

Break Dance Crew selected to represent Barnet



On the Thursday 9th May, Break Dance Crew represented Barnet at the RAD's Step around Town event where schools compete against each other to be selected to represent the Borough at the annual Step into Dance showcase hosted by the Royal Academy of Dance. There was a wide range of dance styles represented. Our BBoy crew have attended training regularly to prepare for the event. They have worked with dedication and commitment; we feel very lucky to have such a talented group of dancers.

We have now been selected to go through to the final event to celebrate the different schools within the borough participating in the programme. It is awesome to see them showcasing an incredible set and routine. This is one of the hardest disciplines and style to learn and train in.



A massive shout out to John (9.3) and Rayyan (10.5), the crew captains who are always extremely professional. Many congratulations to the team: Ali (7.5), Emmanuel (7.2), Nart (7.5), Mohammed-Baqir (7.5), Radj (9.4), Mihai (9.4), John (9.3), Nabil (10.2), Ivan (10.7) and Rayyan (10.5).

Thank you for your high level of resilience, commitment and dedication. We recognise the hard work and talent from each and every one of you.

Mrs Choolun-Harper and Miss Goodman



Collide Festival at the University of East London

On Tuesday 14th May, Year 9 and 10 students were selected to attend a workshop at the University of East London. The day included a variety of different dance workshops in the style of Afro Beats and Breaking. This was part of the university's annual outreach programme called 'Collide Festival'

Our students had the opportunity to work with professionals within the creative arts industry and also take part in a Q and A session with university students. The engagement and behaviour of our students was exemplary and they were a massive credit to themselves and the Dance department. The team from UEL were highly impressed with our students and their work ethic, participation, enthusiasm and talent. This was a very unique and valuable experience for our students many of whom have been further motivated by their experience to train outside of school.



Well done to all of our students Casey (11.3), Benitha (10.2), Cailey (10.8), Bogdan (10.2), Nabil (10.2), Reiyu (10.6), Marcos (10.2), Sia (10.2), JD (10.2), Xhesika (10.3), Rayyan (10.5), Alexandra (10.2), John (9.3), Radj (9.4) and Mihai (9.4). We are very proud of you all!

Mrs Choolun-Harper and Miss Goodman

Year 12 Trip to Brunel University

The Year 12 trip to Brunel university was extremely interesting and valuable for our humanities - based students. We arrived and were shown to the lecture theatre by Brunel student-ambassadors, and our students were able to see where university lectures are usually held. After coffee and a welcome we broke into groups and heard current lecturers and professors talking about their work and research.

Some highlights were talking about how the Italian state creates illegality for migrants; how dreams for south Africans taking ARV medicines help to process and discuss their ill-health, and how emotions are felt and experienced differently across the world.

We had lunch and then had an opportunity to hear from current anthropology students. They impressed that Brunel Anthropology is a very tight knit community and that the social, emotional and academic support that the department offers students is very high. There is also an opportunity to have a placement year where student travel and volunteer in organisations all over the world. These placements then help to inform the final year dissertations.

We were also given a campus tour which was really informative for anyone considering the best kind of environment for them to continue studies in. A campus university is where you live on the same site as the university buildings, restaurants and more. Current students explained how many opportunities there are at Brunel from sports to all kinds of societies and social clubs. It was really valuable even for students who had not previously considered anthropology.

Some of our Hendon students had this to say about the trip:

- ❖ The trip to Brunel university was very insightful and a fun experience. Before this trip I had no understanding of anthropology and now I am very interested in it as it is quite fascinating. **Aisha**
- ❖ The Brunel trip was very fun it was action packed with different talks and made me very interested, I enjoyed the trip a lot. **Esli**
- ❖ The Brunel trip was interesting as I found out that I was about to do the degree I want to do when I apply for university and one of the students informed me that it had high percentage of students passing, as they are supported even after they finish their course when they are searching for places to work at. **Yacob**
- ❖ The Brunel trip was exciting and interesting. I also learnt about a new course that I had never heard of I found it very fascinating which made me want to look into it in the future. **Janet**
- ❖ I never knew what anthropology was at first and after hearing all the lectures, especially Dr Maria's one about Syria, I wanted to discover more about it. The students experience of anthropology in Brunel Uni was very fascinating and interesting! **Mulki**
- ❖ The trip to Brunel university was great - I really enjoyed hearing from former students and some faculty members. The anthropological questions we spoke about were very engaging. I did not know how broad of a subject anthropology is and I now feel better informed about it. **Chidii**

