



NEWSLETTER

A ROUND UP OF THE WEEK AT LAUREL PARK SCHOOL

Headteacher's Message - Adele Christofi

Another great week at Laurel Park School!

Firstly, I would like to extend my heartfelt gratitude to all the Year 6 students who joined us for the Early Taster Day, as part of their transition to Year 7. It was a pleasure to see them engage in trampolining and science experiments, showcasing their enthusiasm and potential. The day was captured by our dedicated Laurel Park social media team, ensuring that these special memories are cherished and shared. A big thank you to Miss Bignell and Ms Pitsillis for their coordination of the day, to our teachers who delivered great sessions and to the huge range of student helpers. Please have a look at the reel on our Instagram page.

I am delighted to share the fantastic news that Niki, a talented Year 11 student and one of our senior prefects, recently participated in a competition with Ivy House and emerged as the winner. Niki competed against fifty students and has now earned the opportunity to receive personalised 1:1 coaching and skills development for higher education. This accomplishment is a testament to Niki's dedication and hard work, and we are immensely proud of her achievements.

In addition, I am thrilled to announce that Laurel Park School has been selected by My London to collaborate on a project celebrating identity and diversity. It is an honour to be the only Enfield school chosen for this initiative, and it reflects our commitment to fostering inclusivity within our school community. We look forward to sharing more details about this exciting project in the near future.

Furthermore, I am pleased to inform you that we have secured additional funding to further develop our sports and PE programmes. This investment will enable us to enhance the sporting opportunities available to our students and promote a healthy and active lifestyle.

I would also like to acknowledge the hard work of our Year 11 food and cookery students, who recently completed their practical exam. Taylan, in particular, demonstrated exceptional skills in creating delicious profiteroles! Their dedication and culinary talent are truly commendable.

Lastly, I would like to remind parents about the upcoming Enfield Dance Festival, which will take place on the 20th March 2024 at the Millfield Theatre. It promises to be a spectacular event, showcasing the talent and creativity of our students.

As always, I am immensely grateful for the continued support and involvement of our Laurel Park community.

Wishing you all a peaceful weekend

Adele Christofi
Headteacher

**Next week it
will be week 2**



LEGAL

DEFINITION

Adjective:

1. if something is legal, you are allowed to do it or have to do it by law.
2. concerned with or relating to the law

SYNONYMS

- Lawful
- Legitimate
- Permissible

SENTENCES

1. What the company has done is perfectly legal.
2. • Neither side wanted a long and expensive legal battle.

ETYMOLOGY

The adjective "legal" (1400-1500) French Latin legalis, from lex "law"

MARCH

Tuesday 20th: Dance Festival

Thursday 21st March: Year 10 workshops; Year 9 immunisations; Open morning

Tuesday 26th: Health drop in clinic

APRIL

Week beginning 15th April: Year 10 mocks

16th April: Year 8 immunisations

18th April: Swan Lake trip to the Royal Opera House

Week beginning 22nd April: Year 10 mocks continue

Wednesday 24th April: Year 8 Parents Evening

Thursday 25th April: British Army Engagememnt Open Day

Character Education focus of the week

This month's Virtue is Friendliness

Friendliness is the quality of being kind, thoughtful or affectionate towards another person

This weeks' value is **determination**

How can Friendliness help us achieve determination?

- Friendliness creates a supportive environment where you feel encouraged to follow your dreams and achieve your goals.
- When people offer kind words and listen without judgement, it creates an atmosphere where individuals feel comfortable expressing their ambitions and are open to receive advice about the challenges they might face.
- Receiving this emotional support and positive reinforcement helps individuals stay focused on their goals, boosting their determination.

Make IT HAPPEN



Headteacher's Award



At the end of each week, selected 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 these new prestigious awards!

Year 9 Winners

Marina wins for integrity - Consistent, respectful and always well prepared. She is a great role model and is always willing to give 100% into her work. Great team player.

Miracle wins for excellence - Miracle is consistent in her efforts to improve, work hard and be a supportive figure to peers. Miracle is an embodiment of all LPS values.

Wilson wins for integrity - For always doing the right thing, helping me hand out and give back books, always being polite and happy to see me at any time during the day. Wilson is an ideal member of the form.

Tiago (not pictured) wins for excellence - Much improvement in attendance and punctuality. Great effort towards learning.

Iqrash wins for ambition - Iqrash is a kind a thoughtful student who helps in line up and collects a lot of character points. He has good attendance and he's making a real effort across subjects.

Year 7 Parents Evening - thank you!

