



# Lampton School News

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Oct 18th 2019

Welcome back everyone and to all our new students welcome to Lampton

## Prudential ride London

Throughout last year 14 year 12 students were in rigorous training to ready themselves for possibly their biggest ever physical challenge. 14 students from Lampton volunteered themselves to be a part of the 'Prudential Ride London' and challenged themselves to ride 46 miles across London in August 2019. Training began in earnest when the brand new Raleigh Hybrid bikes accompanied by helmets, locks and lights were delivered to school in March. The pupils met with Olympic level boxer Hannah Beharry to discuss how to get the best nutrition for not only race day but the training that lay ahead. The excitement levels were high and the first training ride around Osterley park was booked in! It was only on this first ride the students really began to understand the challenge that lay ahead. Some riders were already accomplished cyclists and their challenge was to get the best time possible around the 46 mile course, others were novices and had never cycled before, their challenge was to finish! The training continued through the rain and mud of Osterley park and the hills and forest paths of Richmond park accompanied by teachers Mr. Barnston and Mr. Mullally. Sunday August the 4th was Race Day and the capital city was packed with crowds coaxing the riders through the gruelling route! The Lampton team quickly spread throughout the pack and we had some racers competing to finish in the top 10 for the 'Prugoals School Challenge' and some students with their heads down and giving the pedals all they had to get up numerous hills and difficult patches of the course. The trail took the riders from the Olympic velodrome in Stratford, through London's City, past the Tower of London and Trafalgar square and then out towards Richmond Park and Kingston.



The riders faced their steepest challenge yet as they reached Wimbledon hill but the crowd here was electrifying and all of our riders were now on the homeward leg! The ride reached its conclusion on the famous Mall in front of Buckingham Palace where every member of the team was met with rapturous applause by their fellow competitors as well as team mates! ALL 14 students and 2 teachers completed the race which was an INCREDIBLE achievement considering the levels of cycling ability the students began with. Some students finished in the top 5 of the Prugoals school challenge and even made it on to the BBC coverage of the race day! The students then got to kick back and relax with some free food and drink in the VIP area whilst watching all the remaining competitors cycle through the finish line! It was an incredible journey and one which not only saw each of the students receive a free bike but also gain an immense sense of pride from the challenge they had overcome and the medal that now sits proudly in their bedrooms!

WELL DONE TO ALL THE RIDERS FROM LAMPTON LISTED BELOW! We're very proud of you!

A Ahmed, A Bassi, J Grewal, M Hassan, Z Ibrahim, N Jaffer, S Jonnalagadda, V Kulkarni, A Maredia, A Sharma, P Sisodiya, D Valamootoo, M Vimalendrakumar, J Williams.



### Attendance phone numbers:

Year 7 – 11: 0208 538 4704

Year 12: 0208 538 1814

Year 13: 0208 538 4700

### Key Dates

21-25 October Half Term holiday

28th October Occasional Day

13th November 6th Form Open Evening

14th November CPD for staff early finish for pupils 2.50pm

19th November Year 13 Sociology Trip and Key Stage 5 Geography trip

20th November Year 9 Parents Evening

25th November Year 7 trip to Tower of London

27th November Year 11 parents evening

29th November Occasional Day

Make sure you add the calendar to your phone or tablet—go to Subscribe to Full Calendar on the website.

### Finances:

We need to raise at least £50k to help fund the exciting Canteen project. We received about 95% of the funding but the school needs to come up with the rest. If you can help please contact the FinanceOffice@lampton.org.uk

Thank you

### GDPR Update:

Our newsletter is a little sparse on photos as we are sorting out all the consents to comply with the new GDPR legislation.

Please help the school raise much needed funds. No cost to you or the school.

<https://www.easyfundraising.org.uk/> and search for Lampton School—Thank you

## European Day of Languages

On the 26th of September we celebrated European Day of Languages. A day celebrated across Europe to promote language learning. Many of our students at Lampton speak languages other than English and this is always a great opportunity to share our heritages with each other.

To celebrate the Modern Foreign Languages Department organised form time activities and competitions for Year 7-9. We also ran an inter-language competition for Year 10 where specially selected students translated sentences from English into French, Spanish and German. All of the students did very well but in the end, Spanish claimed the victory. Thank you to Mr Quintana for organising all of these activities.

With the help of Chef Dave we also created a special menu for this occasion. Students could choose between Borscht, Currywurst, Paella, Boeuf Bourguignon and Cinnamon buns. The menu was a great success and everybody enjoyed our European food offers. Thank you to the kitchen team for working so hard to put this together.

We are already looking forward to next year!



