

9th February 2018

New Issue no: 19



Headteacher's Welcome

Dear Parents and Carers,

On 25th January ICHS held its first Variety Night in a number of years. Boys from Year 7 to Year 13 were involved and put on an incredible show! There was something for everyone with Drama performances from Year 7 and 8, and a fantastic dance performance from Rehan. Poetry, song and voice performances ranged from a beautiful rendition of The Owls by Marvin to a very moving speech about child soldiers and why we should appreciate our lives by Rasiah. A number of boys kept us entertained before the show and during the interval by performing magic tricks for our audience and guests. The musical talent on display was exceptional, it is hard to single anyone out as the quality of each performance was so high but Michael and Zhi's performance of Smooth Criminal will stay with me for a long time – it was brilliant! Special thanks should also go to Michael and Finn who organised the event and Mr Willcocks, Mrs Wray and Mr Darlow who gave their time and expertise to ensure the event ran smoothly.

When you mention names you always have to leave some people out. However, I would like to congratulate everyone who took part. It takes real courage to stand on stage and perform and these young men put on a splendid show and should be rightly proud of their achievement. One of the parents who attended the event kindly emailed us to say "May I say what a wonderful time we had at the variety show last week. The acts were superb and highly enjoyable. I am so glad that we went as a family and shared a great experience of our son's school. I look forward to it next year (hopefully)". So Gentlemen the challenge is on for next year, it will be difficult but can we make it even better?

We sent out details of a Parents Survey last week. If you would like to give the school some feedback we would be very grateful. The survey is completely anonymous and complements the surveys we complete at Parent Teacher Evenings etc. It allows for you to give us some more detailed feedback and to influence our future decision making. I have included instructions for accessing the survey below, it will close on 28th February. Please remember that if you have any worries or concerns you can contact us directly at the school.

The survey is an online questionnaire. To access the survey, please follow the instructions below:

1. Type the following internet address into the web page address bar: www.nfer.ac.uk/npps/scpa
2. Enter your school number: 202426
3. Enter the following password: BPNQ
4. Click on 'Begin'
5. When ready, click on 'Next'
6. Instructions for completing individual questions will appear on each page
7. When you have completed the questionnaire, click on the final 'Next' button and the responses will be sent securely to us.

I have been liaising with our caterers and they are investigating the possibility of starting a breakfast service at school. They are hoping to launch the facility on a trial basis after half-term. It will run from 8.00am until 8.30am. I will keep you informed of our progress.

I hope you all have an enjoyable half-term break. We look forward to seeing all our students on Monday 19th February.

Best wishes,

Mrs Drysdale

Headteacher

IMPORTANT DATES FOR SPRING TERM

Monday 12 th to Friday 16 th February	Half Term (students not in school)
Monday 19 th February	Start of Term (students return to school)
Tuesday 20 th February	Sports and Year 13 Photographs
Thursday 22 nd to Friday 23 rd February	Year 9 Vaccinations
Friday 23 rd February	Year 7 Social Media Drama Production
Tuesday 27 th February	Year 7 Parent Teacher Consultation
Thursday 1 st March	Progress Check Report 3 home to parents via email World Book Day
Friday 2 nd March	Year 10 Philosophy Mock Exam
Wednesday 7 th March	Staff Training Day (students not in school)
Thursday 8 th March	Year 13 Practice Examination Results Day
Wednesday 14 th March	Year 9 Young Shakespeare Company Macbeth
Monday 19 th to Friday 23 rd March	PSHEE Dropdown week
Tuesday 20 th March	Year 9 Parent Teacher Consultation
Wednesday 21 st March	Home School Links Meeting Year 11 Revision Masterclass
Wednesday 28 th March	Year 12 Economics Revision Conference
Thursday 29 th March	End of term
Friday 30 th March	Bank Holiday (students not in school)
Monday 2 nd to Friday 13 th April	Easter Break (students not in school)
Monday 16 th April	Start of Term (students return to school)



NFER PARENT SURVEY

A letter detailing how to access an NFER Survey has been sent to all parents/carers. If you have not received this information, please contact the school office so it can be resent to you.

This survey will enable us to seek views from parents and carers about our school. It is a confidential on line survey and all the information will be analysed independently by NFER before being sent back to the school.

The survey will remain **open until the 28th February 2018** to allow you an opportunity to share your thoughts with us.

