girls Netball | | | | |
|---------------------------|----------|--------------|----------|-------------------|
| Date | Location | Opponent | Score | P.O.M |
| Oct 23 | Hendon | SMSJ | W (12-7) | Eda |
| Wed 27 th Sept | Away | King Alfred | L (5-15) | Eda |
| Tues 3 rd Oct | Away | CCF | L(5-15) | Eda |
| Wed 8 th Nov | Away | St Michael's | L 15-9 | Xhesika, Mikhaela |
| TBC | Home | Archer | | |



| Year 11 Girls Netball | | | | |
|--------------------------|----------|-------------|---------|----------|
| Date | Location | Opponent | Score | P.O.M |
| Mon 27 th Nov | Home | Whitefield | 7-1 (W) | Izabella |
| Wed 17 th Jan | Away | King Alfred | | |

| Senior Girls Netball | | | | |
|----------------------------|----------|-----------|----------|----------|
| Date | Location | Opponent | Score | P.O.M |
| Thurs 30 th Nov | Home | Saracens | 13-2 (W) | Lakeisha |
| TBC | | MHCH | | |
| TBC | | Mill Hill | | |

Year 7-9 Girls Football

The Year 9 girls football team had been invited to take part in a football tournament organised by the metropolitan police in support of the programme 'Violence against women and girls'. As we are aware violence against women and girls is sadly prevalent today. It was amazing to see so many girls participating in this tournament and our year 9 girls put on a great footballing display. Unfortunately, they lost the semi-finals of the plate competition 3-0, but the overall day was a huge success. Amazing performance and attitude from all the girls involved as well as an increase in love for football amongst all players. The Hendon girls represented the school with pride, and we cannot wait to see them continue developing with their football journey.



Year 7 girls football season beginning in the new year!

Year 9 & 10 Basketball

Zilouf is on fire



The combined Y9 and Y10 girls basketball team were the latest Huskies to take to the court in an attempt to win the Barnet Basketball Championships last night. The girls have been training hard on a Friday afternoon and after a debut win against Compton, confidence and hopes were high leading into the tournament. The added pressure of other teams watching and coming up against tough opposition forced the girls back into their shells. A usually very loud and excitable group barely said a word to each other in the opening two games resulting in a lot of lost possession, and achieving 0 shots. After a sensitive and caring team talk from the manager, the girls finally turned up. With the bench screaming on encouragement and a big increase in their work rate, they started to cook. Points were being scored by captain Xhesika

and rebounds at both ends of the court were being claimed by Benitha and Alex. Debutants Aisha and Lleylanie made a super impact and showed little fear against very good opposition. Natalia and Chloe also need a mention as they were the youngest pupils there and were potentially playing against Year 11 students.

Playing 6 games in total, Hendon won 2, lost 3 and drew 1. The draw to finish the tournament was the crucial point they needed to secure second place, losing out to Totteridge Academy who blew everyone away. Hendon have also managed to progress through a technicality meaning they will represent Barnet at the upcoming London Youth Games. This was a super achievement for these girls and is a credit to their hard work. Congratulations to all involved!

Year 9 & 10 Football

Sony, I shrunk the kids.....

The much anticipated potential league decider was played today between Hendon and local rivals Saracens. An away fixture on paper but with a lot of the Hendon players and their families finding accommodation in the local Graham Park area, this match felt like a home away from home. A scrappy first half with very few chances allowed Saracens to gain momentum which deeply frustrated Hendon. Through a very good counter attack, Saracens found themselves 1v1 with the keeper Aaron and confidently took it round him to put Saracens 1-0 up. Hendon's title hopes were slowly slipping away as deep into the second half they conceded another goal through a Saracens free kick. At 2-0, Hendon were crashing and if not for several spectacular saves from Aaron and a goal line clearance from De, the game would have been all but done.



However hope remained when captain Yusuf scored from a superb corner delivered by Adam with minutes remaining. Throwing everything at the attack now, Hendon got caught on another counter attack and were forced to bring down the opposite striker in the box. A penalty and a chance for Saracens to put the game to bed. Aaron dived the right way, tipping the ball onto the crossbar but again, Hendon were slow to react to the rebound, allowing Saracens to score and end the game.

Despite the disappointment, this game will not reflect what has been a fantastic season for this team. There have been a lot of stand outs. Summer signing Sony has dominated headlines since his arrival proving he was worth every penny the hierarchy spent on him. Captain Yusuf has been a true leader and given 9/10 performances every

single game. De, the only Year 9 student playing competitive football this year has emphasised the saying, ‘if you’re good enough, you’re old enough’, as he has played every minute of this season. Ethan finishes the season on a perfect ratio, 4 goals in 4 games.

And lastly a thank you to Adams mother, whether glorious sunshine or flash flooding, she will be on that touchline living the wins and losses with the boys all the way.

Year 7 Basketball



The year 7 basketball team have had an amazing start to their basketball season by winning all 3 of their games this year so far, that is without having a proper training session which is a remarkable achievement and reflects the players’ natural abilities and commitment to the sport. Their positive attitudes, support for one another, and pride in representing Hendon are qualities that contribute to their success on the court. Silverware could be on the horizon! Please congratulate these players if you see them around school.

Year 8 Basketball

The Year 8’s kicked off their season with a game against London Academy, despite the outcome not favouring the team, the Year 8’s demonstrated resilience and determination. While the result may not have reflected their efforts on the scoreboard, there were numerous positive aspects to take from the match. Throughout training, the team have showed high levels of dedication and focus and this has been evident in the progress that they have made this year. The experience, even in defeat, serves as a valuable learning opportunity, and the positive strides made during the game are indicative of the team’s potential for growth and improvement as the season unfolds.



Interform

The Key Stage 3 Interform was held during the week beginning on December 11th and it was a spirited and successful event. Year 7 had their very first experience of interform by competing in cross country and the students did not disappoint as they showed their athleticism and determination in the tough weather conditions. Meanwhile, students in Year 8 and 9 engaged in the intense battles of endball and basketball, demonstrating their skills, teamwork, and sportsmanship. The entire competition created an atmosphere of friendly rivalry. The dedication and effort put forth by students in all year groups contributed to the overall success of the event, making it a memorable and enjoyable experience for all.

Jack Petchey Winners

This half term we have had four Jack Petchey Winners who were nominated for their excellent contribution to the Hendon School Community.



Ivan (8.6) was nominated for his hard working and courteous attitude at Hendon. He is a fantastic role model to other students in the school with his excellent commitment to his own work and to community aspects of the school such as student voice, year 6 science club and the volunteering scheme.



Elena (9.5) was nominated for her hard work and dedication to English. Her book is exemplary and she is a fantastic example to others.



Pasindu (10.6) was nominated for his amazing resilience and focus on achieving academic success alongside his contribution to art and chess club. This term Pasindu has designed a chess board which he is currently making as clay figures.



Miyu (13.1) was nominated by the HS6 team for her dedication to the HS6 leadership team and all sixth form events.

Ms Downing - Head of PE/Senior Leader



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