



Above & Beyond
on Page 2



Study Bugs and MCAS
on Page 3



Catering News on Page 4



Twitter/X on Page 12

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Friday 19th April
2024



Dear Parents and Carers,

Welcome to the first Summer Term edition of the School Newsletter. I hope you all had a wonderful break over the Easter period.

You may recall that before the break, I wrote to families to advise of our new method of reporting absence to the school, using the StudyBugs application. There is more information on this on Page 3, as well as details about the MCAS (My Child at School) website and app, and this includes important information on how to download and use these online tools. I also recently shared information about changes to the school day to accommodate the Public Exam period, so please do make a note of this.

We had a wonderful Spring Concert on Wednesday this week, and it was clear how much effort has gone into rehearsals and planning for this production, so well done to all involved, especially the performers, the Music Department and the IT technicians. It was a wonderful performance and was thoroughly enjoyed by all.

Thank you to those who voted in our Parent Governor election. The deadline for voting was today at midday and we look forward to sharing the result with you in due course. Thank you to both candidates for putting themselves forward to join our Governing Body.

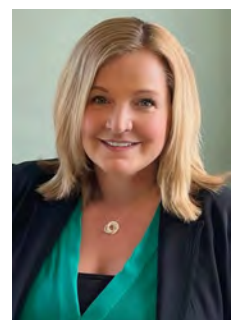
Year 10 students have been invited to their Parents' Evening which takes place on Thursday 2nd May. A letter was sent out on 16th April to advise families on booking instructions and we look forward to seeing you at these invaluable appointments. A copy of this letter, as well as letters regarding StudyBugs/MCAS and school day changes, can be found on the school website under 'Information' and 'Letters Home.'

We welcomed back our Year 9 students from Valencia who had a wonderful time. Please do check out the Twitter video that was shared and the link can be found here <https://www.youtube.com/watch?v=3qLXCxxLMvo&t=3s>

As we look ahead to the Summer Term, we have two Duke of Edinburgh trips fast approaching (Bronze and Silver) so good luck to all involved we hope the expeditions are a success and that the weather is kind.

Have a wonderful weekend

Ms M. Lester
Headteacher





Above & Beyond



The following students have been presented with the prestigious 'Above & Beyond' award for their contributions as follows;

- James in Year 9 for competing in the National Mathematics challenge and gaining a Silver Award
- George in Year 10 for competing in the National Mathematics challenge and gaining a Gold Award
- Benjamin in Year 10 for competing in the National Mathematics challenge and gaining a Gold Award
- Benjy in Year 11 for competing in the National Mathematics challenge and gaining a Gold Award
- Henry in Year 10 for competing in the National Mathematics challenge and gaining a Gold Award
- Matthew in Year 12 for representing England in U17's Rugby
- Jasper in Year 12 for Senior debut for the London Broncos (Rugby)
- Alfie in Year 11 for competing in the International Hawkstone International Motocross

The following staff have been presented with the prestigious 'Above & Beyond' award for their contributions as follows;

- Miss Adams, Librarian for the amazing and creative displays in the library and producing engaging themes and games to inspire students' reading.
- Mr Morrissey, Teacher of History for his exemplary Pastoral support.
- Miss Hemetsberger, Teacher of MFL and with responsibility for Reading for her organisation of the German Exchange and taking older German students for Work Experience.
- Miss Hawkins, Data Manager for being super helpful in setting up a programme for the Parent Governor voting system, her attention to detail and conscientiousness always outstanding.
- Ms Ware, Exec Chef Accent Catering for working so well with the Equality, Diversity and Inclusion programme this year at the school, organising decorations for the canteen, as well as bespoke menus and key food items without being asked (for example Red Nose Day, Diwali menu, Cultural Fair).



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4008 J. Neurosci., July 26, 2006 • 26(30):4002–4010

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

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We thank large contributors and My C. Hall at Tel Aviv (TN 433) for better and faster

We are really pleased to announce that we are introducing two new apps that will support our continuing efforts to expand communications and outreach programs.