Dr Lawy - Head of Geography

Culturally Speaking Workshop

On the 7th and 8th of May, 30 students took part in a two-day workshop 'Culturally Speaking'. On day one students visited the Black Cultural Archives in Brixton where they got to learn about the histories of people of African and Caribbean descent in the UK. On the second day, students spent the day in a workshop with 'the speakers' trust' and learnt how to write and deliver speeches



in line with the themes they learnt about at the Black Cultural Archives. All 30 students performed their speeches to an audience of staff and students and 6 students were selected to go through to the next stage. Our six winners were; Isabelle (8.3), Grace (9.1), Riziki (9.8), Neela (9.3), Yasmin (10.2) and Dante (10.5). This week in a Year 7 assembly these students delivered their speeches where just one final winner has been selected to represent Hendon School in a national competition. The standard of the speeches was incredibly high and selecting just one winner was very difficult. However, we would like to congratulate Grace (9.1) on her powerful speech that captivated the audience and wish her all the success as she competes in the national competition.

Ms Downing - Head of PE

Our Year 10s set off for their coastal fieldwork trip to Dorset to the iconic Jurassic coast. We had 6 day trippers, and 18 students staying on for the 2 night residential.

Our first stop was Hengistbury head, where we conducted coastal fieldwork, taking measurements of the beach width, beach gradient and pebble size, along 3 sites. The students noted the differences between the defended and non-defended parts of the coast and we considered whether the theory around coastal management matched the geographical reality. We were pushed to be quick as we were being chased by big rain clouds. We managed a bite of lunch and then took a headland path back to the two minibuses only to find that Mr Jennings' minibus has a major problem!



We were stuck on the rain with one minibus. This meant not all of us could fit in, leaving 4 students with Ms Unek and Ms Tuak to find an alternative route to the youth hostel where we were staying. Mr Jennings' had to wait for the breakdown truck. Mr Spicer and Dr Lawy headed with the rest of the students, settling them into their rooms in Swanage.

Eventually those left behind valiantly arrived back, drenched and cold, what heroes! And what stories they now had to tell. Hot showers all round and a nice warm dinner was the antidote. All the staff were very proud of the way in which

the students dealt with adversity and pulled together.

The next day Mr Spicer pulled out all the stops organising the weather (!), as well as how the trip would now work with only one bus. He shuttled us in two groups. One group saw the magnificent Lulworth Cove, whilst the other group conducted questionnaires in Swanage town. Once we were all reunited, we had our packed lunch and a spontaneous game of footy. Staff vs Students.... I'll let you guess who won!

We gathered our things and walked along the coastal path to Durdle Door, another iconic erosional feature. As we descended on to the beach, we realised there was a seal on the beach, soaking up the sun and the attention of all the people. What luck!



On the last day of the trip the students used their OS map reading skills to find the way onto the coastal route to reach Old Harry rock. This is a classic example of a cave, arch and stack erosional feature. The walk was challenging, and all students used their skills, muscles and mental power to reach this amazing view.

A big thank you to all the staff on the trip and especially Mr Spicer for organising and leading us on even with the minibus fiasco.

Looking forward to another residential trip for years to come.

Dr Lawy - Head of Geography

Coming on this geography trip to Dorset for me was absolutely breathtaking. This trip was an amazing opportunity for us to appreciate all the geographical structures along the southwestern coast while also completing our GCSE fieldwork.

Some of my favourite sites were Lulworth Cove and Durdle Door; both being beautiful sites and perfect examples of how erosion works on concordant coastlines and headlands. When we went there, the weather was clear and sunny which further allowed us to appreciate the views and have a good time. At Durdle Door, we were even fortunate enough to get to see a seal on the beach!



Furthermore, we all had a really fun time even on the journeys between each site; whether it was playing football matches against the teachers or racing to the next destination. In my opinion everyone on the trip also seemed really engaged in talking with each other, which really made the journey special.