Thank you for your cooperation and support.

Mrs Wray (Headteacher's PA)



POM: FEBRUARY

Galileo Galilei

“I do not feel obliged to believe that the same God who has endowed us with sense, reason, and intellect has intended us to forgo their use.”

Galileo Galilei was an Italian astronomer, mathematician, physicist and philosopher who was the first scientist to prove that the solar system revolved around the sun, known as **the Heliocentric model**. **The Geocentric** model of the universe, where Earth was believed to be the centre of the universe, with everything moving around it, was disproved by Galileo's work along with other scientists. The Catholic Church was not happy at all, as it was so different to their beliefs that they made him withdraw many of his ideas and put him under house arrest.

Galileo also invented an improved telescope so that he could gaze far into space. He was the first to see Jupiter's moons and then realised that our moon was covered full of craters. He also invented the compass and a thermometer.

Galileo was a very good musician and a brilliant student too. Galileo decided that he wanted to be a doctor and started to do a medical degree at the University of Pisa but never finished. He decided that maths was what he was most interested in and became a teacher. Galileo is also seen as the 'father' of the scientific method, he would propose a hypothesis and then test it.

Ms Capin (Head of Philosophy & Ethics)



**Galileo Galilei
(1564-1642)**

SIXTH FORM: UNIFORM

Dear Parents/Carers,

Many thanks for your continued support of the Sixth Form and its policies. We feel consistency is a critical thing to try and achieve for all of our students, and we set high standards for our Sixth Formers. Therefore, we would like to take this opportunity to remind you of our Sixth Form uniform expectations.

Students should wear a suit (smart trousers and blazer), a shirt with collar and a tie to school. We expect students to wear shoes, not trainers in school. In cold weather, students can wear a v-neck (not round neck) plain school-uniform style jumper, NOT a hoodie. Coats and hats must be removed whilst students are in the school building.

Identification lanyards are an essential part of Sixth Form uniform. Students should wear their lanyards AT ALL TIMES, and these should always be visible. If a student loses his school identification card, a new one can be purchased at a cost of £5 on the Parentpay Shop section of the ICHS website (www.ichs.org.uk).

If a student is not wearing the full Sixth Form uniform in school we will award a negative point on Class Charts, which could lead to a detention. We will contact parents/carers and the student will be sent home to change. The lessons they miss while doing so will be marked as unauthorised. We place great emphasis on good attendance to school and to lessons, so we ask for your support to make sure that students are wearing correct uniform.

We are very proud of our school and of our students and believe that high standards of uniform, behaviour and attendance give each and every one of our students the very best chance of learning well and achieving their very best. Please see, on the following pages, the information on Rewards and Sanctions for Sixth Formers, which you can monitor through Class Charts. If you have not yet received your login details for Class Charts, please contact the school office.

Thank you all very much in advance of your anticipated support and understanding.

Mrs Drysdale (Headteacher)



SIXTH FORM: CLASS CHARTS REWARDS

TOP 10 ACHIEVEMENT POINTS PER WEEK

- ↯ Exclusive use of 6th form canteen area in periods of independent study and service.
- ↯ IT to be supplied.

TOP 20 ACHIEVEMENT POINTS PER MONTH

- ↯ 3 x free periods awarded for 1st week of month.
- ↯ Must be selected from independent study or service periods (can be late start, early finish, early lunch).

REWARDS STORE – MAIN SCHOOL REWARDS.

- ↯ 10 points - Rent a football to play with at lunch time.
- ↯ 10 points - Rent a tennis ball to play with at lunch time.
- ↯ 50 points - Early lunch pass.
- ↯ 75 points - Canteen food reservation voucher.
- ↯ 100 points - Gaming room pass.
- ↯ 125 points - Exclusive Futsal session.
- ↯ 125 points - IT lunch time pass.
- ↯ 150 points - Pizza lunch.



REWARDS STORE – IN ADDITION TO MAIN SCHOOL REWARDS.

- ↯ 25 points - Laptop/computer reservation for independent study periods (1 week).
- ↯ 50 points - 3 x free periods for a week.
- ↯ 75 points - 3 x free periods for a 2 weeks.
- ↯ 100 points - 1 free periods for rest of school year.
- ↯ 125 points - 2 free periods for rest of school year.
- ↯ 150 points - 3 free periods for rest of school year.