Readings: <http://www.ck12.org/Book-Search> Website with 400

Studdings is a new, more efficient and easier system for expressing your child's desires that he chooses. It has been already proven to get the most things they want, to improve the family budget and to protect the interests of your child in all legal and financial matters. Studdings is composed of a set of written questions to both you, as the parent, and the school staff before each year if your child is accompanied for 1st, 2nd or 3rd year in school.

Mirrored at School/MLA/Western and Up

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- Ability to connect you with positive messages, that encourage, which helps deal with their issues
- You have to give someone positive behavioral and behavioral information. Give your own contribution
- number of skills and what you
- You will also be able to see the personal information on each child, such as: name, location, etc.
- The information on each child, which is being used to help you
- The software is designed to be able to give you details of a person

Over the coming days, we will be sending an email to those contacts with **Parental Responsibility**. It will contain a link to the Information page for **16-17** and details that will enable you to activate your account. Please ensure that you follow the **on-screen instructions**. The **on-screen details** for **David** are used as **160307070** has published a new profile which is available from <https://www.16-17.org.uk/eng/parents/parents.aspx>

Please contact support@livescribe.com if you have any issues viewing or logging in. We hope you are able to benefit from the improved communication and engagement with the subject by having access to the wireless L20 app for both of your solutions.

Please insert

Ally Hill, London
Hillier Associates Inc.



Study Says: Webinars and Apps



1987 U.S. Army Catalogue - 1988/1989 Edition



APPENDIX 1

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Why are Students?

- Helps safeguard your child** by advancing schools' provision of risk supports, so all pre-teens are encouraged to stay in their right space. Also creates the space for your child's absence from study time from you.
- Keeps you safe** – it takes around 10 minutes to get to school all day long, and know that you're not the average one who is reporting at home or in the night before.
- Confidential and secure** – Your personal data is kept secure and confidential. We will never share your data with anyone.
- Costs less to public health** by reducing environmental costs on illnesses from away – no help schools, parents and public health organisations like environmental action as early as possible.
- Guides you with official guidance from the UK Health Security Agency (formerly Public Health England)** on the latest in staying off school, based on the symptoms in illnesses you suffer.
- Helps you avoid the public health consequences** of your school being closed for 10 days.

Not for sale, use or publication in connection with the above.

<https://docs.broncom.com/knowledge-base/mcas-parent-guide/>



New Summer Menu

Week 1 Summer Menu				
Mon	Tue	Wed	Thu	Fri
MAINS <i>From £10.00</i> Portuguese Pork Piri Chicken with Couscous and potato Wedges (Ss) £10.00 Karahi Chicken Curry West Indian Spiced Tofu and Submarine Curry (Ss,MA) £10.00 Piri Piri Cauliflower Steaks with Couscous and Potato Wedges (Ss) £10.00				
GLAZED EATS <i>From £2.50</i> MONDAY: Junkie Hot Dog with BBQ Sauce (Ss,MA,Me) £2.50 TUESDAY: Love Joes - Bombay Burrito with Indian Chicken (S,MA,Me) £2.50 WEDNESDAY: Chicken Pad Thai with Sweet Chilli Sauce (S) £2.50 THURSDAY: Love Joes - Chicken Wrap of the day (S) £2.50 FRIDAY: Famous Fish Burger (S,MA,Me) £2.50				
PASTA BAR <i>From £2.50</i> MONDAY: Freshly Cooked Pasta Slow Cooked Beef Bolognese (S) Tomato and Basil (S) Mac 'n' Cheese (S,MA) £2.50 TUESDAY: Warm Cheddar Broccoli (S,MA,Me) Served with Chilli's Seasonal Salad and Garlic Bread (S,MA,Me) £2.50 WEDNESDAY: Jam and Coconut Sponge with Caramel (S,MA,Me) £2.50 THURSDAY: Warm Cheddar Broccoli (S,MA,Me) Served with Chilli's Seasonal Salad and Garlic Bread (S,MA,Me) £2.50 FRIDAY: Chicken Pad Thai with Sweet Chilli Sauce (S) £2.50				
DESSERT <i>From £1.50</i> MONDAY: Apple Crumble with Custard (S,MA) £1.50 TUESDAY: Warm Cheddar Broccoli (S,MA,Me) Served with Chilli's Seasonal Salad and Garlic Bread (S,MA,Me) £1.50 WEDNESDAY: Jam and Coconut Sponge with Caramel (S,MA,Me) £1.50 THURSDAY: Warm Cheddar Broccoli (S,MA,Me) Served with Chilli's Seasonal Salad and Garlic Bread (S,MA,Me) £1.50 FRIDAY: Chicken Pad Thai with Sweet Chilli Sauce (S) £1.50				