Although it rained on the first day and then one of the minibuses broke down, we all persevered and made adjustments to our schedule in order to fit everything we originally planned. Overall I loved this residential and I am really grateful to have had this opportunity.
Dante 10.5



I think that the best thing about the trip was that it was really fun. The YHA Swanage was a great place to stay and it had a lot of space. When we went to Hengistbury Head the sand was really soft but sadly it rained. There was a lovely view and I think many people should go there.
Samim 10.8

The trip had a lot of very memorable moments. One of which was when we climbed Lulworth cove. The view was beautiful however it took a lot of hiking to get to the top. It was worth it because of how visually appealing it was and we also walked further down and found a beach with a seal on it. We had to climb all the way back and we were on our way back to the hostel. Later that day we played at the arcade and I won a jackpot of 1000 tickets. I got myself a lava lamp. The next day we did even more hiking to another place called old Harry rocks it was much harder than Lulworth cove. In the end it was all worth it for the scenery.
Adis 10.3



Janin Cheer

This term we have welcomed Janin Cheer to Hendon School. Sarah, the lead cheerleading coach, runs sessions every Tuesday after school from 3.10-4.20pm for students across all year groups. It has been great to see so many students enjoying a new sport and learning a range of stunts, tumbles, dance and cheer.



Hendon Basketball All Star Game

Thank you to everyone who came down to support and help out with the Year 10's All Star basketball game. This served as the official launch of the new Hendon basketball kit, purchased by Jack Petchey winner Osman (10.2) and supplied by our latest partner, STC Teamwear. It was a great entertaining game to watch with an amazing atmosphere. Harpers Hawks got the better of the Chaudhry Hornets as they didn't have their best shooting game however the game still lived up to the hype! The students were all very well behaved and really enjoyed themselves! Rematch with a date pending.....



Personal Training for girls

Our girls' personal training sessions are well and truly under way! All girls are welcome to attend free sessions in the PE Fitness Studio on Tuesdays after school. The sessions are planned and delivered by Junior from Nuffield Health. If you want to attend one of these challenging yet rewarding sessions, just bring your PE kit!

This is a brilliant way to enjoy being physically active without judgement and your only competition is yourself! Each session is designed with the purpose of making you healthier, stronger, fitter and happier with this being enjoyable too!

If you are interested in getting fitter, stronger, or just want some fun challenging exercise then come down to the PE department every Tuesday after school, starting at 3:30pm



Mini Marathon

To kick off the Athletics season with a bang, Year 7 and Year 8 students eagerly participated in a mini marathon after school, vying for House points. Led by their Heads of House, the students tackled 10 challenging laps around the sports field. A huge shoutout to Eduard from Year 7 - Ruby House - for his impressive finish in under 20 minutes, and kudos to Joseph, Danial, and Danilo for their strong performances. From Year 8, Enea and Saraiya truly shone as standout runners. Fantastic effort, everyone!

Athletics



Standout performances include Jeremiah (7.1) in the Year 7 100m, Jerome (8.5) in the Year 8 100m, and Maroua (8.7) in the Year 8 200m. In Year 9, Hannah (9.2) and Chloe (9.1) are strong contenders in javelin and are expected to medal. In Year 10, Anton (10.4), the fastest man in Barnet in the 200m, who has maintained this title with ease in his heats, and Ashley (10.5), who looks unstoppable in hurdles. Adrian (10.6) has made a return to javelin, in which he has consistently been taking first place in the meets. It's clear that these athletes' hard work in training is paying off. They are ready to take on the Barnet Championships and bring home more medals.

The Athletics season is back in full swing this half term, and we've wrapped up all our meets. Now all eyes are on the Barnet Championships. Last year, our Hendon 46ers won numerous medals, and we're expecting a repeat performance. Our athletes have displayed incredible results and positive attitudes throughout the training and at the meets.



PE Student of the Month

March 2024 - Millad 13.5



Millad is a true inspiration to his fellow peers and teachers. This year, his hard work and effort levels have been off the charts. Despite being predicted a pass in his Sport & Science Level 3 last year, Millad defied the odds through sheer hard work, clinching a grade distinction. As his journey at Hendon approaches its climax in Year 13, Millad isn't just reaching the finish line he's crossing it at the peak of his game. Massive congratulations Millad!

March Nominees

Ayesha Abu, Zyra Reid, Leon Bytyqi

April 2024 - Victoria 7.5

Victoria is an inspiring student in PE, always trying her best in class. This year, she's been involved in lots of extra-curricular for Year 7, like football, cheerleading, volleyball, and athletics. Victoria isn't just good at sports; she's also a great leader. She showed this during the Women's international football tournament, leading her team to victory. She's someone other students can look up to because of her hard work and love for sports. Keep it up Victoria!