Thank you to everyone who came to Year 7 Parents Evening this week - it was great to see so many families wanting feedback on how their first year of secondary school is going for them, and get information about how they can improve



Top Character points for this week

Year 7

Esham, Favour, Adem, Alice, Diana, Marianna, Daryna, Nita, Dennise, Kania, Valentina, Trason, Orlean, Safa, Amelia, Vy, Aida, Anna, Urooj, Daria, Muniira, Gergana, Milo, Sophie, Rojina, Chloe, Calebe, Daniel, Gabriel S, Nicole, Trey, Edwin, Alexandros S, Alexandru S, Shri, Khairiya, Sami

Year 8

Dleen, Darvin, Samet, Gizem, Kaitlyn, Nicollas, Marko, Kadir, Haoxuan, Flavia



Year 9

Mehrab, Iqrash, Megan, Tallulah, Oliver, Riyansh, Miracle, Dea, Khadija, Sahra, Keiran, James, Deepakraj, Safiya, Mary

Year 10

Amir, Eylul, Fatmata, Dimitri, Raul, Shakeel, Kwanza, Albena, Antelainta, Melina, Georgi K, Edlira, Brielle, Orel, Tom, Ora, Ismail, Niki, Jasmin, Laura, Esma, Ana, Jenny, Maria, Florin, Kristiana, Anh

Year 11

David, Taejah, Jasmin, Madiha, Msli, Olivia, Miruna

Year 6 Early Taster Day

On Tuesday, Laurel Park School welcomed Year 6s from many different primary schools to take part in our Early Taster Day.

This was a chance for them to see what secondary school is about, get used to moving around the school, look at different subjects with specialist teachers and taste the amazing food from the canteen.

Our incredible student ambassadors were on hand to help out, from assisting in subject areas to being with the groups to greeting the parents who arrived. The social media team also took photos and videos of the whole event, including Ms Christofi's speech. You can see some of the photos on the next page.

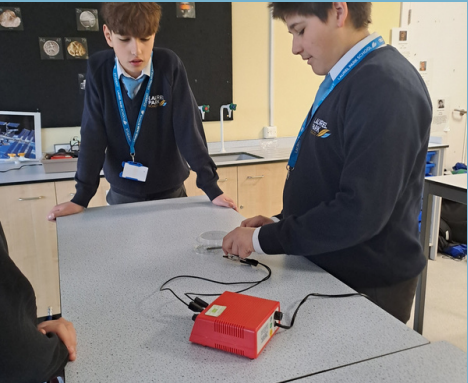
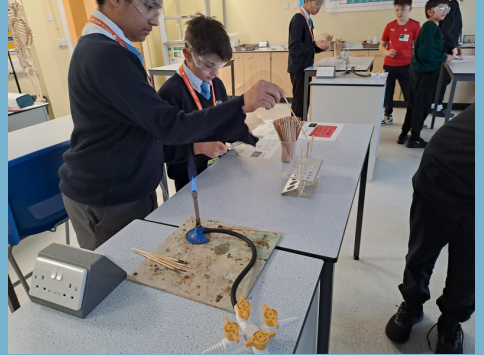
Overall it was a brilliant day with lots of smiling faces from the students and parents at the end.





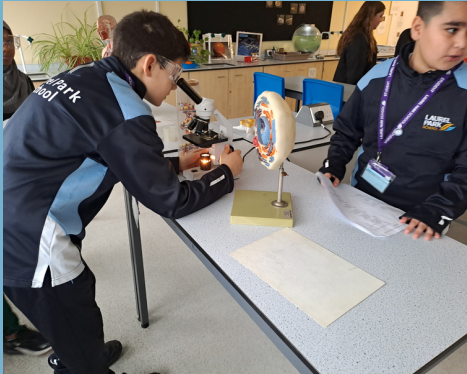
My favourite bit was writing about my personality

I learnt to never judge people as they might have a hidden disability



I liked making flames in Science

I am excited to come to this school



The trampolining coach was really nice and supportive

Safari Pete goes wild at Laurel Park

Year 7 and 8 were exceptionally fortunate to have a visit from 'Safari Pete', a wildlife adventurer and conservationist. The show taught them about wildlife, conservation, and communities that live alongside the wildlife. They got to learn about lots of different animals, including ferrets and chameleons. I don't think many of them were expecting to see a snake in the hall! All the students and some of the teachers had a fantastic afternoon as the pictures below show!



Our Year 7 Netball team took part in a tournament on Thursday this week. Ms Robertshaw has been so incredibly impressed with their efforts and resilience. They played 5 games, scoring in each of them, some games closer than others. As a team they have really grown in confidence on the court and some of them have become very versatile in the positions they can play. Stand out performances from Favour as both Centre and Goal Defence and both our shooters, Anisa and Fatima. Well done to Marianna too, as our most improved player.

Well Done!



Careers Corner

Where each week you get updates on the careers education programme

Congratulations to Niki who won the Ivy House Future Leaders competition last week! She will now benefit from 1:1 mentoring, a badge for her LinkedIn page and access to the prestigious Ivy House alumni group on LinkedIn. Niki applied for this after she saw that it had been spotted on Google Classroom, which is the best way for students to find out about these opportunities. Well done Niki!

Year 11s should have made their post 16 applications by now

For any students who are still struggling or need some support, Ms Gray will be available to help with this. She will be speaking to students next week.

If you are worried about your child's post 16 prospects, please email Ms Gray - ngray@laurelparkschool.co.uk

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE



Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES



Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS



Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE



Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT



Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE



Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT



Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD



Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