deliciously good food. at the heart of everything we do is our love of good, fresh and healthy food, prepared by a team who care!

Look out for our Theme Bars

JACKET POTATOES WITH ALL THE BEST TOPPINGS!

SALAD BAR Fresh every day packed with tasty choices!

MEAL DEAL Check out what's on offer today! Available for Free School Meals

ALLERGENS

Week 2 Summer Menu				
Mon	Tue	Wed	Thu	Fri
MAINS <i>From £10.00</i> Kung Pao Chilli Chicken Stir Fry with Peppers (S,MA,Me) £10.00 Classic Indian Slow Cooked Beef Lasagne (S,MA,Me) Served with Chilli's Seasonal Salad and Garlic Bread (S,MA,Me) £10.00 Kung Pao Quorn Chilli Stir Fry with Peppers (S,MA,Me) Served with Chilli's Seasonal Salad and Garlic Bread (S,MA,Me) £10.00 Kung Pao Quorn Chilli Stir Fry with Peppers (S,MA,Me) Served with Chilli's Seasonal Salad and Garlic Bread (S,MA,Me) £10.00				
GLAZED EATS <i>From £2.50</i> MONDAY: Korean Meatballs with Noodles (S,MA,Me) £2.50 TUESDAY: Love Joes - Lamb Chops, Harissa and Salad (S,MA,Me) £2.50 WEDNESDAY: Onion Bhaji Burger (S,MA,Me) £2.50 THURSDAY: Love Joes Hot Spiced Chicken Wings (S,MA,Me) £2.50 FRIDAY: African Jollof Rice with Chicken (S,MA,Me) £2.50				
PASTA BAR <i>From £2.50</i> MONDAY: Freshly Cooked Pasta Slow Cooked Beef Bolognese (S) Tomato and Basil (S) Mac 'n' Cheese (S,MA) £2.50 TUESDAY: Warm Cheddar Broccoli (S,MA,Me) Served with Chilli's Seasonal Salad and Garlic Bread (S,MA,Me) £2.50 WEDNESDAY: Jam and Coconut Sponge with Caramel (S,MA,Me) £2.50 THURSDAY: Warm Cheddar Broccoli (S,MA,Me) Served with Chilli's Seasonal Salad and Garlic Bread (S,MA,Me) £2.50 FRIDAY: Chicken Pad Thai with Sweet Chilli Sauce (S) £2.50				
DESSERT <i>From £1.50</i> MONDAY: White Chocolate Chip Biscuits with Custard (S,MA,Me) £1.50 TUESDAY: Cheesecake and Fruit (S,MA,Me) £1.50 WEDNESDAY: Jamaican Ginger Cake with Caramel Sauce (S,MA,Me) £1.50 THURSDAY: Baked Lemon Pudding with Vanilla Sauce (S,MA,Me) £1.50 FRIDAY: Chocolate Sponge with Chocolate Sauce (S,MA,Me) £1.50				

