

Summer Term at Northwood

Headteacher's Summer Message

July 2025

Welcome everyone to this bumper edition of Northwood News.

The last few weeks have been a whirlwind of superb enrichment activities. I am so proud of the events that the students have experienced. We had a wonderfully inclusive Sports day with more participation than ever before and a brilliant celebration of diversity during our Culture Day. The students were an absolute credit during these events- kind, friendly and respectful. The 6th formers have also really stepped up to be excellent leaders and role models for the rest of the school. It was wonderful to recognise so many of these students on Awards Evening.

My special thanks to the staff who have worked incredibly hard to put on so many trips, showcases and experiences. It has been a long year and the final burst of energy given to these events is something that we should never take for granted from our teachers.



Wishing you a wonderful summer.

Mr Shah

Summer Blooms for Awards Evening by
Mrs Underwood

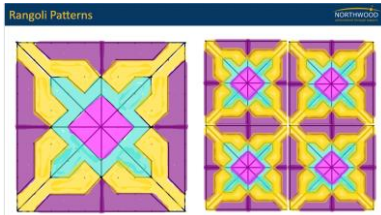
Careers in the Curriculum Day : Creative Industry.

As the creative industry is such a growing industry across the world and integral to London's economy, we felt it was an opportunity to expose students to the wonderful world of careers in this growing sector (2.4m jobs/7% of all filled jobs in the UK). Students engaged in a range of activities across the curriculum from Location Managers in Film with Geography, Rangoli patterns and symmetry in Maths, Film poster making



in English, game design in Computer Science. Art students in Year 10 were also out on a trip to see Tate Britain Museum to experience displays of the Creative world.

Talk Thursday : Developing Oracy



On June 19th, 2025, Northwood came alive with the buzz of our annual Talk Thursday! From Year 7 to Year 12, every lesson featured engaging, thought-provoking discussions tailored to each subject. Whether it was thrilling treasure hunts in math or dynamic sentence stems in Spanish, students dived right in and loved

the interactive challenges. This fantastic day not only sparked lively conversations but also paved the way for next year's exciting focus on oracy skills across the school. What a powerful step forward in our learning journey!



Culture Day

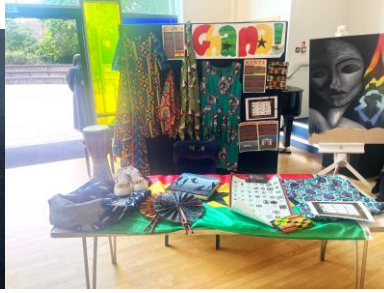
On Wednesday 9th July we celebrated our school's Culture Day. The school was filled with a range of vibrant colours and outfits as students showcased their traditional and cultural dress for the day. The day was a celebration of the rich cultural diversity that makes our school community so special. Culture day was launched with an entertaining video of various members of staff taste testing and identifying varieties of fruit from around the globe; well done to Mr Shah who scored the highest out of all the staff! This was followed by a very interactive quiz hosted by Mr Senthilkumaran across all the form groups. Congratulations to 7En who were the winners of the quiz!

Our Year 7 and 8 students took part in a number of wonderful workshops including Chinese Calligraphy, Caribbean Cooking, Irish Sports, Bollywood and Portuguese dancing to name a few. Students engaged wonderfully in the various activities on offer and enjoyed learning about such a wide range of cultures and their traditions.

All students came together at our Culture Day fair during lunchtime. Students were invited to learn about many of the cultures that make up our school community with over 15 stalls. The stalls were created and run by members of our Interact team. We learnt about the origins of hopscotch, Ghanaian dress and students were able sample their own Henna art during the fair. We had a number of student music and dance performances, congratulations to Malek N, Anaisha Mishra Krishna V, Sauda K, Maia A and Lynette W who all did a fantastic job!

An enjoyable day was had by all. Dean T described it as "very interactive and entertaining" and Marwa A said it was "exciting to learn about such a wide variety of cultures." We look forward to seeing what next year's culture day will bring!

Ms Rafferty, Head of Sixth Form



Year Group News

Year 7

Mental Health Choices Programme

Building on sessions delivered earlier this year, our Year 7 students have recently completed the Mental Health Choices programme during form time this half term. The programme focused on the five daily choices individuals can make to support and enhance their mental wellbeing.

Students have shown outstanding engagement throughout, embracing the opportunity to reflect on their own mental health and explore positive habits. It has been wonderful to hear students

What To Do Each Day

- 1 **STRESS BREAKS** regularly | short + frequent
- 2 **SWEAT** for 15+ minutes | aerobic exercise
- 3 **SLEEP** for 8+ hours | wake up at same time
- 4 **SUNLIGHT** for 30+ minutes | time outside
- 5 **SOCIALISE** frequently | prioritise people

discussing the creative and enjoyable ways they've been incorporating these daily choices into their routines.

