

A ROUND UP OF THE WEEK AT LAUREL PARK SCHOOL

Headteacher's Message - Adele Christofi

Dear Laurel Park community,

As we approach the end of another remarkable term, I find myself reflecting on the vibrant experiences that have enriched our school life. The dedication and spirit of our pupils, staff, and wider community continue to inspire and drive us forward.

To our Muslim families, I extend a heartfelt Eid Mubarak. I hope Monday's celebrations were filled with joy, love, and togetherness. Your cultural diversity adds immeasurable value to our school community, and we are grateful for the richness it brings to Laurel Park.

Our Year 9 drama and music enthusiasts recently embarked on an extraordinary adventure to the West End, immersing themselves in the captivating world of Les Misérables. This wasn't just a performance; it was an educational odyssey. Our pupils engaged in enlightening Q&A sessions with designers, stage combat directors, and musicians, gaining invaluable insights into the multifaceted world of theatre. My sincere thanks go to Ms O'Flaherty for orchestrating this transformative experience.

At Laurel Park, we firmly believe that our staff's wellbeing is paramount to the success of our school. In celebration of their unwavering dedication and our recent Ofsted success, we treated our incredible team to a delightful afternoon tea at Bush Hill Golf Club. Our staff are our most valuable asset, directly impacting the lives of our young people. It's my personal commitment to ensure they feel valued and supported in their roles, especially given the daily pressures they face.

As we look ahead, I'd like to remind you that pupils will be set online work for Monday and Tuesday, 7th and 8th of April, aligning with their usual timetabled lessons. For our Year 11s, targeted interventions will run throughout the Easter break, both online and at school, providing crucial support as they approach their exams.

In closing, I want to express my pride in another fantastic term at Laurel Park. Every day, I witness the growth, resilience, and achievements of our pupils, the dedication of our staff, and the support of our parent community. Together, we're creating an environment where learning thrives and every individual can reach their full potential.

Thank you for your continued support and partnership in education. I wish you all a restful and rejuvenating break.

Adele Christofi Headteacher





Headteacher's Award



At the end of each week, form tutors choose one student from their form for the 'Headteacher's Award'. In a special ceremony with Ms Christofi, she shares the 'story behind their success' with the winning recipients. The students also receive a special certificate and pin badge to commemorate the achievement.

Congratulations to the Year 9 winners from this week who received a great surprise to find out they had won this prestigious award!

Beyza - Wins for Integrity, Beyza has grown in confidence. Her effort in lessons is outstanding and she is always striving to do her best. Her work is always of the highest quality and well presented.

Epak - Wins for Determination, Epak is new to the school. She is always polite, well behaved and working hard to improve her work. She's always ready for lessons everyday and eager to learn more despite the language barrier.

Paola - Wins for Determination, Paola is a dedicated student in the form class, demonstrating strong determination to succeed. She also serves as a role model by consistently completing and excelling in self-quizzing homework.

Parmida - Wins for Excellence, Parmida is new to the school. She is polite, well behaved and working hard to improve her work. Her self quizzing and uniform are always exceptional.







Kung Fu Club

> COME ONEX

This is a great opportunity to get fit, make more friendships, learn new skills and have the possibility to gain AQA unit awards, grade and compete at National level. You will also be able to join Tai Tsung Kung Fu school outside of this.



All you need is your PE kit and a bottle of water. Every Monday 3.25pm - 4.30pm Venue: Main Hall.



We had the privilege of welcoming Tom Toumazis MBE to our school for a talk that left a lasting impression on our Year 10 Business and Media students on Friday afternoon.

Tom's journey is a testament to the power of perseverance and self-belief. Despite facing academic challenges - failing his GCSEs and achieving only one A-level - he didn't let these setbacks define his future. Instead, he demonstrated remarkable initiative by talking his way onto his university course, setting the stage for his future success.

Tom's powerful messages resonated deeply with our pupils. He emphasised the transformative power of two simple words - 'yes' and 'thank you' - in opening doors and creating opportunities.

Tom's talk was truly inspirational, encouraging our pupils to embrace their unique journeys. He stressed that success doesn't happen by chance; it requires action and persistence. "Just take one step forward each day and you will be on the path to success," he advised, reminding our young people that their futures are in their own hands.