April Nominees

Danilo Mitrovic, Lakeisha Kayizzi, Doujana Chelihi, John Awolaja

Diary Dates	
❖ Monday 27 th May - Friday 31 st May	Half Term Break
❖ Monday 3 rd June - Thursday 6 th June	KS3 in class exams
❖ Friday 7 th June	Sports Day (Willesden Sports Centre)
❖ Monday 10 th June - Friday 14 th June	KS3 in class exams
❖ Monday 10 th June - Friday 14 th June	Year 7 Bertha Earth Retreat
❖ Wednesday 12 th June	Year 10 Art trip to Tate Modern
❖ Tuesday 18 th June - Thursday 20 th June	KS3 Exams in Hall
❖ Thursday 20 th June - Friday 21 st June	HS6 Induction
❖ Friday 21 st June	Year 11 Prom
❖ Friday 21 st June - Friday 28 th June	Year 12 UCAS Exams
❖ Monday 24 th June - Thursday 4 th July	Year 10 Mock Exams
❖ Monday 24 th June - Friday 28 June	Year 7 - 9 Enrichment Week
❖ Monday 1 st July - Friday 5 th July	Year 12 Work Experience
❖ Tuesday 2 nd July	Barnet Athletic Championships
❖ Thursday 4 th July	Dance/Music showcase 6-7 pm
❖ Monday 8 th July - Friday 12 th July	SMART Futures Week
❖ Thursday 18 th July	Year Group Trips
❖ Friday 19 th July	Last day of Summer Term for students
❖ Monday 22 nd July	INSET Day

The importance of competitive sport for children

Exercise is essential for all children and is a vital part of their growth and development. Taking part in exercise strengthens the muscles, bones, lungs and heart, which leads to stronger systems and better health. At Hendon we believe in the importance of exercise for health but also the need for children to take part in competitive sport. Competitive sport teaches children important skills that are not gained through exercise alone. At Hendon we offer a large extra-curricular programme that gives students the opportunity to experience this competitive element through fixtures and meets in a number of sports such as football, basketball, netball, cricket, athletics and more. However, the benefits of joining clubs outside of school are endless. We strongly encourage students to join clubs and pursue their sport in a competitive environment. Taking part in sport outside of school will allow students to receive regular high-level coaching which will develop a deeper understanding of the sport and increase performance and ability. It is also well known that sport develops life skills often referred to by universities and businesses as essential skills needed to succeed.

Respect

Competitive sport teaches players to have respect for the rules of the game, the players and the officials. Having respect for the rules and the way the sport works is not only great during competitive sports but also in life and school, as it helps them to understand the value of having rules in everyday life. Learning to have respect for others who are competing, whether they are on your team or not creates a positive environment for sport which can then be transferred outside of sport.

Confidence

Participation in sports provides a powerful platform for students to discover their strengths, overcome limitations, and build robust self-esteem and confidence. Accomplishments on the pitch, whether big or small, contribute to a positive self-image.

Teamwork

One of the key skills many employers look for when hiring is how well an individual can work in a team. Through competitive sports, children can learn what it means to work as a team and show support and encouragement to others. Sport allows individuals to develop their communication skills in order to work successfully as part of a team or even to lead a team.

Resilience and Perseverance

Whilst competing in sport, students learn invaluable life lessons in resilience and perseverance. Facing setbacks and challenges on the field, they develop a tenacious spirit that goes beyond the scoreboard. The ability to bounce back from defeat, learn from mistakes, and persist in the face of adversity are crucial skills needed for their future.

This year we have strengthened relationships with a number of local sports teams in order to bridge this gap and increase the number of students engaging in competitive sport outside of school. We have worked with

local clubs and supported with the membership process, we have brought teams in to Hendon to deliver coaching sessions and continue to promote local clubs through the Hendon PE Instagram page (@hendon_school_pe).

As we enter into the summer months many sports are now advertising their trial dates for next season. Trials are often free to enter and open to all to attend. We encourage parents and students to search for their local teams and register to trial. The trial alone gives students a positive experience of a new environment and opens up opportunities should they get selected. We will be sharing a number of local trial dates through our Instagram page to support this process.