We are incredibly proud of the enthusiasm and openness shown by our Year 7s, and we look forward to continuing this important programme as they progress into Year 8. Nurturing wellbeing is at the heart of what we do, and this initiative marks a meaningful step in supporting our students' personal development.

End of Year Trip

Year 7 have had a fantastic first year at Northwood School, and we are incredibly proud of how well they have settled into secondary school life. Their enthusiasm, resilience, and positive attitude have truly impressed us all. To celebrate their achievements and mark the end of a successful year, we were delighted to invite all Year 7 students on a special end-of-year trip to the Science Museum in London. This exciting visit took place over two days: Tuesday 15th July for 7R, 7E, and 7C, and Wednesday 16th July for 7I, 7P, and 7EN. The day is both educational and enjoyable, offering students the chance to explore the wonders of science in a fun and inspiring setting. The trip is a well-deserved reward for a brilliant first year!

Hot Chocolate Morning - RECIPE

As a special recognition of outstanding character and contribution, the top 20 students who have been awarded the most RECIPE points this year will be invited to an exclusive Hot Chocolate Morning during the final week of term. These students have consistently demonstrated our RECIPE values—Resilience, Engagement, Cooperation, Independence, Pride, and Enthusiasm—throughout their first year at Northwood School. Their positive attitude, dedication, and commitment to our school community have truly set them apart. This well-deserved reward is a token of appreciation for the exceptional way they have embodied the spirit of Northwood.



Sports Day

Year 7 recently took part in their very first Sports Day, and it was a truly memorable occasion filled with energy, enthusiasm, and house spirit. It was wonderful to see so many students not only participating with determination and pride, but also cheering on their peers with genuine encouragement and support.

The day featured a series of impressive performances across all events, showcasing the emerging talent and competitive spirit within the year group. One standout moment came in the 100m final, where Freddie H (7E) delivered a sensational performance, storming to victory and capturing the attention of the entire crowd.

A huge well done to everyone who competed—you represented your houses brilliantly—and congratulations to all of our winners. We are incredibly proud of your efforts and sportsmanship. Who knows? We may just see some of you on the Olympic stage in years to come!

Awards Evening

Our school's annual Awards Evening was a proud celebration of student achievement and success. The event honoured those who exemplified our core RECIPE values—Resilience, Engagement, Cooperation, Independence, Pride, and Enthusiasm. Students who earned the highest number of RECIPE points were recognised for their positive attitude, strong character, and contributions to school life. In addition to these values-based awards, subject excellence awards were presented to students who demonstrated exceptional performance, dedication, and passion in their academic subjects. Families, staff, and peers came together to applaud the hard work, growth, and achievements of our students, creating a warm and inspiring atmosphere. The evening reflected the spirit of our school and the strength of our community, as we celebrated both individual accomplishments and shared success. Congratulations to all our award winners—your effort and commitment continue to inspire us all.

Head of Year 7, Mr Gibbs

Year Group News

Year 8

Year 8 Speech Final

As part of their English curriculum, our Year 8 students recently wrote and performed original speeches, showcasing their developing skills in persuasive writing and public speaking. After impressing their classmates and teachers with passionate and thoughtful performances, one winner from each class was selected to compete in a grand final held in front of the entire year group and a panel of staff judges. The quality of speeches was truly outstanding. The finalists were confident and articulate, and their speeches were engaging. Students spoke on a range of topics, from environmental factors to the plausibility of the existence of Big Foot! The year group voted for their winner, which was announced in their final assembly this year.

The finalists were as follows:

- Muhammad Cheragh (8R): The Power of Reading
- James Bridges (8E): Zoos Should be Closed
- Abi Covasa (9C): Girls' Education
- Suhani Panwar (8I): Girls' Education
- Raha Azizi Yengejeh (8P): Save our Oceans
- Kamil Jalowiecki (8EN): Is Big Foot Real?



Congratulations are due to all of our finalists, whose speeches were phenomenal. However, a special congratulations must go to **Muhammad Cheragh in 8R**, who is our winner this year for his superb use of metaphors and for memorising his entire speech!



Duke of Edinburgh Bronze Award 2025/26

Ms Little held an assembly for all Year 8 students at the start of June to launch our DofE Bronze Award.

The Duke of Edinburgh's Bronze Award is aimed at challenging young people in Great Britain and the other parts of the Commonwealth to attain standards of achievement and endeavor in a wide variety of active interests. At Northwood, we offer the Bronze award to the current Year 8's moving into Year 9 and the Silver DofE Award to Year 10's with hope to expand to the Gold expedition in Sixth Form soon!

To earn the Bronze Award, students must complete three sections:

1. Volunteering - Helping others or supporting their community (e.g. assisting in a charity shop, mentoring, or coaching).
2. Physical - Improving in a sport or physical activity (e.g. football, dance, swimming).
3. Skills - Developing a personal interest or learning something new (e.g. cooking, playing an instrument, photography).