Perhaps most importantly, Tom highlighted the 'power of yes' - the idea that being open to opportunities, even when they seem daunting, can lead to unexpected and rewarding paths.

Thank you to Speakers for Schools for this amazing opportunity for our students.







<u>Important Dates</u>

22nd and 23rd April - Year 11 Art Public Exam

25th April - Year 11 Beauty Exam

28th - 30th April - Year 11 MFL Exams

30th April – Year 8 Parents' EveningYear 11 Form Award Winner Breakfast

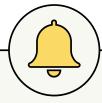
1st May - Year 10 Form Award Winner Breakfast

2nd May - Year 9 Form Award Winner Breakfast

6th - 8th May - Year 11 Spanish Exam

9th May - Year 7 National Gallery Workshop Trip

21st May - Year 10 Harry Potter Studios Trip



Just a reminder that the Unlocking Broomfield Project will be having a 'Paint Jam' during the Easter holidays and Laurel Park Students and their friends are invited to come along.

On Friday 11th April from 1 - 3pm, local street artists will be working on a mural wall, and will be showing people how to add their designs using stencils and spray paint. The workshop is open to anyone in KS3 or above and should be an exciting way to add your mark on a local art project.

Come to the park, head to Broomfield House and have a go!



On Tuesday 1st April 20 Y9 students travelled to the Home of West End Theatre on Shaftesbury Avenue to see a unique performance of Les Mis at the Sondheim Theatre. A special invitation to Laurel Park School students to celebrate 40 years of the most successful Musical Show of all time! Les Mis is a Tony and Olivier Award-winning musical that has been wowing London and international audiences since its opening in 1985 is a must-see for all fans of theatre. Les Mis has been performed to over 130 million people worldwide, the show is incredibly popular and due to this, ticket prices can reach £195!

We were lucky to be given £10 tickets through a new Creative Arts
Partnership with Elaine Grant.

We had a wonderful time and also managed to grab an Ice-Cream in Chinatown.

An amazing experience for all, topped off with an industry Q&A with the Army of people who make up the Production and Performers of Les Mis.







A big round of applause to the following students for their outstanding performance on Educake this week:

Y7: Aleks S Y8: Shri S Y9: Paola K Y10: Dea K Y11: Ismail M

Keep up the great work, everyone! Your hard work and dedication are truly inspiring.

Educake can be accessed here https://my.educake.co.uk/login

Students are regularly set homework on here and have the option to select their own questions too.









AWARD ASSEMBLIES

This week, we celebrated our students' hard work with Awards Assemblies for the entire school. These assemblies recognised achievements across various subjects, highlighting students' dedication and success.

We also celebrated the YR 11 Golden Tickets Award, where students who received gold tickets for outstanding efforts were entered into a prize draw. Winners were selected at random, adding an exciting element of recognition for their hard work.

Well done to all our students for their achievements!





























GOLDEN TICKETS WINNERS A H. EMEAL DONE TO ALL OUR MINNERS AND A BIG THANK YOU TO OUR TEACHERS FOR RECOGNIZING STUDENTS: ET ORTS.

<u>Year 11</u>

£100 Amazon Voucher - Antelainta (Geography, Mr. Leith) £60 JD Voucher - Hani (Computing, Mr. Sahbaz) Three-Course Meal for Two at Prezzo (£59.99) - Zhasmin (Geography, Mrs. Nash)

Mrs. Nash)
Cineworld Package for Two (£29.99) – Max (Geography, Mrs. Anscomb)
Cineworld Package for Two (£29.99) – Enes (Health & Social Care, Ms. Antwi)

£20 Nando's Voucher – **Muhtasham** (Maths, Mrs. Mohamed) £20 Nando's Voucher – **Ilayda** (Spanish, Ms. Cuba)

Teaching and Learning Freetis

Consistently Good Teaching at Laurel Park School

We celebrate the outstanding quality of teaching demonstrated across our school. This week we focus on our science department, reinforcing the school's commitment to delivering a consistent academic diet tailored to the needs of every student. A recent visit to three Year 9 science classes revealed a unifying theme in planning and execution. Each classroom featured detailed lessons specifically designed to address the diverse learning needs of Year 9 students. Teachers not only excelled in their preparation but also delivered lessons with exemplary clarity and enthusiasm, clearly modelling high expectations for their students. This uniform approach ensures that all students receive the Laurel Park way of education—consistent, thoughtful, and innovative.