If you have any questions or need any further support please do not hesitate to get in contact downingk@hendonschool.co.uk

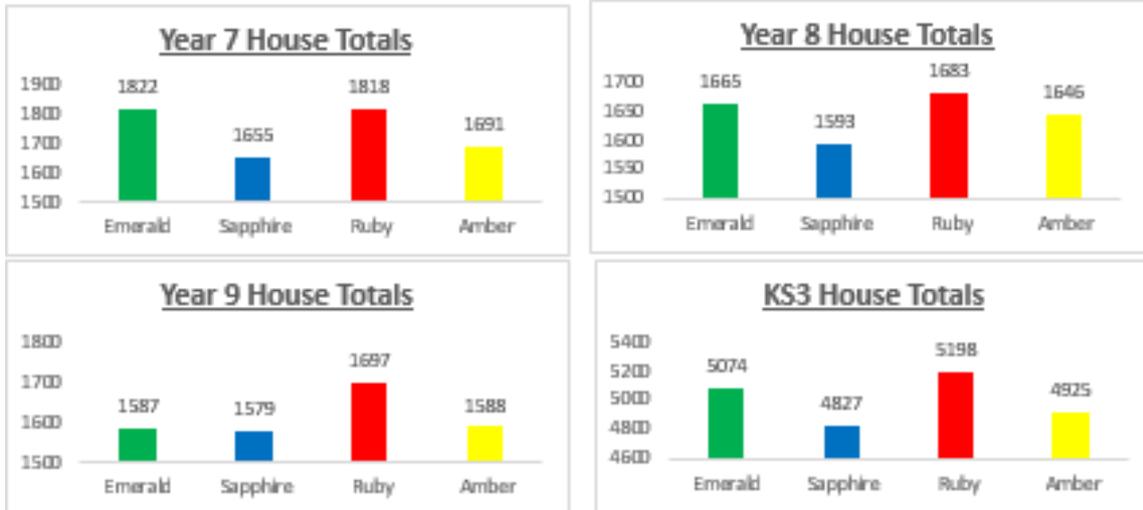
Girls Football		
Club name	Training details (if known)	Contact Details
Barnet Nightingales FC	Barnet Powerleague	Instagram- barnetnightingalesfc Email- secretary@barnetnightingalesfc.co.uk
Barnet Panthers FC	Colindale, NW9 Monday Evenings	Instagram- barnetpanthers Email- barnetpanthers@gmail.com
APB Wingate FC	Barnet Lane, EN5 2PU	Instagram- apbwingatefc Email- info@apbwingatefc.co.uk Phone: 02036332421
Boys Football		
Club name	Training details (if known)	Contact Details
Princes Park Youth FC	Cool Oak Lane, NW9 7ND	Instagram- princesparkyfc Email- info@ppyfc.co.uk Phone: 07305048703
APB Wingate	Barnet Lane, EN5 2PU	Instagram- apbwingatefc Email- info@apbwingatefc.co.uk Phone: 02036332421
Pro FA	Thursday: Powerleague Finchley Saturday: New Southgate Recreational Ground N11 1HJ	Instagram: profabarnet
Basketball		
Club name	Training details (if known)	Contact Details
Hoopstars	Ark Pioneer Academy, Barnet Lane	www.London-basketball.com
Brent Bulls	U16 Boys only	Instagram - brentbulls Website- www.brentbulls.com
Hackney Jedis	Stoke Newington School, N16	Instagram- hackney-jedis-bball
Volleyball		
Club name	Training details (if known)	Contact Details
Willesden Volleyball Club	Willesden Sports centre, NW10 3QX Sundays	Instagram- Willesden_yc Email- willesdenvc@gmail.com
Gaelic Football		
Club name	Training details (if known)	Contact Details
St. Kiernan's GFC	Barnet Lane, EN5 2PU Junior Training every Friday 6.30pm	Mort Reidy- 07947862766
Netball		
Club name	Training details (if known)	Contact Details
Oakwood Netball Club	Thursdays North London	Instagram- _oakwoodnc Website- www.oakwoodnetballclub.co.uk Email- oakwoodnc@yahoo.co.uk
Young Fincs	Wren Academy, N12 9HB	Instagram- oldfincsnetballclub Email- youngfincs@gmail.com Website- www.oldfincs.co.uk
Athletics		
Club name	Training details (if known)	Contact Details
Shaftsbury Harriers	Stone X Park, NW4 1RL Tuesday & Thursdays	Instagram- Shaftesbury_barnet Website- www.sbharriers.co.uk