Once they have completed these sections, they must complete the final section (Expedition) to complete the award:

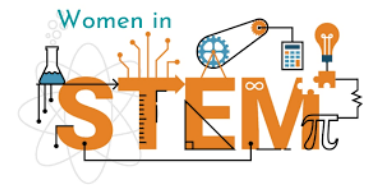
- Expedition – Planning and undertaking a two-day (one night) hiking and camping trip, usually in teams, navigating using a map and compass.

Each section requires regular commitment and the award is highly valued by schools, colleges, and employers for showing initiative, teamwork, and perseverance.

Currently, 80 Year 8 students have signed up! Applications will be opening again if students are still interested in signing up. If you have any further questions, please get in contact with Ms Little, our Duke of Edinburgh Coordinator.

Celebrating Women in Engineering!

To mark International Women in Engineering Day, 15 of our fantastic Year 8 girls took part in an inspiring STEM workshop hosted by UTC Heathrow on Monday 23 June.



The challenge? To come up with innovative solutions to minimise the use of plastic and tackle sustainability issues head-on. Working in teams alongside professional engineers and KS4/KS5 STEM students, the girls spent the morning researching, designing, and preparing their presentations before pitching their ideas in the afternoon - with prizes for the best project and presentation! Parents were also invited to attend their presentations.

A huge thank you to UTC Heathrow and their amazing staff for hosting such a brilliant event and providing our students with lunch and snacks throughout the day. It was a truly empowering experience that showcased the exciting possibilities within engineering and technology.

The Daisy Cup



All year long, Year 8 have been battling it out for *The Daisy Cup* – our Year 8 competition named in honour of Ms Barry's dog, Daisy. The competition celebrates the very best of Year 8, from resilience and kindness to teamwork and creativity. Previous champions include 8C, 8EN, and 8I.

Throughout the year, forms have earned points through a range of activities including RECIPE points, House competitions, best form attendance, and the ever-popular weekly House Quiz.

This half term, the competition stepped up a notch with daily morning challenges designed to get students energised and engaged. Instructions were emailed to form tutors by 8.35am. Challenges have included:

 **Word of the Day Sentence Challenge** – A chance for students to define and use a high-level vocabulary word from Year 8 form slide. The word of this day was *curious*. 8C won this with "During the stormiest, mid December night, I heard an ear-piercing scream outside. So I got out of bed -

alarmed - and tiptoed across the room to my window and (now that I think back, I shouldn't have done it but I was too *curious* back then) I looked outside..."

🌍 Capital Cities Quiz – A test of world knowledge - well done to Nathan from 8R for winning this one!

🐶 Draw Daisy – Students attempted to draw Ms Barry's dog Daisy entirely from memory – with hilarious and impressive results!

🏆 Best Sports Day Support – 8E pulled their way to victory in the Year 8 Tug of War, earning top points for strength and teamwork. 8P impressed with their outstanding energy and spirit, winning *Best Sports Day Support*, while 8EN took the prize for *Best Banners*, showcasing creativity and house pride in style!

The Daisy Cup has brought out the very best in our students – their competitive spirit, sense of fun and community pride. A massive well done to all Year 8 forms for their energy and enthusiasm. 8R have currently been in the lead for the past two weeks. The winning form has a choice of one out of the following prizes:

- Hot chocolate morning
- Form time on the astro/field
- Form time playing Just Dance
- Form time in the Year 8 area



May the best form win!

Awards Evening Tuesday 8 July

A huge congratulations to all the Year 8 students who were nominated by their subject teachers and recognised at this year's Awards Evening. Your hard work, commitment and brilliant attitude have not gone unnoticed and we are incredibly proud of you! A special shout out to Muhammad 8R who walked away with three awards; a brilliant achievement and a reflection of his consistency and excellence across the board.

Special mention also goes to the Year 8 Boys' Football Team, who were named Boys Team of the Year for their outstanding performance, teamwork and dedication throughout the season.

And finally, a big well done to Raha 8P and Anya 8I for their fantastic LAMDA performances on the night. They both were confident, polished, and a real highlight of the evening.

End of Year 8 Celebration – WiseUp Team Building Activity Event Monday 14th July

Throughout the academic year 2024/25, the Year 8 cohort have thrived and have displayed some excellent achievements across the board. As a result, we offered all students the opportunity for a non-educational day with their peers. WiseUp led the year group through a fun and memorable day whilst testing their skills such as communication and teamwork. A special shoutout to Henry 8C and Anaisha 8R who were selected by the WiseUp supervisors as being excellent team players!