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ALLERGENS

Week 3 Summer Menu				
Mon	Tue	Wed	Thu	Fri
MAINS <i>From £10.00</i> Katsu Breaded Chicken with Steamed Rice and Kani Curry Sauce (S,MA,Me) £10.00 Steamed Chicken Steaks Katsu Breaded Sweet Potato with Steamed Rice and Kani Curry Sauce (S,MA,Me) £10.00 Steamed Chicken Steaks				
GLAZED EATS <i>From £2.50</i> MONDAY: Singapore Noodles with Chicken Teriyaki (S,MA,Me) £2.50 TUESDAY: Love Joes - Mediterranean Chicken Wrap (S,MA,Me) £2.50 WEDNESDAY: Mixed Beef Kebab Curry with Peas and Rice (S,MA,Me) £2.50 THURSDAY: Love Joes - Spicy Chicken Wrap (S,MA,Me) £2.50 FRIDAY: Remy Jars Chicken Burger with Pineapple Salad (S,MA,Me) £2.50				
PASTA BAR <i>From £2.50</i> MONDAY: Freshly Cooked Pasta Slow Cooked Beef Bolognese (S) Tomato and Basil (S) Mac 'n' Cheese (S,MA) £2.50 TUESDAY: Warm Cheddar Broccoli (S,MA,Me) Served with Chilli's Seasonal Salad and Garlic Bread (S,MA,Me) £2.50 WEDNESDAY: Jam and Coconut Sponge with Caramel (S,MA,Me) £2.50 THURSDAY: Warm Cheddar Broccoli (S,MA,Me) Served with Chilli's Seasonal Salad and Garlic Bread (S,MA,Me) £2.50 FRIDAY: Chicken Pad Thai with Sweet Chilli Sauce (S) £2.50				
DESSERT <i>From £1.50</i> MONDAY: Lemon Cheesecake (S,MA) £1.50 TUESDAY: Steamed Beef Bolognese with Custard (S,MA,Me) £1.50 WEDNESDAY: Nutella Baked Tart and Custard (S,MA,Me) £1.50 THURSDAY: Rhubarb and Custard Cake (S,MA,Me) £1.50 FRIDAY: Sticky Toffee Pudding (S,MA,Me) £1.50				

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Look out for our Theme Bars

JACKET POTATOES WITH ALL THE BEST TOPPINGS!

SALAD BAR Fresh every day packed with tasty choices!

MEAL DEAL Check out what's on offer today! Available for Free School Meals

ALLERGENS



New Snack Pod

We are excited to announce the opening of our new 'Snack Pod' in the playground area. This will be open at break and lunch time for Students in Years 7-11 from Monday 22nd April. Below is a sample of what will be on offer;

MORNING BREAK

A selection of different hot items such as Pizza, Wedges/Twisty Fries/Potato Puffs, Quesadilla's, Burritos, Jamaican patties.

DRINKS

Water
Radnor Splash
Radnor Fizz

LUNCH

Sausage rolls
Steak/Chicken Slice

SNACKS

Popcorn
Nachos
Waffles
Homebakes
Jelly
Fruit
Chocolate Mousse



German Exchange

We are pleased to announce that we will be offering the **German Exchange Trip** again next academic year to pupils in **years 8, 9, and 10** who study **German** as an academic subject at Ravens Wood.

The programme has been very successful for several years with many pupils forging strong friendships with their partners.

We travel to a place called **Leer in Germany**, close to the Dutch border. Your son will **stay with a German family for a week** in the second Autumn half term. He would **meet up with the other Ravens Wood pupils every day during the week** and take part in a number of activities planned for us by our German hosts. Last visit's activities included visiting a **local history museum** and a **traditional German Christmas market**, as well as going on a **walk with alpacas!**

The trip has been going strong for over 30 years and the MFL department remains very committed to its continuation because it enables our **students to experience a different culture** and to **discover the German language outside of the classroom environment**.

More information will be shared via an **information letter** to those who have registered their interest. To do this, please **email** ahe@rws.uk.net with the subject line **"German Exchange 2024"** and your child's name and current form group **by 3rd June**.

"I really enjoyed visiting Leer and experiencing German family life."

"I would recommend the trip as it's good life experience and you get to visit new places."

"I met lots of new friends."

"I learnt independence and lots of new vocabulary."