Ms Downing - Head of PE

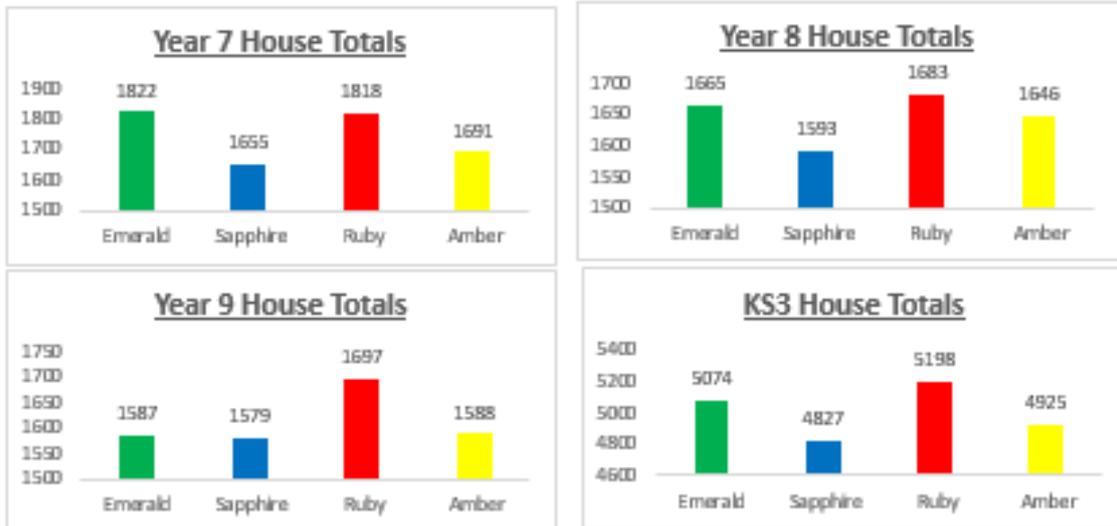
The new House system has now been running for two terms. All students in Years 7, 8 and 9 have been placed in a House based on their form group. Students have been competing to win the title of 'Top House' that will be awarded in the final weeks. Students can win points for their House through attendance, achievement points, golden tickets and participation in extra-curricular competitions. This term we have our biggest House competition yet with sports day. On Friday 7th June all Key Stage 3 students will be competing in 3 athletics events to win points for their House.

			
Emerald	Sapphire	Ruby	Amber
7.1 7.5	7.2 7.6	7.3 7.7	7.4 7.8
8.1 8.5	8.2 8.6	8.3 8.7	8.4 8.8
9.1 9.5	9.2 9.6	9.3 9.7	9.4 9.8

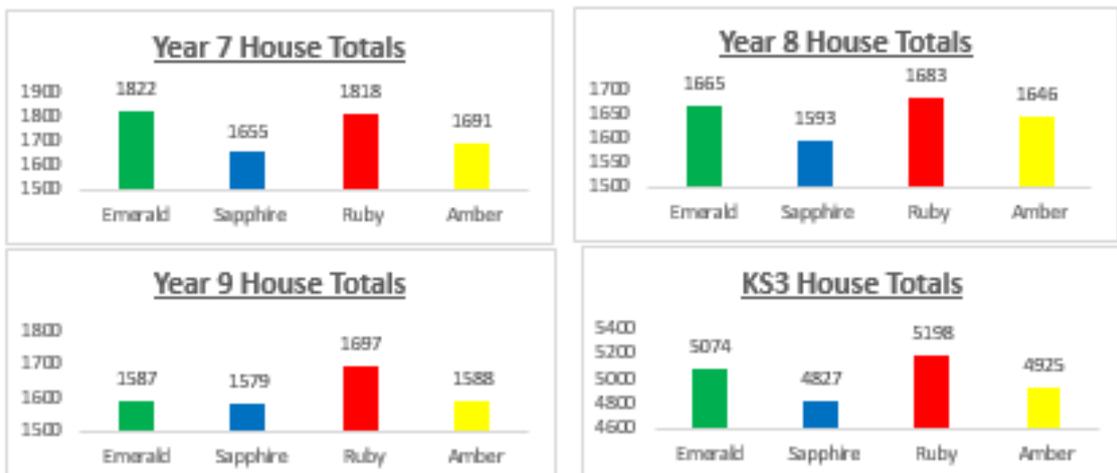
Autumn Term Winners



Spring term Winners



Current Summer term positions



Fantastic Year 8 Hybrid paintings!