Head of Year 8, Ms Barry

Dear Year 9 Students, Parents, and Carers,

As we reach the end of what has been an exciting, enriching, and rewarding academic year, we want to take a moment to reflect on the many highlights and incredible achievements of our Year 9 cohort. From academic milestones to volunteering, adventure, and awards – our students have consistently shown maturity, enthusiasm, and a strong sense of community. Here's a look back at some of the key moments that made this term so memorable.

Options Process - A Major Milestone

One of the key steps in Year 9 is choosing GCSE options, and we were incredibly impressed with how seriously and thoughtfully our students engaged with the entire process. From insightful questions during subject taster sessions, to the maturity shown during 1-to-1 interviews, and the enthusiasm displayed at Options Evening, it was clear that students were considering their futures with care and ambition. Staff across the school were of praise for the way Year 9 approached this important step with curiosity, confidence, and an eagerness to learn.



The Duke of Edinburgh Award

We are thrilled to announce **53** of our Year 9 students have successfully completed the training and assessment components of the Bronze Duke of Edinburgh's Award. This achievement speaks volumes about their resilience, perseverance, and teamwork. Whether it was navigating unfamiliar routes, setting up camp, or supporting each other through tough conditions, our students demonstrated responsibility and leadership well beyond their years. A huge well done to everyone involved, you should be incredibly proud of yourselves.



Following this a grand total of **43** students have enrolled for the Silver Duke of Edinburgh Award, some being direct entrants too! If you have missed this window of opportunity and wish to sign up to the Silver Award, there will be another enrollment window in September 2025, do not fear!





Sports Leaders

This term, a group of our Year 9 students volunteered their time and energy to become Sports Leaders at Hillside Primary School, supporting sports events for pupils in Years 3, 4, 5, and 6 in early June. Their hard work and professionalism impressed staff so much that they were personally invited back to help with the Reception and Nursery Sports Day in July. Their behaviour, leadership, and encouragement were so exemplary that a parent from Hillside emailed our school to express how much they admired the students, calling them fantastic role models. This is an outstanding testament to their character—well done to all involved!





Sports Day

Our Year 9 students really embraced the spirit of competition, teamwork, and celebration during Sports Day this term. The energy on the field was electric, with students giving it their all in every event, from sprints and relays to long-distance runs and field events. Just as impressive as the athleticism on display was the overwhelming positivity and support shown for one another. Cheering from the sidelines, helping teammates, and showing genuine sportsmanship made the day truly special. A big thank you to everyone for making it a memorable event.

1st place medals (Female) : **Jena 9E (100m), Ana 9E (200m), Madison (300m and 800m), Evie 9EN (Standing Long Jump), Jemima 9P (Standing Triple Jump), Charlotte 9P (High Jump)**

1st place medals (Male): **Tendai 9EN (100m, 200m and High Jump), Brody 9E (400m, 800m and Standing Triple Jump) and Alex 9E (Standing Long Jump)**

Awards Evening A huge congratulations goes out to all our Year 9 students who were recognised at this year's Awards Evening. Many were commended for their dedication and progress across a wide range of subjects, while others were honoured with whole-school awards for their contributions to school life, character, or academic excellence. It was wonderful to see so many of our cohort being celebrated in front of their families and peers. You've all set a high bar for next year!



Go Ape

To celebrate a successful year, Year 9 are heading out to Go Ape, where

students will be challenged on high ropes courses, zip lines, and woodland trails. We hope it will be the perfect way to reward the hard work and commitment shown throughout the year.



It's been a wonderful year with so many highlights of students going above and beyond. I look forward to seeing them after the summer holidays continue to develop into mature young adults as they step into Y10!

Head of Year 9, Ms Little

150 Exam Students should be very proud of their engagement and development during the 150 Challenge. They were able to learn 5 new revision strategies and practice them with 150 facts surrounding English, Maths and Science key knowledge. Students completed a Baseline at the beginning to see how much progress they could make with the program and the students below should be exceptionally proud as they achieved significant progress from their baseline leading to a reward afternoon.



Best of the Best:

Form	Progress (Top % changers)	Attainment (High Scores)	For exceptional work recognised by form tutors:	
Rosa	Thomas T (13%) Amelia Rose S.(11%) Ashwin P. (11%) Hollie D. (11%) Suvina S. (17%)	Diya S. Isra B. Shayan A.	Rosa: Shayan A. Nanda G.	Edison Jodie W. Charlie R.
Edison	Shazaib A (17%) Jiya S (18%) Neha S (15%) Burhan S (10%) Naomi P (19%) Yassin N (13%)	Asad K. Fatima S.		
Chadwick	Awesta (20%) Mariam R. (25%) Ayan K (10%)	Aadi R. Hafsa S.	Chadwick Maryam S. Hafsa	Isaac: Samuel R. Adem S.
Isaac	Panash V (24%) Ayman O (14%), Emily HL (35%), Amber G (19%), Isla C (14%), Mihai (17%), Aysa N (35%)	Lara A. Anna A.		
Pele	Fatma A (10%), Estera C (10%), Roma P (14%), Vihaan D (14%), Leona (12%)	Aditya Kimberly	Pele: Vihaan Leona	Ennis: Jack B. Aryan D.
Ennis	Daniel P (22%), Tyler C (11%), Annabelle A (8%)	Riley S. Aryan D.		