**European Day of Languages Menu**

**Soup**

 **Borscht**  
An Eastern European Beetroot soup 

**Main**

 **Beuf Bourguignon with mashed potato**  
A traditional French beef dish 

 **Vegetarian Paella**  
A traditional Spanish rice dish 

**Street food**

 **Currywurst**  
A German pork sausage with curried ketchup 

**Dessert**

 **Cinnamon Roll**  
A sweet Danish pastry with cinnamon and icing 



## Results 2019

A massive congratulations to all students who received their GSCE, A Level and AS Level results at the end of August. We are so proud of your achievements. Many students received offers and now embarking on their next steps at University. We are also very lucky to have many of you returning to study 6th form with us.



## BBC visits Lampton

On the 4<sup>th</sup> of October, The BBC crew visited Lampton School to interview Miss Berboucha and the students who are working on the Genome Decoders Project, a collaborative bioinformatics research programme. Aimed at identifying all the genes in the DNA of the human whipworm, a tropical parasite responsible for widespread diseases. The project was such a great success that the BBC wanted to see them curating genes manually using Apollo programme. On the same day, they aired at 6.30 on the BBC 1 London news programme. The link will follow in the next newsletter so you can watch them communicating their research project and their aim for the future.



## Creative Writing Project - Agents for change

Lampton School is very lucky to be involved in a project that works towards the BBC Young Writers Award in Spring 2020. The BBC Young Writer's Award looks for the best new writing from teenagers, and considers all entries on the basis of quality and originality of prose and narrative voice. This Award aims to encourage and celebrate the next generation of short story writers. The shortlisted writers for the BBC Young Writers' Award will have their stories featured on the BBC Radio 1, Cambridge University and First Story websites, with their stories broadcast on a special Radio 1's Life Hacks Podcast, and published in an anthology. Students will then be matched up with remote mentors. Our mentors are award-winning published authors who will edit writing, provide feedback and encouragement via email to the students. This is a great opportunity for the students to learn from inspiring writers and develop their skills. Some of the authors involved in this project are:

### Theresa Lola

Currently the Young People's Laureate for London



### Evalyn Lee

is an Emmy Award-winning news producer, who worked for CBS News in New York, for twenty years, both in radio and television, including seven years at "60 Minutes."



## Rugby news

For the past five weeks, coaches from the Twickenham based professional rugby club Harlequins, have been coming into Lampton School to deliver high quality rugby training sessions both in lessons and after school on a Thursday. Over forty male and female students attended Thursday rugby training from years 7-11, many of whom received mouth guards and Harlequins jerseys from the Coaches. Coaches James, Richard and Natalie have delivered engaging rugby sessions to year 10 and 11 students during PE lessons. Coach Richard has been preparing a group of ten year 10 boys for a tournament taking place at Staines Rugby Club on Thursday 7<sup>th</sup> of November, where Lampton School students will compete against other schools from the Hounslow and Richmond Borough. Year 10 student Aarush Ram also attended a day of rugby coaching at Twickenham Stadium, hosted by former England international rugby players affiliated with Harlequins.

## Black history month and mental health day

Mr Gayle and Mr Matsvai did a moving, thought provoking and inspiring reflection on the nature of identity to launch black history month this October 2019. We also had a special themed lunch with musical performances from the students and displays in the hall. One of the recipes created by David and team in the canteen was Goat Curry thank you to Mr Gayles mum for the recipe.

On Mental Health Day again we had a themed menu all about brain food which started with a free breakfast for students of scrambled egg tacos and Rude Health porridge. Lunch consisted of BBQ hake parcels and mackerel with caponata. Chef David had also prepared literature that was distributed explaining the benefits of all the ingredients on your mental health and wellbeing. Staff and students were participate in random acts of kindness and wear yellow to support the day. Miss Bolton has also been working very hard to raise awareness about good mental health and has been working closely with the mental health charity Mind recently just organising training for the staff on this important issue.



## Science News

Year 12 physics students Ali, Jaya, Nikhita, Daniella, Angela and Aaron have been selected as the Engineering team for this year. They attended the launch at BP on 17th October and received their project brief 'Trashbot!'. Over the next 6 months, they will be working with John Goodey from BP to develop a robot designed to automatically find and remove plastic waste from beaches.