In these classes, Year 9 students are currently delving into the periodic table, exploring not only the elements but also the historical contributions of various scientists who have played pivotal roles in its development. By integrating the study of scientific history with practical learning, teachers are opening a window into the evolution of scientific thought, making the subject matter more engaging and relatable. This approach encourages critical thinking and a deeper understanding of both the scientific concepts and the human stories behind them.

Planning and delivery is not accidental; our teachers work collaboratively to ensure there is consistency which creates a stable learning environment where students thrive.















Year 7 Students Explore the World of Sensory Analysis

In an engaging and educational initiative, Year 7 students have been delving into the fascinating realm of sensory analysis. This hands-on experience aims to enhance their understanding of how our senses contribute to the perception and evaluation of different foods and beverages. The lesson introduced students to various sensory evaluation techniques commonly used in the food industry. Among these were blind tasting, triangular testing, preference tests, and ranking and rating methods. In the blind tasting sessions, students sampled a range of flavoured liquids without any visual cues, relying solely on their senses of taste

In the blind tasting sessions, students sampled a range of flavoured liquids without any visual cues, relying solely on their senses of taste and smell to identify and describe the flavours. This exercise highlighted the significant role that sight plays in flavour perception and challenged students to trust their other senses. Triangular testing presented students with three samples, two of which were identical and one different. Their task was to identify the odd one out, sharpening their ability to detect subtle differences in flavour and texture—a skill highly valued in quality control within the food sector.

Preference tests allowed students to express their likes and dislikes among various food samples. They rated each item on a scale, providing insights into individual taste preferences and the subjective nature of food evaluation. This method is widely used to gauge consumer acceptance of new products. In the ranking and rating exercises, students assessed multiple samples based on specific attributes such as sweetness, saltiness, or crunchiness. They then ranked them in order of intensity, learning to quantify sensory experiences systematically.

Beyond tasting, the lesson incorporated tactile experiences. Students created their own beverages by mixing various flavoured liquids, experimenting with combinations to achieve desired tastes. Additionally, they used their sense of touch to explore the texture of foods placed in numbered boxes, enhancing their awareness of how texture influences overall food perception. An intriguing aspect of the lesson involved examining how colour affects taste perception. By altering the colours of certain foods and drinks, students observed changes in their expectations and experiences of flavour, underscoring the psychological impact of visual cues on taste.

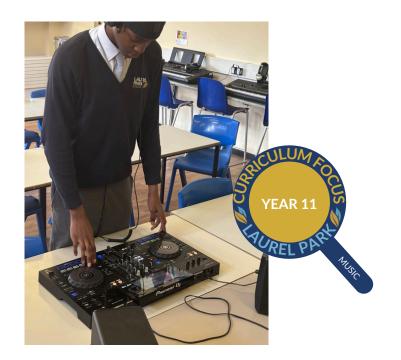
This comprehensive approach to sensory analysis not only provided students with a deeper appreciation of the complexities involved in food evaluation but also equipped them with critical thinking skills applicable beyond the classroom. By engaging in these diverse activities, Year 7 students have gained valuable insights into the value of sensory factors that shape our eating experiences.

Year 11 Music Students Prepare for Crucial Practical Exams

As the academic year progresses, Year 11 Music students fine-tuned their skills in preparation for their upcoming practical exams. With instruments in hand and voices warmed up, these students worked diligently to perfect their performances, knowing that their final marks depend heavily on their ability to showcase their musical talents. For many, this exam is the culmination of years of practice and dedication. Each student demonstrated technical ability, musicality, and confidence. Some showcased their prowess on the piano or guitar, while others took to the stage with their voice, violin, or drum kit. No matter the instrument, the pressure was on to deliver a polished and expressive

Year 11 students expressed both excitement and nerves about the exam. As the final performance date approached, students squeezed in extra rehearsals and fine-tuned their technique. The experience gained from preparing for and performing in these exams will serve as valuable stepping stones for students pursuing music in the future. For now, it's all about practice, perseverance, and passion for their

performance.



Character Education focus of the week

The vision of Laurel Park School is to develop well rounded students who have the ambition and determination to excel in life whether this be through academic study, vocational training or employment.

Alongside this, we have a commitment to developing character and integrity across the school and wider community. Opportunities are provided outside of the taught curriculum to develop core life skills, preparing our students to be proud global citizens.