Year 10 PPEs

Year 10 have recently completed their first ever Pre-Public Examination (PPE) window with great maturity, focus and determination. This important milestone not only provided valuable insight into Year 11 but also highlighted their growing sense of responsibility and readiness for the challenges ahead. Their conduct and approach to revision has laid strong foundations for future success. As they move into their final GCSE year, maintaining these high standards will be essential. The year ahead is a vital one, and we are confident that with continued effort and support, Year 10 will rise to the occasion.

Sports Day

On Thursday 3rd July Year 10 enjoyed their final Sports Day of secondary school with energy, enthusiasm and true team spirit. It was fantastic to see so many students giving their all, whether competing on the track and field or cheering from the sidelines. There was a fantastic atmosphere throughout the day, making it one to remember. A huge congratulations to everyone who took part or supported their house.



Awards Evening

Our annual Awards Evening was a wonderful celebration of the students who have truly embodied our RECIPE values and achieved excellence across a range of subject areas. It was fantastic to see so

many students present, recognised and applauded in front of their peers, parents, and staff. These individuals have set a brilliant example through their attitude, effort, and resilience. They should be incredibly proud of all that they have accomplished this year. They are true role models within not just the year group, but the school community.

Upcoming for Year 10

Next week promises to be an exciting end to the term to Year 10, with two days of work experience followed by a well-earned end of year celebration trip to Thorpe Park. Year 10 are Northwood's first year group to go out on work experience and will be paving the way for future students. Students have managed to secure a huge range of fantastic work experience opportunities and will be gaining valuable insight into the world of work. This will help them to develop their confidence, responsibility and real-world skills. We're also looking forward to celebrating their hard work this year with a fun and memorable day out at Thorpe Park!



This summer, a number of our Year 10 students will be travelling all the way to Malaysia as part of the World Challenge expedition. They'll be immersing themselves in the local culture, taking on demanding rainforest treks, and making a meaningful contribution through turtle conservation efforts. It promises to be a once-in-a-lifetime experience that will build teamwork, resilience, and global awareness. We look forward to

hearing all about their incredible journey when they return.

Head of Year 10, Mr Hunte



Year Group News

Year 11

Congratulations Year 11

I want to say a huge well done to each and every one of our Year 11 students. You have shown resilience, maturity, and commitment throughout your GCSEs. From the early mornings to the late-night revision, the calm way you approached your exams, and the support you gave each other, it's been a privilege to watch you grow into the young adults you are today.

Your hard work and dedication have not gone unnoticed. I'm incredibly proud of the way you represented yourselves, your families, and the school throughout the exam period. You've demonstrated what it means to rise to a challenge and give it your all.

Now, it's time to rest, reflect, and enjoy a well-deserved break. Whatever your next steps, know that I believe in you and your potential.

Looking forward to seeing you on results day to celebrate your achievements.

Miss O'Keeffe

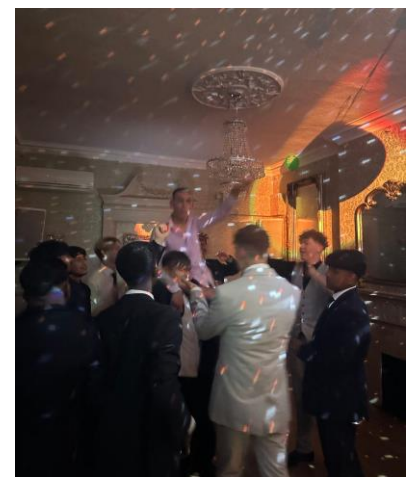
Leavers' assembly and prom 2025

Our Year 11 Prom at The Grange was a truly unforgettable evening. Set in the stunning surroundings of this amazing venue, students arrived in style and celebrated the end of their GCSE journey together.

From the moment the music started, the dance floor was full of energy, laughter, and celebration. Outside, the garden provided a perfect space to relax, take photos, and enjoy the summer evening with friends. It was wonderful to see the whole year group come together, smiles, dancing, and memories being made everywhere you looked. A huge congratulations to Ben and Sanvia, who were crowned our Prom King and Queen of 2025, nominated by both staff and students for their positivity, kindness, and spirit throughout the year.

Earlier that same day, we held our Leavers' Assembly, which was equally special. Students celebrated their time at school with a mixture of laughter, reflection, and a few tears. Shirt signing and goodbyes were done in such a mature and respectful way it was clear just how much their time together has meant.