Science

This week, seven of our fantastic Year 8 Scientists took part in the Institute of Engineering and Technology's Faraday Challenge 2024. This is a national STEM competition, involving nearly 300 schools across the UK, with the final taking place at Silverstone later in the year. The Challenge was hosted by Darrick Wood School, and our team competed against other local schools, including Darrick Wood, Charles Darwin and Bullers Wood School for Girls.

The students were given an engineering brief by National Highways and The Rees Jeffrey's Road Fund (which we have to keep secret!) and have had to work collaboratively to design a prototype model that could solve a real-world problem. The team allocated roles, with Noah taking on the important challenge of being the group accountant, in charge of managing how many 'Faradays' the team were spending at the shop on equipment for their model.

The team's first challenge was to take on the 'Engineering Apprenticeship' to build an electrical circuit involving a buzzer. From here, they had two hours to design and build their prototype, as well as time to plan how they would present their ideas at the end of the day. The Ravens Wood team did a fantastic job of their presentation, commenting on how they could improve their design to make it more sustainable, and being critical of how they worked as a team. Overall, the Ravens Wood team scored 76 out of a possible 100 points, and were crowned the winning team for the day!

Congratulations to Arjun, Alexander, Noah, Jonathan, Oliver, Owen and Tyler - what a fantastic achievement!

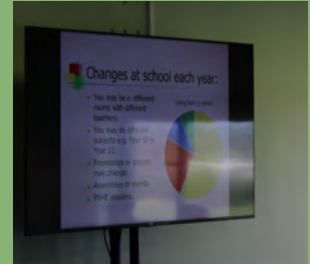
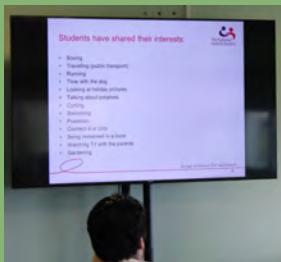
Miss Winter
Teacher of Science



AUTISM AWARENESS

For ASD Awareness Month, the Speech and Language Forum took place on 27th March with students and parents participating. Some of our older students shared experiences from their own time at school and tips for younger students as well as advice for the future. Everyone enjoyed the afternoon, it was a great success. Thank you to everyone who attended.

Mrs McDonagh and Marco, Student, Year 11



Attendance

1st Place with 97% - 9A, 7A, 7E & 7D

2nd Place with 96% - 11G & 8D

3rd Place with 95% - 7F



Dates for your Diary

A Level Art Practical Exams - w/c Monday 22nd April

Duke of Edinburgh Bronze Expedition - Friday 26th - Saturday 27th April

Duke of Edinburgh Silver Practise Week - Thursday 2nd - Saturday 4th May



Please check the SOCS website for regular updates regarding sporting fixtures
<https://sport.rws.uk.net>



Basketball News



The Year 8 Basketball team have made Ravens Wood history by becoming Kent Cup Champions and winning the competition for the first time in 12 years! The boys made the final for the second time in the last two years and secured a strong win against Bullers Wood School for Boys with the end result being 65-46 to Ravens Wood. It was a team effort all round with notable performances and lots of points on the board from Larry, Orion and Charlie.



BROMLEY SCHOOLS'
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Teacher Training
Excellence Through Experience

TEACH

Could you be the teacher who makes a difference
to the lives of young people?

Call 0208 300 6566 or

email your CV to administrator@gradteach.uk to
discuss your first steps in to the profession

Wellbeing

KoothTalks training: How you can support your pupils to manage exam stress

Please complete this form (link below) if you would like to attend this 45 minute virtual training session on how you can support your pupils to manage exam stress.

The training will cover the following:

1. An overview of how Kooth works as a mental health service
2. How to support your pupils to manage exam stress
3. How we support you to refer young people to Kooth
4. Tips when talking to young people about their feelings
5. Q&As



Don't worry if you are unable to attend any of the live date(s) we're offering. Simply select the 'I cannot attend' option below and we will send you a recording of the session and related resources.

*Please note that Kooth do not pass on your personal data to any external party that we have collected through your personal registration. Your information may be used to send future Kooth correspondence, if you wish to opt out, please click 'No thank you' in the final question on this form.