Finally, Laurel Park is a school where all members of the community are treated with care and respect, whilst supported both with their well-being and their academic aspirations.

This is achieved through our Core Values of Integrity, Determination, Excellence and Ambition

Each month we will see a Skill and each week we will try to link this Skill to one of our Values.

This month's Skill is Leadership!

"Leadership is about making others better as a result of your presence and making sure that impact lasts in your absence." - Sheryl Sandberg

This week's value is Integrity

How can Leadership help us achieve Integrity?



In school, you can achieve this by:

- **Taking Responsibility:** Good leaders take responsibility for their actions and decisions. Instead of blaming others when something goes wrong, they acknowledge their mistakes and work to correct them.
- **Honesty in Communication:** Strong leaders are truthful and transparent. Whether they are giving credit to team members, admitting when they need help, or sharing information honestly, their words and actions align with their values.
- **Standing Up for What is Right:** Leaders with integrity do not ignore wrongdoing or unfairness. They have the courage to stand up for what is right, even if it is difficult. Whether it's stopping a negative behavior or supporting someone in need, they show that integrity means making choices based on values, not convenience.

Students will be presented this in assembly each week but please also speak to them at home









The menu in our Bayleaf Restaurant will be changing from 22nd April! Please see the new menu helow

Summer Term Lunch Menu - Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Main (Option 1)	Jacket Potato with homemade baked beans and cheese (Milk)	Battered Fish (Wheat, Fish)	Chicken Katsu Curry	Beef Lasagne (Wheat, Milk)	Chicken Souvlaki Wrap (Wheat)
Main (Option 2)	Ratatouille Pasta Bake (V) (Wheat, Milk)	Aubergine and Courgette Stack (V) (Milk)	Lentil and Sweet Potato Curry (V)	Vegetable Lasagne (V) (Wheat, Milk)	Halloumi Wrap (V) (Wheat, Milk)
Sides	Garlic Focaccia (Wheat)	Bread (Wheat) Chunky Chips	Rice and Raita (Milk) Flatbread (Wheat)	Focaccia (Wheat)	Homemade Chips Homemade Tzatziki (Milk)
Vegetables	Mixed seasonal veg	Peas	Roasted Spiced Cauliflower	Chopped Salad	Rainbow Slaw (Egg)
Salads and	- Chi		sh Fruit and Yoghurt Prepare - Jam Coconut Cake (Wheat	[- 10] [[10] [[10] [10] [10] [[10] [1	

Thursday - Classic school cake (Wheat and Milk)

Summer Term Lunch Menu - Week 2



in partnership with

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	Monday	Tuesday	Wednesday	Thursday	Friday
Main (Option 1)	Jacket Potato with homemade baked beans and cheese (Milk)	Jerk Chicken Drumsticks	Homemade Beef Burgers (Wheat, Sesame, Sulphites, Soya)	Chicken and Pepper Fajitas (Wheat)	Chicken Sausage (Wheat, Sulphites)
Main (Option 2)	Arrabbiata Pasta Bake (V) (Wheat, Milk)	Falafel Plate (V) (Wheat, Sesame)	Mexican Gochujang Bean Burger (V) (Wheat, Sesame)	Vegetable Fajitas (V) (Wheat)	Veggie Sausage (Celery, Wheat)
Sides	Focaccia (Wheat)	Jollof Rice Seeded Bloomer (Wheat)	Sweet Potato Wedges Homemade Burger Sauce (Egg, Sulphites)	Cajun Rice Chipotle Mayo (Egg) OR Homemade Hot Sauce (Sulphites) Yoghurt Dip (Milk)	Spring Onion Mash (Milk) Homemade BBQ Beans
Vegetables	Mixed seasonal veg	Rainbow Slaw (Egg)	Salad Stack	Smoke Paprika Corn	Seasonal Vegetables

Salads and Desserts

Desserts

Seasonal Salads, Fresh Fruit and Yoghurt Prepared and Available Daily
Tuesday - Marble Cake (Wheat and Milk)
Thursday - Lemon Drizzle Cake (Wheat and Milk)



in partnership with



Only 3 spaces left!

TRIP TO ROME

Live on ParentPay now

Sunday 24th May - Tuesday 26th May 2026

Breakfast and Dinner included

Flights and Accommodation included

Guided tours for all

activities

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Photo ops at every destination!