SIXTH FORM: CLASS CHARTS

CLASS CHARTS TRIGGER POINTS

LEVEL	TRIGGER POINT	SANCTION/INTERVENTION
S1	* 4 in a half term	* House Detention
S2 (without 'Homework Issue' & 'No PE kit')	* 2 in a week within a department * 5 in a week * 10 in a half term * 15 in a half term * 20 in a half term	* Department detention * House detention + form tutor conversation and phone call home * Withdrawal of lunchtime permission to leave school site + telephone call home * SLT detention + orange report + parental meeting
S2 (Homework issue only)	* 5 in a week * 10 in a half term * 15 in a term	* Form Tutor conversation and phone call home * Monitoring (blue) report + phone call home * Parental meeting + Homework Club attendance
S4	* 4 in a half term (Declassed x1) * 8 in a half term (Declassed x2) * 12 in a half term (Declassed x3)	* School Detention + letter home * Withdrawal of lunchtime permission to leave school site + canteen community service + letter home. * Internal Isolation + parental meeting.

CLASS CHARTS SANCTIONS – ATTENDANCE & PUNCTUALITY

SIXTH FORMERS ARE EXPECTED TO BE IN SCHOOL AND IN YOUR PERIOD AT 08:45
ATTENDANCE EXPECTATION – 95%

LEVEL	TRIGGER POINT	SANCTION/INTERVENTION
PUNCTUALITY	* 3 x late in a half term * 5 x late in a half term * 7 x late in a half term	* House Detention * SLT * SLT + Letter Home
ATTENDANCE	* Missed lesson (including study + & service) * Missed lesson x 3 in a week * 'Missed lesson conversation' non attendance * Missed department detention * Missed SLT detention * Below 90% attendance as a result of missed lesson sanction	* 10 min conversation with class teacher next day at 15:15 + parental email + complete missed work. * House detention + parental email * Department Detention + parental email * SLT detention + parental email * 1 day isolation + parental meeting * Parental meeting to discuss exam entry

Any student seen in the corridors during any lesson must have a corridor pass or note in planner by the member of staff supervising. If you are unable to show this you will receive a 'missed lesson' sanction.

SIXTH FORM BURSARY

IS YOUR SON IN SIXTH FORM?

HE MAY BE ELIGIBLE FOR A BURSARY OF UP TO £800!

Bursaries are available for Sixth Form students who fulfill one of the following criteria:

- ✎ Learners in other vulnerable groups: Young people with Learning Difficulties and Disabilities but who are not in receipt of ESA or DLA or PIP;
- ✎ Young Carers;
- ✎ Learners on free school meals and/or whose families receive income-related benefits and/ or whose family income is below £16,190 per year;
- ✎ Learners whose family income is below £21,000 per year;
- ✎ All students eligible for a bursary must have an attendance record of 90% or above to be awarded the bursary.



If your son fits into one of these criteria please go to <https://www.ichs.org.uk/copy-of-notices-opportunities> for more information, and to download the application form.

Paper copies of the application form are also available in the Sixth Form Centre.

If you or your son have any queries, please speak with Mrs McDonach.

EAST LONDON INDOOR ROWING COMPETITION

On 29th January, Ilford County High School took a team of 15 students to the East London Indoor Rowing competition. The team consisted of the following students:

AGAMPREET	MOHAL	YR 10
HAMZA	ISLAM	YR 10
DHRUV	THAKUR	YR 10
AVAANIS	NARENDRAN	YR 9
JOSEPH	OLATUNJI	YR 9
STEFAN	PENKOV	YR 9
MITKUMAR	PATEL	YR 9
ADARSSH	ATHITHAN	YR 9
TALHAH	BIN-ISLAM	YR 11
YUSUF	MORTUZA	YR 8
MATHUSAN	JULIEN	YR 8
HAYDER	ALI KHAN	YR 8
ESHAN	SANGHERA	YR 8
SIMON	KAZI	YR 7
NIREN	BIHALL-DAVIS	YR 7



The students had been working hard in training and it paid off with a string of outstanding performances resulting in many medals for the team.

The photo above shows Niren and Simon collecting their medals for 1st and 2nd place in the Year 7 event. Adarssh and Joseph received medals for 2nd and 3rd in the Year 9 event (photo on the right).

