



Dormers Diary



From the Headteacher

Welcome to the final Dormers Diary of the academic year 2021. And what a year it has been! With challenges a-plenty and rarely a dull moment it was a year like no other, but I am delighted to report that due to the hard work, resilience, and determination of all the students and staff here at Dormers Wells, there is a great deal to celebrate this year and so much of which to be proud.

During this time staff and student wellbeing has been at the top of our agenda as we adapted to the constraints of working in a pandemic. A 2020 study, reviewing 27 studies on the impact of yoga on mental health for adolescents and children, found that yoga generally leads to a reduction in anxiety and depression, and this has borne out by the yoga sessions Ms. Bing runs for our 6th form. These classes will continue next year so please consider signing up to this extra-curricular class.

I am very grateful to the Year 7 team for organising a 'drop down day' which allowed our Y7 students, who have been working in a 'year group bubble' this year to take part in lessons outside of their bubble. This enabled them to have practical lessons in the performing arts department, design & technology department and also to take part in practical science lessons. The day ended with a prize giving event and I was honoured to present over 90 students with medals of excellence for the exceptional work they produced over the year.

I must also mention how proud I am of Y10 student Mustafa. He recently won the Jack Petchey award for his kind actions when he stopped the traffic to support an elderly gentleman cross a busy road. His actions embody what it is to be a DWHS student and exemplified the DWHS character values through his actions.

We achieved excellent examination results last Summer and I am confident of a repeat performance this August when the GCSE and A Level results are published. Last year 97 per cent of our university applicants secured places at their first-choice institutions and we hope that our current Year 13s can emulate that success. As all teachers will attest, seeing students fulfil their ambitions is one of the greatest pleasures that our vocation offers. The summer break will be a well-deserved rest for those who have worked so hard.

This is also a time when we welcome our new Year 6 students, all 240 of them, who will start in September. Each student had a personal interview with Dormers Wells staff, providing families with details of the school and the opportunities they can avail of in September 2021. We look forward to working with them and helping them realise their potential. And, of course, we'll be welcoming back many of Year 11s to our thriving Sixth Form.

I wish you all a safe and restful summer break.

Ms R Walsh
Headteacher



From the Head Boy and Head Girl

As the end of another academic year approaches us, it provides us with an opportunity to appreciate the outstanding work ethic of our vibrant school community as seen through the numerous academic achievements made by our students across the school. Here at Dormers Well High School we strive for academic excellence as well as upholding our core school values of determination, wisdom, service, and honesty. Notably, Mustafa Abdor Rahlmzy in Year 10 has received much acclamation for showing service outside of school, as a result, Mustafa has received the Jack Petchey Foundation Award for his positive contribution in society and has received media attention from the Ealing Times. Furthermore, we would also like to congratulate all the students who partook in the Jack Petchey Speak Out challenge and we hope that this experience of public speaking on issues that matter to you has bolstered your confidence.

On the other hand, following the stressful round of exams, our Year 11s finally departed for their much-anticipated summer break, with many planning on returning to Dormers in September to become our new Year 12s. Moreover, this academic year has been far from easy.

We have had our ups and downs both at school and maybe in our personal lives too, and all of us have been in some way affected by COVID-19 which momentarily engulfed our lives; therefore, we should be proud of our school community, our teachers who have meticulously planned our lessons to ensure that we may produce work to the best of our ability, and most of all we should be proud of ourselves for coming this far. We hope that our students and teachers take this time to remember their individual victories from this year, whether it be big or small, but it is a victory, nonetheless.

Ultimately, we hope that our students, teachers, and their families have a safe, well-deserved summer break, and we are looking forward to seeing you all in the new academic year in September.



Good Deeds at Dormers

We are so proud of Mustafa, for winning the Jack Petchey award. Mustafa stopped traffic to help an elderly man cross the road and supported him to his door, as well as other outstanding contributions in school. He has also decided to spend his £250 grant on equipment for the school. His contributions have been spotted in Ealing Times news and praised by the Jack Petchey Foundation. We love to see, recognise and appreciate the good deeds and hard work amongst our school community. Mustafa has demonstrated all of the character values Dormers Wells High School stands for and been a shining example for those around him. Well done. If you would like to read the article, you can find it [here](#).

Year 7 drop down day

Year 7 students recently enjoyed a drop down timetable. The day started with a year assembly which was followed by a mathematics challenge. Then all students participated in creative lessons which were delivered in specialised rooms; activities ranged from playing the African drums to making truffles. Others created beautiful clay pots and stunning art work. In the afternoon students learnt key lab skills when they took part in an extended science practical session. At the end of the day students regrouped in their forms to celebrate excellence with a number of students being awarded a medal to celebrate their determination and commitment to high standards.