VIA DEL CORSO

THE COLOSSEUM





THE CAPITOLINE MUSEUMS



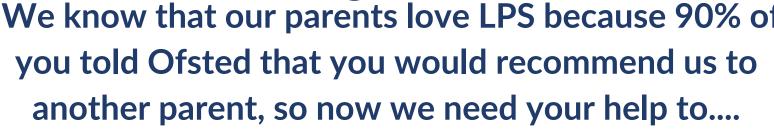
THE VATICAN CITY

£100 deposit to secure your place

£750 total with a payment plan option







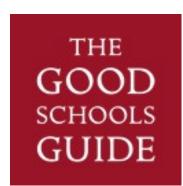
TELL EVERYONE ABOUT OUR AMAZING SCHOOL

JUST CLICK THE LOGOS BELOW TO SHARE YOUR THOUGHTS



Quick easy and can be anonymous

https://snobe.co.uk/schools/laurel-park-school



Send an email with your review

office@goodschoolsguide.co.uk

What Parents & Educators Need to Know about

INSTACRAM

13+

WHAT ARE THE RISKS?

Now

Instagram remains one of the world's most popular social media platforms, especially among teens — with around 70% of 13 to 17-year-olds using it. Owned by Meta, Instagram allows users to share photos and videos, create interactive 'stories', broadcast live, send private messages and follow others. With regular updates and new features, it's essential for parents and educators to stay informed about how children are using the app — and what the risks are.

EXCESSIVE SCREEN TIME

Instagram's design encourages prolonged use through endless scrolling of trending content and generating a fear of missing out (FOMO). Children can quickly lose track of time browsing posts from friends, influencers, and strangers, which may disrupt their day-to-day activities.

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AI CHATBOT CONCERNS

Meta's Al, which is available on Instagram, allows users to chat with an in-app chatbot. While often helpful, it can blur boundaries for young users, who may ask for or read content that is inappropriate or see it as a real friend or confidant. Privacy issues also arise, as conversations may not be as secure or private as children assume.

RISKS OF GOING LIVE

The livestream feature allows real-time broadcasting to followers – or anyone, if the account is public. This increases the chance of unwanted contact from strangers and pressure to act in ways that gain attention, including engaging in inappropriate behaviour. Viewers may also post offensive or harmful comments during live sessions.

THREADS INTEGRATION

Threads is Instagram's sister app for public, text-based conversations. Posts from Threads appear in users' Instagram feeds and can lead children to view, share, and comment on public conversations with strangers. The content may not always be age-appropriate and can be misleading or false.

SCHEDULED MESSAGING

Instagram's newer ability to schedule direct messages means that children could receive messages late at night or early in the morning. This can disrupt their sleep or keep them preoccupied before the school day even begins.

EXCLUSION AND LOW SELF-WORTH

Feeling left out online can have a real emotional impact. Being left out of photos, receiving fewer likes, being unfollowed, or being ignored in chats and comments can leave children feeling excluded, which often hurts as much as in real life. There is a risk this can lead to reduced self-esteem and a sense of not belonging.

Advice for Parents & Educators

USE INSTAGRAM'S SUPERVISION TOOLS

Instagram's built-in Family Centre lets parents monitor how much time their child spends on the app. Specialised 'teen accounts' are private by default and offer controls on who can message them. Make sure that children use their real age when registering their account to ensure they have these protections.

OPEN UP THE CONVERSATION

Talk regularly to the children in your care about what they enjoy on Instagram – and what makes them uncomfortable. Encourage honest chats about filters, body image, and online approval. Reassure them that they don't need to edit their appearance or chase 'likes' to feel valued.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Parental controls on Instagram also apply to Threads. These allow parents to monitor time spent in the app, check follower lists and adjust exposure to sensitive content. Discuss Al features, too, therefore helping children understand that chatbots aren't real people and should be used with care.

BE MEDIA-SAVVY WITH INFLUENCERS

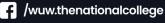
Parents should follow a few of the influencers their child watches, so they can better understand the content they're seeing. Use this as a springboard to talk about the difference between genuine recommendations and paid promotions—and how online personalities can shape opinions and behaviour.