In the individual races we also had Mathusan taking 2nd place in the Year 8 event, Dhruv winning the Year 10 event and Talhah securing 3rd in the Year 11 event.

At the end of the day the team combined to finish 1st place in the relay consisting of Niren, Mathusan, Asarssh, Dhruv and Talhah which capped off an extremely successful event. The photo below (on the left) shows them



collecting their medals from Andrew Triggs Hodge a three time Olympic Gold Medal winner for rowing.

Mr Smith would like to congratulate the boys and looks forward to their continued commitment as the team work towards the national competition in March. If any other students would like to try indoor rowing they are always welcome to the club on Wednesday lunchtimes in PE1.

Mr Smith (Falcon Head of House, PE Teacher)

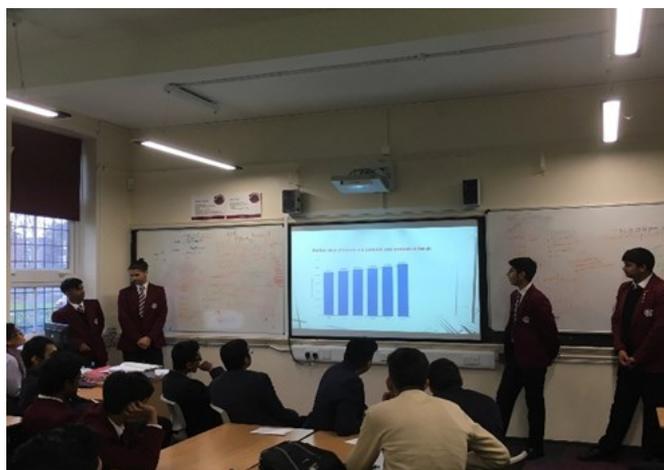


ENTERPRISE WEEK AT ICHS

In the first week of December, business ideas forged in the classroom, from the minds of students were presented during Enterprise week.

Students from Year 7, 9, 10 and 11, in groups of budding entrepreneurs, developed enterprise presentations within a range of business scenarios. Some looked to quell the dragons in the den by creating new innovative products. Others looked to find a gap in a foreign market that a new start-up company could exploit. A select few looked to the future, providing eco-friendly variations of existing products.

These creative ideas were presented to a panel of judges made up of sixth form students and teaching staff. They had the impossible task of sorting out winners from group after group of future Steve Jobs' or Elon Musks'.



Many came into the week with informative and well developed business plans. There was a transport company aiming at entering the market of the autonomous state that is Catalonia. They were armed with a creative ad campaign in Spanish and English. Another group looked to be a solution to the issue of road safety for cyclists. This group introduced a range of technologically advanced bike safety products. There was even the uncovering of, potentially, the future Amar Bose. One student, along with his group engineered a set of working speakers. These speakers were demonstrated alongside an apt presentation that aimed to make a splash into the Gamer market segment.

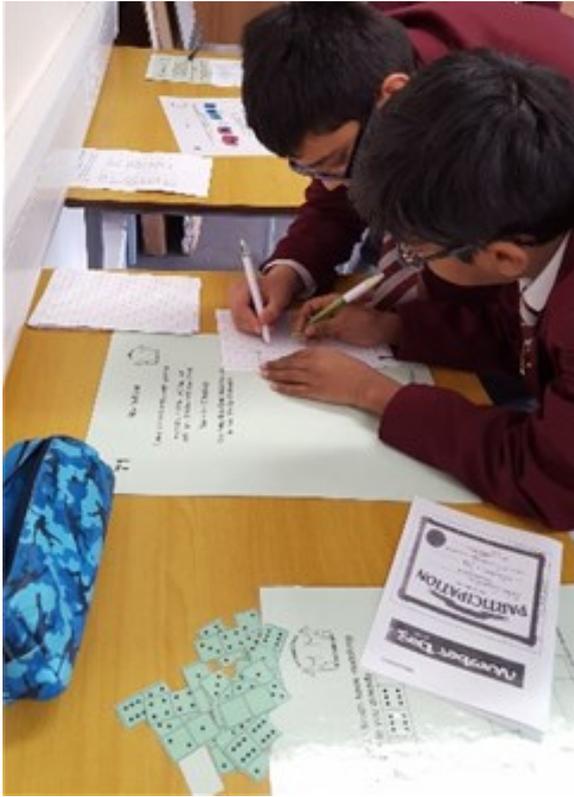
However, there has to be those presentations that stood above the rest. These included a group of year 7s who created a business of eco-friendly pencil holders. A simple yet creative design that they accompanied with sound financial calculations that are sure to please any investor. And then there was an ice cream parlour aimed at infiltrated the Spanish-speaking island of Tenerife. Alongside a detailed marketing strategy involving celebrity endorsements, this group impressed judges with a sample of their product.