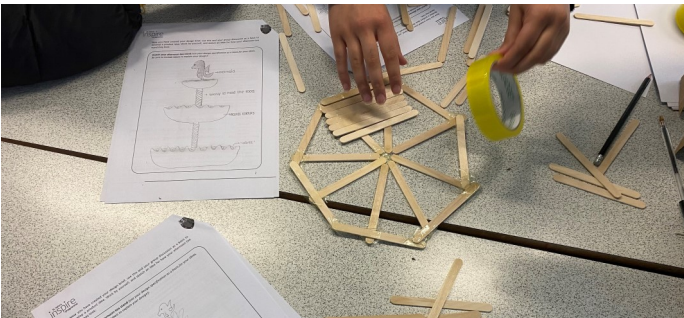
Remember!

Your username and password belong to you ... and only you.

Don't give your username or password to anyone, unless they are your parent or guardian.

Oxford Inspire

The Year 10 Oxford Inspire students were back into the classroom for an in-person session this term after a year of being online. In this exciting first session the students developed their understanding of product design and how to meet design briefs. They were given a brief to plan, sketch and model a 3-tiered cake stand for Tommy Teas café who wanted to start offering afternoon tea options. The students were incredibly creative coming up with many different design concepts and themes such as 'under the sea', vegan friendly and abstract art inspired. The students showed real imagination and clearly we have some promising young designers for the future.



Teen Yoga

Yoga has arrived at DWHS! Ms Bing, our Curriculum Leader for Science, is also a trained Teen Yoga teacher and is passionate about the impact that yoga can have on wellbeing. Early studies suggest that yoga can have positive impact on wellbeing both for adults and adolescents. A 2020 study, reviewing 27 studies on the impact of yoga on mental health for adolescents and children, found that yoga generally leads to a reduction in anxiety and depression. Studies undertaken by the Teen Yoga Foundation have found that yoga can reduce the level of stress hormone in the blood, not just during the activity but throughout the day too. They also found that it reduced problems with sleep and increased feelings of connection, focus and positivity in teenagers.

Studies in this field are growing, and the results are exciting. Ms Bing currently runs after school sessions with 6th form students. If your child is in year 12 and would like to access yoga, they can contact Ms Bing directly via email or on teams. To find out more about yoga for teenagers please visit <https://teenyogafoundation.com/>

"I felt better and more relaxed. When I went outside, I felt more present and appreciated the sun and the breezes"

Upcoming Dates

| | |
|-----------------|---|
| 3rd Sept | Year 7 Induction day Year 12 Induction Day Year 12, 7, & 10 Photographs |
| 6th Sept | Whole School Returns |
| 9th Sept | Year 11 & 13 Celebration Event |
| 16th Sept | Year 7 11 12 Focus Evening |
| 23rd Sept | Year 6 Open Evening (5.00pm to 8.30pm) |
| 25th – 29th Oct | October half term |
| 1st Nov | Return to school |

Wellbeing Message

Summer Holidays

We are now turning our attention to the summer holidays and looking forward to the freedom from school that this brings. For many of us this is a relaxing time, however, for some of you, you might find yourself feeling nervous about school breaking up and the lack of routine it may bring along with not seeing friends or have the support of your teachers. The long stretch of days may seem boring with very little to do and this may be a worrying prospect.

Coping with the summer holidays

- Feeling lonely

It's normal to miss your friends and feel lonely during the summer holiday, you may even feel sad or down.

Think about who you would like talk to. This may be a family member or a friend. If you find it difficult to talk to these people you can contact a counsellor on Childline <https://www.childline.org.uk/get-support/> or read the messages on their message board <https://www.childline.org.uk/get-support/message-boards/boards/threads/?roomid=251>.

- Not getting along at home

When we are all at home together it can be harder to all get along and you might find you argue more. If you are worried you could talk to your parents about this, there are some useful tips on how to do this here:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/getting-help/asking-adult-help/>

Finally...

During the holidays it's important to be aware of where you can get help if you need to. If you're concerned about your own safety or the safety of a friend you can contact a Childline counsellor for free on [0800 1111](tel:08001111). or Young Minds, if you need urgent help text YM to 85258. It's free 24/7!

Your call could be related to Female Genital Mutilation (FGM), forced marriage, being a young carer or neglect. You can speak to Childline about anything and any time.

I would like to wish you all a peaceful summer holiday and I look forward to seeing you in September.

Head for the Hills

June saw our very first trip of 2021 and it was a fantastic day. Some of our young people ventured to Surrey Hills doing their Silver Practice for the Duke of Edinburgh Award. The hikers travelled miles carrying all of their equipment on their back in the blistering sun, proving and displaying resilience, hard effort and team work as always. Bronze practice was achieved in late July, this year saw record numbers of Silver adventurers, 24 young people well on their way to completing their full award.