Thank you to everyone who made the day and night so special. What a fantastic way to mark the end of an incredible chapter!



Year Group News

Year 12 & 13

Year 13 Good Luck Assembly – **A Celebration of Growth and Achievement**

Dear Parents and Carers,

Before our Year 13 students stepped into exam season, we took a moment to reflect and celebrate everything they've accomplished during their time with us, for some, an incredible journey of seven years.

Our Good Luck Assembly was filled with memories, laughter, and emotion. We looked back at their early days in Year 7 and marvelled at how far they've come. Each student received a personalised

letter written by you, their parents, and our amazing Sixth Form team offering words of encouragement, pride, and love. It was a truly special moment.

The celebration continued with a fun rounders match, plenty of snacks, and shared laughter, the perfect way to begin the exam season with smiles and support.

Thank you to everyone who helped make this day so meaningful. We are incredibly proud of the Class of 2025 and all they've achieved.

Warm regards,
Kondal

From Then to Now....



Mrs

Year 13 Prom – **A Night to Remember**

Dear Parents and Carers,

We had the pleasure of celebrating our wonderful Year 13 students at their prom. A beautiful evening filled with joy, laughter, and pride. It was a fitting tribute to the incredible journey they've been on over the past two years.

From walking out of exams, sometimes elated, sometimes reflective, to revising and sitting papers during a relentless heatwave, their resilience and determination have been nothing short of remarkable. Every student has shown strength, commitment, and maturity through a demanding time, and we couldn't be prouder.

Well done to the Class of 2025. You've already achieved so much, and we can't wait to welcome you back on Results Day to celebrate your success once more.

With pride,
Mrs Kondal



Year 12 Networking Morning

On the 11th of July, the Year 12 students were given the opportunity to partake in a networking event. There were 30 different delegates from industries such as Nando's, Clancy Construction as well as alumni in university, graduating or completing a degree apprenticeships. The Year 12s found it useful to interact with professionals from a wide range of sectors, following their February interviews. Haider R stated that it was "informative and inspirational especially for a biomedical engineering career path". The students were able to update their LinkedIn as well as learning networking skills in preparation for the working world.



6th Form Awards Winner

Congratulations to all our Year 12 & 13 awards winners. We are so proud of all you have achieved

Year 12 Winners	Year 13 Winners
Fran Berle Flo Venkatesan Sarah Chaudhary Dean Taylor	Sarah Larbi Dylan Mahmoud Parthvi Parmar Aryan Shah

Reza Nabulsi
Tom Martin
Prasathen Sothirajah
Kiran Patel
Tuhina Sarkar
Michael Adeyelu
Sophie O'Dwyer
Daniel Crut
Mary Oluwaniyi
Chloe Wilby
Sarah Chaudhary
Kevin Sadeghnejad
Jood Assaad
Cameron Curreri

Mara Dunareanu
Salmaan Fahim
Ved Patel
Bethany Brooks
Beth Grayling
Dylan Mahmoud
Alexandra Levitina
Matthew Moore
Krish Vaswani
Ved Patel
Daniel Khan
Eva-Myleene Abbanmensah
Bethany Johnson
Muna Farah
Mostafa Al-Nasiri

Student leadership + House News!

What a year it has been!

Student Leadership: The 24/25 cohort created, developed and implemented three key projects in the school based on student feedback: reducing equipment sanctions to 20 minutes (trialled with Year 9), leaving Period 5 in PE kit (trialled with all years), and expanding the canteen choices to be more inclusive and healthier.

I am incredibly proud of the team's commitment, consistency and growth. Well done to all those involved!

House Events: 24/25 saw the full return of House events with 12 incredible competitions starting with House Football + Netball, and finishing with House Debate. Well done to everyone who took part!

Mr SV

House Chess	House Creati	House Table	House Art	House Spellin
-------------	--------------	-------------	-----------	---------------

	ve Writing	Tennis		g
Rosa	Chad wick	Chad wick	Chad wick	Isaac

House Debate Final: **Rosa vs Isaac**

Overall Leaderboard: 1st - **Isaac**, 2nd - **Rosa**, 3rd - **Edison**, 4th - **Ennis**, 5th - **Pele**, 6th - **Chadwick**

Student Leadership Experience - Neha S, Year 10 : "During my time as a year captain for year 10, I had the opportunity to present changes in the school which students wanted to the Leadership Group. Each year group focused on one change students wanted, then collaborated when presenting the ideas. We focused on collecting data to support our proposals including qualitative and quantitative data from students, parents and staff which gave us a general idea of what the Northwood community would have liked to see in the school. After presenting the slides, we opened the floor for questions from Lg which was insightful as we could see what their concerns were and were able to reach to a middle ground by asking for trials for some of the ideas. The presentation also gave me the opportunity to work with the younger years, they were all passionate for making a change which was inspiring. I was able to guide them through on how to make an effective argument by thinking of possible rebuttals before they could be questioned. I personally learnt how to be more confident as I was nervous before presenting but learnt to overcome my fear in order to express my peers' concerns with the school. Above all, I enjoyed the fact that I could make a change within the school community and be a voice for my classmates who thought they wouldn't be heard by the adults around them".