In the end, enterprise day provided an introduction to GCSE business for year 9 and 10 students, provided an avenue to showcase knowledge learnt for year 11 students, a taste of what lies in front of year 7 students and above all lit entrepreneurial fires in the bellies of all the students that participated.

The event was organised and ran by S. Carter and Economics & Business Department with support from the Modern Foreign Languages Department.

Mr Carter (Economics & Business Teacher)

NUMBER DAY



This year's number day was celebrated in ICHS on Friday 2nd February with Mrs Jeshram organising activities for the students over the course of a day. They had lots of fun partaking in a wide range of engaging problem-solving tasks and thoroughly enjoyed it.

The activities required them to apply mathematical and logical skills to work out a large range of complex problems. Students who successfully completed them were awarded positive points.

Below are some of the reviews of the session:

☘ "I really enjoyed today's number day session as it was fun solving the puzzles. I would like to do this again" - Tanvir Karim

☘ "We were able to show our problem-solving skills. It was fun" – Samil Jain

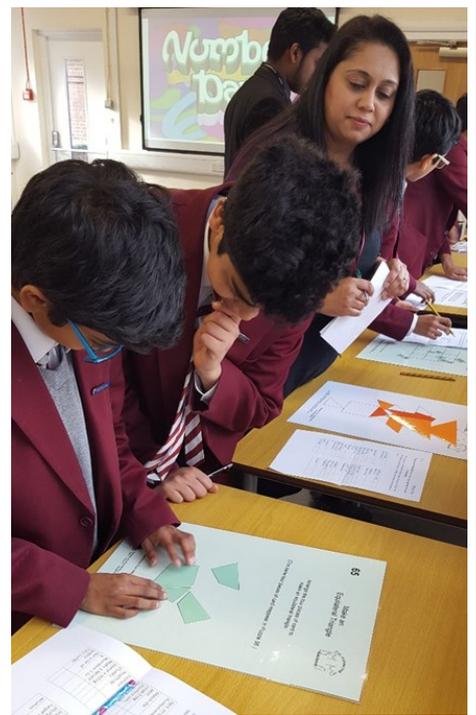
☘ "I would say the problems were challenging and jogged my mind. I would recommend it next year." – Ajwad Swalehin

☘ "The day went well and I really liked the puzzle that were available" – Summant Bobbili

☘ "The session was good and really fun" – Ibrahim Shafique

☘ "I found it really really fun. One of the best math activities I've done in ages" – Ikem Enebeli

Mrs Jeshram (Maths Teacher)



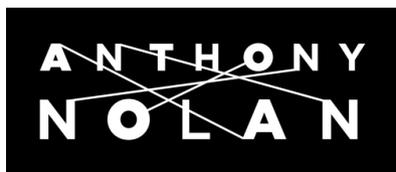
STEM CELL DONOR REGISTRATION EVENT

On Friday 26th January, ICHS hosted a stem cell donor registration event for Sixth Form students, provided by the charity Anthony Nolan. This was the school's second year of holding a registration day in memory of our former student, Harrish Pillai, who lost his fight against blood cancer in 2014.

In preparation for the event, the school wrote to parents to explain what would happen and held an information assembly, during which students were taught about blood cancers and stem cell donation.



The representatives from Anthony Nolan were delighted that 36 students and 2 members of staff registered to become stem cell donors.



**saving the lives
of people with
blood cancer**

Anthony Nolan and ICHS would like to express our thanks and appreciation for everyone who has registered as a donor or helped in organising our registration event.

Mr A Pearson (Head of History & Politics)

SPORTS TEAMS PHOTO

TUESDAY 20TH FEBRUARY 2018

Players must be at their photo 10 minutes prior to the times stated in order to get changed. Teams are based on both this year's and last year's squads. Students need to be in full correct kit stated below to be in the photo. All players must come to the sports hall after school on Monday 19th February to be given more information

Any questions please see Mr Stockill or your team's teacher.