Well done to art class 8.2 for their excellent Hybrid artwork. The learning challenge was to combine animal and human features and explore painting techniques that show realistic facial detail and fur textures. Special congratulations go to **Aimee, Yamaan, Masha, Lorela, Anes, Dylan, Kyrah, Mohammad A, Enea, Ana, Raluchi and Saraiya**. Thank you for your hard work.

Miss Schmid - Head of Photography



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GCSE Drama Performances

The Year 10 Drama GCSE students have been performing their devised plays. Each group had written and made-up their own plays based on a stimulus. We had Munch's painting *The Scream*, developed into a very imaginative story about mental health with a mum who thought her dead son was still alive. The theme of control made into a disturbing performance about revolutionaries and the song *Vote for Me* by The Specials made into a play about American politics with the motto - All That Glitters is Not Gold.



Each performance had students running the sound and lights, acting as technicians for each other. They had to quickly learn how to get the cues at the right time. Especially for the gun shot! The lights creating some wonderful moods and atmosphere to show the different locations.

All the actors knew their lines, faced the camera and were very professional. Well done.

Ms Gill-Carey - Drama

Back to the Future Trip

Year 10 Drama GCSE students went on a trip to see *Back to the Future* the musical at the Adelphi Theatre in the West End. The musical was based on the iconic film and did not disappoint. This was a high energy show with outstanding performances from the lead actors, incredible sets and costumes and astonishing lighting and special effects. At one point as the characters go back in time their car rose up on hydraulics and it felt as if it was coming into the auditorium. The set changed seamlessly from the 1980s to the 1950s with great music being played live by the orchestra.

Students have to write about a live production they have seen and this will have given them plenty to write about!



Ms Gill-Carey - Drama

Hendon School have professional photographers visiting the school on **Wednesday, 5th June** to take photographs for updating our website and prospectus. We kindly ask that all students come to school on that day dressed in full school uniform, ensuring they are dressed to impress.

Thank you for your cooperation and support in making this a successful and productive day.

<https://www.hendonschool.co.uk/home/school-life/uniform/>

Library display by GCSE Photography Students

Please come and have a look at our new Library study room display with flower portraits created by GCSE Photography students. The project was based on digital artists Marcelo Monreal and Gilbert & George's Paradisical Pictures series. Our students explored ideas about human connection to nature using Adobe Photoshop to produce these magical images.



Miss Schmid - Head of Photography

Exam STRESS.....Top Tips.....

Stress is a normal response to facing challenge, change, novelty or threat. In the short term it can be helpful and even motivating- e.g. helping us concentrate and learn for exams. However...too much stress for too long can be counterproductive, and symptoms of stress are a signal that should not be ignored.

Symptoms of unhelpful Stress levels can be;

Physical; sweating, nausea, sleep and appetite changes, muscle tension, racing breath and heartbeat.

Emotional; feeling overwhelmed, struggling to concentrate and remember things, worrying a lot.

Behavioural; self-soothing with food/alcohol/cigarettes/vapes, avoiding people, irritability.

Protect Yourself before Stress escalates or reduce the Stress you are experiencing by....

- Eating well and regularly, maintaining a sleep schedule, exercising.
- Seeing friends and supporting each other (helping others can help us feel better too).
- Taking time out to do things that replenish you and that you enjoy.
- Practicing relaxation/yoga/breathing exercises.
- Notice and reframe unhelpful thoughts- for example “I must be perfect- its not good enough” to “I am trying my best” or “Be strong- expressing worry makes me look weak” to “its okay to have a tough day, exams are stressful for everyone”. Speak to yourself with the same kind voice you would use to speak to a friend.
- Write your feelings down in a journal or share them with a trusted friend or adult.

Other resources;

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/tips-to-reduce-stress/>

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

<https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/revision/>

If you are feeling overwhelmed, then reach out for help to a parent, carer or trusted adult. 24/7 support is also available from Childline 0800 1111, Samaritans 116 123, or, in a life threatening emergency, by dialling 999.

Sally Hobson - Hendon School lead for Terapia's Whole School Approach Project; providing Psychotherapeutic Services within schools (funded by John Lyons Charity <https://www.jlc.london/>). Terapia (www.terapia.co.uk) is a Registered Charity (no: 1144041).