Highlights from Charity events/other events

Interact:

Every Interact club is supported by a local Rotary club, ours being Elthorne-Hillingdon Rotary Club. On the 2nd of April, 4 members from Interact Club's leadership team attended the Rotary Evening and made a presentation on what Interact Club has done so far this year at Northwood School. Maia 9R, Lynn 9EN, Lois 8E and Maya 8C were excellently prepared and delivered an amazing and detailed presentation.



Mental Health Awareness Week at Northwood

From the 12th to 18th May, our amazing Interact team ran a series of events to mark Mental Health Awareness Week 2025, focusing on this year's theme: *Community*. The aim was to break down stigma and help everyone understand and prioritise their mental wellbeing – and each other's.

Here's what we got up to:

🎵 Monday – Over 20 students took to the Hall for a fun-filled Just Dance session!

- 🎨 Tuesday – 30 students got creative with clay, crafting their own sculptures to take home.
- 🎮 Wednesday – Board games and Mario Kart brought some healthy competition and lots of laughs.
- 🖍️ Friday – We finished the week with some calm and colour through mindfulness colouring.

Thank you to everyone who took part – it was inspiring to see our school community come together to support mental health in such a positive way.

Interact Trip to London Zoo

On Thursday 26 June, 28 members of the Interact team, accompanied by Ms Barry and Ms Richardson (a big thank you to her for joining us!), visited London Zoo to celebrate all their hard work this year.

The day began with a lovely walk through Regent's Park, where we spotted plenty of geese and soaked up the sunshine. Once at the zoo, students had the chance to explore and see a wide range of animals – from otters and penguins to camels – and enjoyed some well-earned ice cream at lunchtime.

Our students were fantastically behaved throughout the day, and it was a brilliant way to round off an amazing year for Interact.



Interact Fundraising at Sports Day

During Sports Day on Thursday 3 July, our Interact team raised funds for Comfort Cases UK, a charity that brings dignity and hope to children entering the UK foster-care system. They provide each child with a new backpack or duffel case filled with essential and comforting items like pyjamas, toiletries, books, soft toys, blankets, and stationery so that vulnerable young people don't arrive in care with just bin bags.

Students sold refreshments and offered face-painting throughout the day, decorating faces with House colours, hearts, stars, and House letters, adding a vibrant splash of school spirit.

It was a joyful, community-filled day: full of fun, kindness, and generosity. A huge well done to everyone who got involved!

Culture Day

A massive well done to our Interact members who have been working hard every week this half term to prepare their Culture Fair stalls. From eye-catching posters and informative displays to decorative paper chains, each stall was thoughtfully created and brilliantly delivered.

Their professionalism and organisation – both in setting up and running the stalls – did not go unnoticed, with many staff and students commenting on the quality and creativity on show.

A huge thank you also to our Sixth Formers for their fantastic face painting skills, and to Neha (Y10) and Vrinda (Y10) for helping run the ever-popular henna stall – a true highlight of the day!

Well done to all involved for helping make Culture Day such a vibrant, inclusive celebration!

Inclusion News!

We are really thrilled that some of our SEND students are moving onto exciting new places! Namit has secured a place at a nearby Post-16 provision to continue studies. Angelo will be joining UTC and fingers crossed for Tushal who will hopefully be starting a degree at Queen Mary's! The hard work of these students and the invaluable support from LSAs and teachers over the years have made this possible.

As we say goodbye to some, we are delighted to welcome new students who will be starting in September. A fabulous cohort of Year 6s joined us with their parents for SEND transition day and were excited to take part in a treasure hunt around the school. The students then had a chance to meet with new staff and have a bit of fun with each other. We were proud that students, parents and staff all left with smiles on their faces and a positive outlook for September!

Sports Day at school was a fabulous success this year. Alongside the whole school events, Ms Manders and Ms Hicks ran some inclusive activities for students to enjoy and thrive in. It was a wonderfully active and fun day with both students and staff getting involved.



Name of Department

PE

The summer term has been a fantastic one for the PE department, filled with memorable moments, competitive spirit, and outstanding achievements across a range of sports.

One of the standout events this term was the Borough Athletics Championships, where Northwood School proudly represented in both the junior and senior categories. Our athletes delivered exceptional performances, securing medals in multiple events and highlighting the depth of talent we have across the school.