- 09:00 Year 11 GCSE Classes (Stockill & Murdock)
GCSE Kit with Clean Trainers
- 09:05 Year 11 Football Team (Stockill)
Red Kit with Clean Astros
- 09:10 Year 11 Cricket Team (Smith)
Clean Whites
- 09:15 Year 11 Basketball Team (Murdock)
Red Kit or GCSE Kit with Clean Trainers
- 09:20 Year 10 GCSE Classes (Kelly & Smith)
GCSE Kit with Clean Trainers
- 09:25 Year 10 Football Team (Kelly)
Red Kit with Clean Astros
- 09:30 Year 10 Cricket Team (Kelly)
Clean Whites
- 09:35 Year 9 GCSE Classes (Smith & Bassan)
GCSE Kit with Clean Trainers
- 09:40 Year 9 Football Team (Bassan)
Red Kit with Clean Astros
- 09:45 Year 9 Cricket Team (Bassan)
Clean Whites
- 09:50 Year 8 Football team (Stevens)
Red Kit with Clean Astros
- 09:55 Year 8 Cricket Team (Stevens)
Clean Whites
- 10:00 Year 8 Basketball Team (Murdock)
Red Kit with Clean Trainers
- 10:05 First XI Football Team (Murdock)
Top provided bring rest of kit with Clean Astros
- 10:10 Karate (Black Belt Only)
Own Kit
- 10:15 Sports Prize Winners
Full School Uniform
- 10:20 Sports Captains (Not Vice's) (Stockill)
Full School Uniform
- 10:25 KS3&4 Swimming (Stockill & Mr P)
Full School Uniform
- 10:30 KS3&4 Badminton (Stockill)
White Kit with Clean Trainers
- 10:35 Rowing (Smith)
White Kit with Clean Trainers
- 10:40 Year 7 Football (Smith & Khan)
Red Top and Socks, Black Shorts, Clean Astros
- 10:45 Year 7 Basketball Team (Toor)
Red Top and Socks, Black Shorts, Clean Trainers



STAFF SMILING WITH THE STUDENTS:

MR STOCKILL:

- 📷 11/GCSE
- 📷 11/Football, Swimming, Badminton, Sports Captains

MR KELLY:

- 📷 10/Football
- 📷 10/Cricket
- 📷 10/GCSE

MR SMITH:

- 📷 7/Football
- 📷 10/GCSE
- 📷 9/GCSE
- 📷 11/Cricket, Rowing

MR MURDOCK:

- 📷 11/Basketball
- 📷 11/GCSE First XI
- 📷 8/Basketball

MR BASSAN:

- 📷 9/Football, 9/Cricket

MR STEVENS:

- 📷 8/Football, 8/Cricket

MR KHAN:

- 📷 7/Football

MISS TOOR:

- 📷 7/Basketball



@BelievePHQ

10 TIPS FOR MENTAL PREPARATION

1 Routine

Develop your own pre game routine which involves specific behavioural and psychological steps



8 Relax

Take a few moments to gather your thoughts and focus.



2 Cue words

Develop your own words or phrases that are specific to your own perception of a successful performance



9 Positivity

Stay positive and focus on the things that you are going to do well



3 Focus

Try and stay in the here and now. Focus on the present and don't let anything distract you

10 Be yourself

Don't copy others. Find your own ways which will help you to mentally prepare for a game

4 Goals

Set process goals to help you reach your end goal



5 Breathe

Practice deep breathing to relax your physiological and psychological arousal

6 Imagery

Take time to imagine yourself performing successfully



7 Emotions

Don't let negative emotions overcome you. Stay in control of them



CHILD GENIUS PROGRAM



**DO YOU KNOW AN
EXTRAORDINARY CHILD?**

EXPLORING THE EXCEPTIONAL LIVES OF
GIFTED CHILDREN AND THEIR FAMILIES

**We are looking for the nation's
brightest children to compete for
the title of Child Genius**

If you know a child aged 8-12 years old who would
like to take part, email us for more information at:
child.genius@walltowall.co.uk or call 020 7241 9225

**CHILD GENIUS
IS BACK**



wall to wall

A WARNER BROS. TELEVISION
PRODUCTION UK COMPANY

*Please be aware of age restrictions on social media

f www.facebook.com/childgeniusuk/ @childgeniusuk



We're on the web:

<http://www.ichs.org.uk/>

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