On 16<sup>th</sup> October, we hosted a London West Ogden Partnership workshop for local science teachers and technicians, focussing on the GCSE Physics required practicals. The session was led by Niloufar Wijetunge from the IOP and facilitated by Miss Berboucha, Mr Wilkins and Mr Taylor



## News from the London West Alliance Teaching School

- This first half term has been busy for the Teaching School. Since the start of the year we have facilitated several training programmes: The Outstanding Teacher Programme, two Meet the expert sessions one run by Dr Richard Branch for our Primary colleagues on the effective use of Science practical's and the second one aiming at improving the wellbeing of our colleagues on Time management.
- On Tuesday 8th October, we welcome more than 25 Headteachers and senior leaders from the Alliance for our first Hub meeting of this academic year. Stephen Rollett, ASCL Curriculum and Inspections Specialist, delivered a presentation the new Ofsted framework and then Matt Pinkett the author of Boys' do not try, spoke to us about how to tackle boys' underachievement. Both speakers were very inspiring.
- Finally, on Tuesday 15th October, we had the pleasure to welcome to Lampton a delegation of 24 officials from the province of Hangzhou in China. First, they toured the school, accompanied by some of our Mandarin-speaking students. Their visit aimed to experience school life in a large secondary school in London and to understand the curriculum on offer and the funding streams.



### Parent Pay



Please remember that you must pay for a trip to guarantee a place. A returned form alone does not guarantee the place. To all new parents please remember that we do not accept cash and all payments are made through Parent Pay. If you are having issues logging on please contact the [FinanceOffice@lampton.org.uk](mailto:FinanceOffice@lampton.org.uk)

**Can you please help us out by contributing on parent pay to the Design and Technology annual contribution of £6.50 for all students in years 7 8 and 9.** The funding we receive from the Government does not cover all the additional expenditure for these subjects. As a school we want to do as many projects as we can. If you can help please do.

### Drop off and pick ups

We kindly ask that parents please avoid Lampton Avenue where possible and please do not come into the Lampton School carpark. If you do need to come down Lampton Avenue then please be considerate of other drivers and the local residents.

### Leave during term time

To help us keep the high attendance % at Lampton please be mindful of the school and local authority policy on term time leave.

### Water bottles

Can you please ensure that your child has a reusable water bottle. We have many areas around the school that students can refill these.

**Lettings at Lampton** - We have a number of facilities at the school that can be hired for all occasions—sporting groups, tutor groups etc. please contact [Lettings@lampton.org.uk](mailto:Lettings@lampton.org.uk) if interested. Please see our website for further information.

## If You Don't Know, Don't Go campaign

**West Yorkshire Police and Leeds Safeguarding Children Partnership have launched a campaign warning young people to be wary of invites to free parties from older people who they know little about.**

A tactic used by perpetrators of child sexual exploitation is to lure children to parties through social media and word of mouth, where they then ply them with drinks and drugs before pressuring them into sex. They may also bribe them into doing things they aren't comfortable with in return for a lift home, as the 'party' is often held in an area that the young person is unfamiliar with.

### Advice to Young people

If you do accept an invitation to a party or gathering there are things that you need to do keep yourself safe:

**Make sure you know the location of where you're going and whose party it is.**

**Read the road signs if you accept a lift.**

**Tell a trusted adult where you are going and who you're going with.**

**Tell someone what time you're expected back.**

**Make sure you have credit on your phone.**

**Make sure your mobile battery is fully charged.**

**Take enough money with you to get you home**

**Parents and carers should also ensure that they know the answers to these questions.**

### Teenagers' bank accounts targeted for money laundering

Recently teenagers with bank accounts have been targeted by criminals to help them launder money. The money gathered by drug dealing and other crimes is given to a young person to put into their bank account and transfer it into another account, keeping a proportion themselves. These unwitting victims are known as a money mule.

Social media is used to recruit the youngsters with promises of 'easy money' working 'from home'. The number of cases of 14 to 18-year-olds who have allowed their bank accounts to be used to divert funds has grown by 73% over the last two years to nearly 6,000 cases. Getting involved in this fraud can lead to a jail sentence of up to 14 years and lead to problems with banking in the future.

### Top Tips from Action Fraud for teenagers and parents

**1. Keep control.** Don't give away any of your bank account details, unless you know and trust the person receiving them – and never let anyone else access your account. Alarmingly, nearly one in seven (14 per cent) over 18 - 25s have shared their PIN with someone else.

**2. Money for nothing?** Be cautious of unsolicited offers of easy money as this is a common tactic used by criminals to recruit money mules.

**3. Tell someone you trust.** Whether it's a parent, teacher or friend, make sure you tell someone you trust about any concerns you might have.

**4. Take time to think.** Remember that letting someone else use your bank account is a potentially serious crime which could damage your financial future – is it worth it?

**5. Too good to be true?** Remember the simple rule of thumb about offers of easy money: if it looks too good to be true, it probably is.

Explainer Video: <https://moneymules.co.uk/what-is-a-money-mule.html>

Don't be Fooled website: <https://moneymules.co.uk>