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Collective Power

Top Tips for Healthier Digital Habits as a Family



1 Delay Smartphones and Social Media

Hold off on smartphones and social media for as long as possible, ideally until age 16. In the meantime, a basic "brick" phone is a much healthier alternative, allowing children to stay safe and stay in touch while traveling independently to and from school. For older children, already with smartphones, focus on parental controls to limit screen time, block inappropriate content and ensure the device is as safe as possible.

2 Model Good Habits

Our relationship with our smartphones is key, children learn from our behaviour. Be mindful and present when spending time together as a family. Where possible, keep phones out of sight to minimise distractions and encourage meaningful interactions.

3 No Phones at the Table

Mealtimes should be about connection, conversation, and eye contact. By setting this expectation at home, we help children develop healthier digital habits they can carry into adulthood.

4 Keep Phones Out of the Bedroom at Night

This applies to both children and adults. Many issues arise when children have unsupervised access to devices at night. Parents can model good habits by charging devices in a central location, like the kitchen, instead of next to their bed. No phones for at least 1 hour before bedtime. Swap your smartphone alarm for a traditional alarm clock to create a healthier nighttime routine.

5 No Phones First Thing in the Morning

Checking your phone as soon as you wake up primes your brain for distraction and can trigger a stress response. Most things can wait at least 60 minutes in the morning. Starting your day without screens will help improve focus and overall well-being.

6 Avoid Multi-Screening

Encourage children to focus on one screen at a time. Constantly switching between devices can lead to shorter attention spans and difficulty concentrating. Keeping phones out of sight can reduce the temptation and improve focus.

By implementing these small changes, we can create a healthier digital environment for the whole family and set our children up for better long-term habits. To effectively raise awareness about the risks of smartphones and social media for young children within your parent community, whether at schools or in a corporate setting, consider hosting a Parenting in the Digital Age talk.

These presentations explore the impact of modern technology on children's mental health and well-being, offering non-judgmental, research-backed solutions to help families develop a healthier relationship with digital devices. It is a fantastic way to bring parents together to collectively take action and protect children.

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Nova's talk provided clear evidence on how smartphone and social media use in young children and teens is creating an ever growing health epidemic. What's refreshing and heartening about Nova's talks is that she provides viable solutions to this problem and I left with a feeling that we can take back control of the situation.

Nova Eden: Children's Mental Health Expert

Nova Eden is a passionate educator, public speaker, and expert in children's health and well-being, specialising in digital wellness and the impact of digital media on young people. As a leading voice in the **Smartphone-Free Childhood** Movement, Nova is driving meaningful and accelerated change in the digital landscape for children across the UK.

onecollectivepower.co.uk







Future Focus

What parents and carers need to know about young people's Career options

Thursday 24 April 3.30-6pm



Learn how you can support your child's career choices

Refreshments will be provided

Limited places. Book now







PALMERS GREEN PAINT JAM IN BROOMFIELD PARK

SATURDAY 12th APRIL 10am - 5pm

WATCH Leading street artists and muralists create live paintings

LEARN The how to use spray paint

PAINT Your own piece of street art (spaces limited so come early to grab a spot)

ENJOY The welcoming, joyful, family friendly atmosphere

A major new mural by artists celebrating the history of Broomfield House and Park

The rear of Broomfield House by the construction-site hoardings: the grassed area south-east of the House and close to the Playground



SPRAY PAINT WORKSHOP

Enjoy supervised spray painting with professional artists and facilitators

Open from: 11:00 (drop in)
Finish: Last arrivals 15:00
Not suitable for children under 7
You may have to wait a bit if its busy









Unlocking Broomfield

Unlocking Broomfield Park for the Community

Enfield Council got support from The National Lottery Heritage Fund for their project called "Unlocking Broomfield Park for the Community." Thanks to National Lottery players, this project will help make Broomfield Park better by exploring its history and providing fun activities for everyone.

The National Lottery Heritage Fund gave money to help Enfield Council plan for a bigger grant. The project will include taking down the burnt parts of Broomfield House and connecting the House and Park again. They will also restore the special Baroque water garden.

Enfield Council is working with the Friends of Broomfield Park, Broomfield House Trust, the Enfield Society, Southgate District Civic Voice, and councillors to make this project happen.

During the planning phase, the Council will work with the local community to create a shared vision for Broomfield House and its place in the park. Local people can join in activities like health and wellbeing events, a community archaeology dig, a mural project, and helping make decisions about the park.