BROMLEY Y
Building Strengths

Summer 2024

**Parent/Carer Webinar Dates
May - July 2024**

Helping Your Child with Anxiety for Primary Parents	Helping Your Child with Anxiety for Secondary Parents
Weds 8th May @ 1:00pm Sat 6th Jul @ 10:00am	Sat 18th May @ 10:00am Thurs 6th Jun @ 1:00pm Weds 10th Jul @ 10:00am

Emotionally Based School Avoidance	Helping Children with Sleep for Primary Parents
Thurs 2nd May @ 10:00am Weds 19th June @ 4:00pm	Sat 29th Jun @ 10:00am Mon 15th Jul @ 10:00am

Changing from Primary to Secondary School
Thurs 9th May @ 1.00pm Thurs 27th Jun @ 4:00pm Sat 20th Jul @ 10:00am

Scan QR code to Book



How To Reduce Exam Stress

Time Management

Seek Support

Break Tasks Down

Balanced Lifestyle

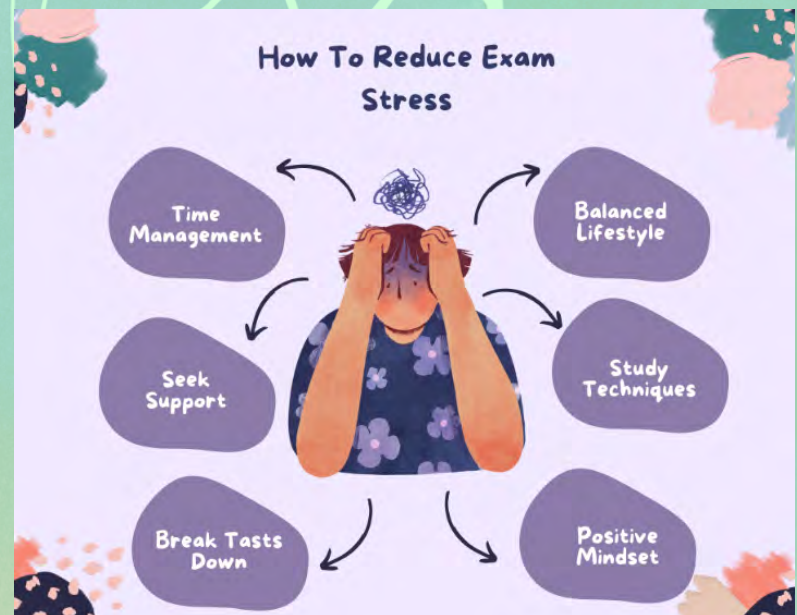
Study Techniques

Positive Mindset

https://docs.google.com/forms/d/e/1FAIpQLSdi3U4FINkn3_JHnSGh0R9gEftgkExHY99ZNhQwAy2VWo-xPg/viewform

Please follow this link to register;

https://docs.google.com/forms/d/e/1FAIpQLSdi3U4FINkn3_JHnSGh0R9gEftgkExHY99ZNhQwAy2VWo-xPg/viewform



RWS Sixth Form News



Preparing for Success

RWS Scholars Programme



It has been a busy but exciting week for the RWS Scholars Programme. We were fortunate to welcome two fantastic guests in Charlotte Regan, award winning film director and ex Head Student Chris Leek. Charlotte hosted a screening of her latest film 'Scrapper' followed by a Q&A session about her career so far and gave some fantastic advice to our Media and Film students about their next steps with the industry. Chris Leek delivered an engaging and emotive seminar to all Yr12 and Yr13 students about his successful Arch to Ac challenge. Chris discussed the importance of resilience, ambition goal setting which are all very much part of our RWS core values. Thank you to Miss Hollingsworth and Mr Lewis for organising such excellent events. This year, we have held 11 seminars with 989 individual attendees.