Year 7 Windrush Workshop

A selection of Year 7 History students were lucky enough to take part in a Windrush Workshop hosted by Grace Quansah which took place over 2 sessions. The first session, a zoom call with Grace, allowed the students to learn about the story of the Windrush and Grace's life and her links to Windrush. During this session, students also considered and discussed how it would have felt to be a child travelling to Britain in 1948. In the second session, students then took what they had learnt and produced a creative project to showcase how children on the Windrush would have felt on arriving in Britain. The finished projects included some amazing poems, informative posters and even a model of the Windrush ship itself!



Art of the month

This self-portrait is by Sugina Uthayakumar in 9SN and is inspired by the work of artist Chuck Close. The portraits are a record of the times we have all lived through since the pandemic started. Instead of creating art that ignores the pandemic, these confront the viewer with the reality we have all lived.



Year 8 Mathematicians

Year 8 students in Maths got involved in creating tessellation patterns. This fun, 'hands on' activity helped them understand the properties of internal and external angle sums of polygons thoroughly. Some students went well above and beyond with their imagination, creating amazing artefacts out of fabric, after extensively studying the topic of transformation. Students demonstrated their knowledge of congruent shapes by using combinations of regular shapes while rotating, translating and reflecting these. A special 'Well Done' to Josaiah, Marc, Ibrahim, and John for creating a colourful 3D DWHS Logo.



Farewell Year 11!

After completing their final summer assessments Year 11 embarked on a programme of studies designed to get them ready for life after key stage 4, whether they are joining us as sixth formers or moving on to a new provider. First they had "love of learning week" where teachers were able to share their greatest passions in their subject area with the students, covering topics not necessarily included in exam board specifications. In the second week students had a variety of workshops from employers, financial charities and universities. These included a variety of topics to prepare students for life as young adults including managing their money, writing CVs, motivating themselves and becoming independent learners, taking part in interviews and writing their CVs. In the final week the students became Year 12s with taster sessions for A-Level and BTEC subjects and events with local colleges and other providers. The feedback from those external providers working with our students was very positive so well done Year 11 and best of luck with the next step in your education.

Boxing Club

Since returning from lockdown, these students have been involved in the Boxing Club every Tuesday after school where they have learnt the stance, footwork and basic combinations. They have put in a tremendous amount of hard work turning up every week to better themselves and their peers and they have now formed a new found respect for each other. They have all shown incredible talent and dedication being able to learn new movements and implementing them week on week, and they all have a future in the sport should they choose to pursue it further in the local clubs we have in the Ealing borough. We hope to involve more students next year should the government guidance at the time allow us to and Staff are more than welcome to come down and see the students in a different light. Please congratulate them all when you see them.

(Left to right – Saiful 10AL, Mustafa 10SM, Sabir 10PC, Prince 10SL, Pedro 10DE, Joshua 10PC, Aaleesha 10PC)
Others not in the photo – Ahmed 10GC, Eesar 10PC, Ashley 10SM



What are staff reading this summer?

| Staff member | Book | Genre | What is it about? |
|--------------|---|-----------|--|
| Ms Cole | 'The Mountains Sing' by Nguyen Phan Que Mai | Fiction | Set in Ha Noi, Vietnam, in 1972 this is the story of one family, two generations of women and a war that will change their lives forever. |
| Mr Marker | 'The Passenger' by Ulrich Alexander Boschwitz | Fiction | First published in 1939, this is a recently rediscovered thriller set in Nazi Germany that provides a historical testimony from a real-life refugee. |
| Miss Dunn | 'Mr Loverman' by Bernardine Evaristo | Fiction | Revolves around Barrington Walker and his struggle to admit his sexuality to his friends and loved ones. Heartfelt and very funny. |
| Ms Symonds | 'The Silk Roads' by Peter Frankopan | Factual | Focuses on the History of the world from a non-western perspective, looking at how great empires in the East have often been forgotten. Tracks the history of the world through the trading links between east and west and the rise and fall of numerous empires. |
| Ms Tippins | 'Beyond the Tape' by Dr Marie Cassidy | Biography | Marie Cassidy was Ireland's State Pathologist from 2004 until 2018. During that time, she was involved in many high-profile cases. In Beyond the Tape, she invites us into the world of forensic pathology, and shares her remarkable personal journey, from working-class Glasgow to becoming Ireland's head pathologist. |
| Ms Eastmond | 'Small Pleasures' by Clare Chambers | Fiction | 1957, the suburbs of South East London. Jean Swinney is a journalist on a local paper, trapped in a life of duty and disappointment from which there is no likelihood of escape. When a young woman, Gretchen Tilbury, contacts the paper to claim that her daughter is the result of a virgin birth, it is down to Jean to discover whether she is a miracle or a fraud. As the investigation turns her quiet life inside out, Jean is suddenly given an unexpected chance at friendship, love and - possibly - happiness. But there will, inevitably, be a price to pay. |