#LearnLeadExcel

#RWSCoreValues

#StudentEnrichment

#BeyondTheClassroom



Key Dates



Please see some key dates for your diary. These have been shared with students and further information for some of the key events will be shared in due course

Date	Event	Notes
Tuesday 30th April	Yr13 Structured Revision Programme launch	Students will have an assembly
Wednesday 8th May	Yr13 Leaver's Breakfast	Parents/Carers will receive an invite and further information
Monday 13th May	A Level Exams	This is the official start date of A Level qualifications
Tuesday 4th June	Yr12 UCAS and Next Steps Event	Universities, Apprenticeship providers and employers will be attending
Monday 24th June	Yr12 EOY Assessments	Students will be on study leave. Timetable to be shared next week
Monday 1st July	Yr12 Work Experience	Any Yr12 student struggling to get a placement should speak to Mrs Borley

HOW TO TREAT HAY FEVER

Hay fever is very common, affecting 1 in 5 people at some point in their life. There are lots of different ways to relieve your symptoms - here are some common treatments:

Antihistamines

Antihistamines block the action of the chemical histamine, which the body releases when it thinks it's under attack from an allergen. Antihistamines, such as BENADRYL® Allergy Relief, help to relieve 7 symptoms of an allergy; itchy nose, runny nose, sneezing, itchy eyes, watery eyes, hives and itchy skin.



BENADRYL® Allergy antihistamines are available in tablet and capsule formats. BENADRYL® Allergy Natural Relief Nasal Spray (from birth) is a medical device.

Nasal Sprays

There are a number of nasal sprays available to help with allergy symptoms too; including saline sprays and corticosteroid sprays such as BENADRYL® Allergy Natural Relief Nasal Spray

Saline sprays can be used to help cleanse your nose, whilst corticosteroid sprays help to relieve nasal congestion and other nasal allergy symptoms. They work by reducing inflammation in the nose.



BENADRYL® Allergy Natural Relief Nasal Spray (from birth) is a medical device.

Antihistamine eye drops

These are very effective at treating hayfever symptoms affecting the eyes including redness, itchiness and watering. The drops that contain antihistamine which help to reduce any inflammation.



Decongestants

Some people can experience nasal congestion when suffering from allergies. Decongestants can help to alleviate nasal and sinus congestion by shrinking swollen blood vessels in the nose. This opens your nasal passage, making breathing easier. You can get them in tablet, capsule and nasal spray formats.



BENADRYL® Allergy Relief Plus Decongestant Capsules contain both an antihistamine and a decongestant and is available in pharmacies.

Hayfever Season Advice



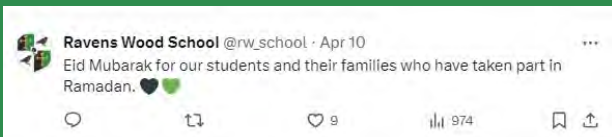
- Always carry tissues - some brands offer allergy specific tissues/wipes that help remove pollen and allergens
- Take once-a-day anti-histamine before leaving for school in the morning.
- Wear wraparound sunglasses when outdoors – this protects the eye surface from exposure to pollen.
- Wash your hands regularly to avoid transfer of pollen.
- Avoid rubbing your eyes – this can be tricky when they are itchy but will aggravate your symptoms
- Avoid contact lens wear during the day (pollen count is lower at night) as pollen can accumulate on the lens surface and make your lenses uncomfortable.
- Switching to Daily Disposable lenses during the summer months can help as using fresh lenses at each wear will limit irritation.
- Wear your glasses on days that the pollen count is high.
- Medication that needs to be administered at school should be taken at break or lunch time. Medication can be kept at school as long as parents/carers have completed a consent form.
- <https://forms.zohopublic.eu/RavensWoodSchool/form/RavensWoodSchoolMedicines/formperma/anVh6Dhc6kr74OgjAIHPwGhhWcSs3LIMf1EAfgScVw>

Learn To continually explore and discover new skills, ideas and knowledge

Lead To lead by example and inspire those around you

Excel To be the best you can be through effort and endeavour

@rw_school @rwspe @RWSMusicDept



#WeAreBlackAndGreen ❤️🌱