Cricket has also enjoyed great success. Our Year 7 team emerged victorious in the local borough cricket tournament, displaying impressive teamwork and skill throughout. Not to be outdone, our combined Year 9 & 10 team finished as runners-up in their competition – a strong showing against tough opposition. A special highlight this term was a school trip to Lord's Cricket Ground, where students not only watched live cricket in action but also explored the rich history of the game at this iconic venue. In rounders, every year group secured wins this term, with each team enjoying the taste of victory. The Year 8 and Year 10 teams were particularly impressive, losing just one game each during their league campaigns. Year 8 capped off their season by being crowned winners of

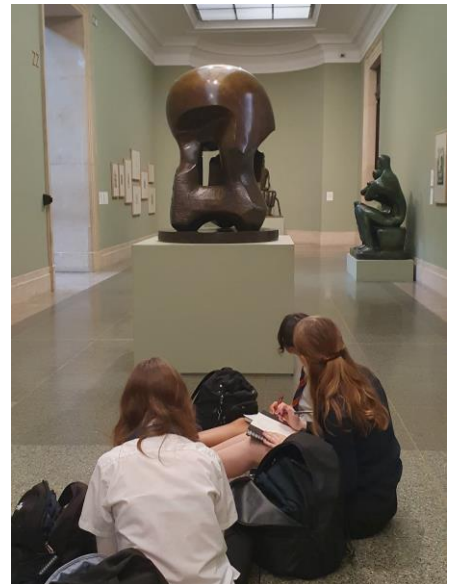
the borough rounders tournament – a superb achievement.

Sports Day remains one of the most anticipated events of the school year, and this year did not disappoint. The day was filled with energy, excitement, and a fantastic display of athletic talent. Events were closely contested throughout, but it was House C who triumphed overall, lifting the Sports Day trophy after a brilliant all-round performance.

As we wrap up the term, we are incredibly proud of all our students for their hard work, commitment, and sportsmanship. A big thank you also goes to the staff and families who have supported us along the way. We look forward to building on this success in the next academic year!

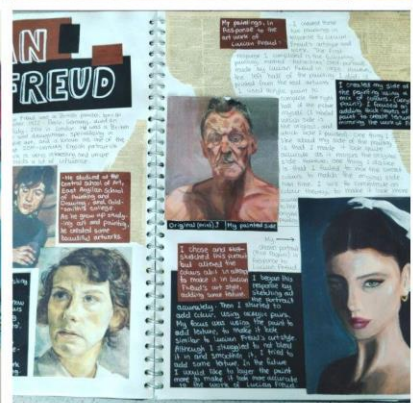
Name of Department

Art



The primary aim of the trip was to allow students to engage with artworks firsthand, enabling them to observe and reflect on the scale, impact and symbolism of different pieces. Students were given time to walk around the galleries before choosing pieces to produce observational drawings in support of their chosen theme for their GCSE Non-Examined Assessment (NEA).

The students found the trip inspiring and they represented the school so well, demonstrating our RECIPE qualities throughout the trip.



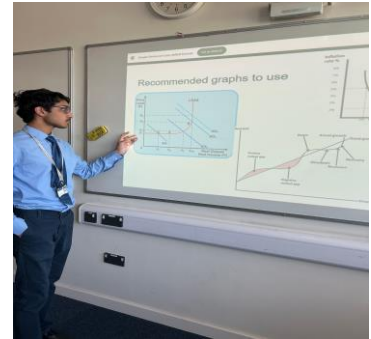
Here is a selection of work by Year 10 to celebrate a successful year in Art by our talented students. This collage features artwork by Maryam S, Safwa, Lara, Maja, Suwaiba, Neha, Kayla, and Aysa.

Well done! Ms Maida

Name of Department

Business & Economics

Developing Oracy : Niathen M delivered an excellent presentation to his Yr 12 peers which was all about how to maximise marks in their upcoming summer mocks. He gave lots of handy hints and tips such as analysis and evaluative phrases to use; key stats on the UK economy and how to write an excellent judgement in the conclusion of the essay. Well done Naithen!




KS4 Business

MARIOKART TOUR

200

TAYLOR SWIFT THE ERAS TOUR London, UK

Title: Creative industry and business jobs

DO NOW: Do you know any creative industry jobs? Please write down any ideas you can think of (use mini whiteboard).

LO: To explore careers combining creativity and business.

NORTHWOOD
achievement through support

Careers in the Creative Industry:

Year 10 and Year 12 Business students had the opportunity to explore careers that merge creativity with business during a recent Career Spotlight session. They conducted research into roles within the creative industries and business sectors, presenting their findings on aspects such as salary ranges, qualifications, and key skills required. As a result, students gained a deeper understanding of the wide variety of business-related career paths available in the creative industry.

Business World of Work Trip: Year 12 Business and Economics students recently enjoyed an exciting and educational day out at Chessington World of Adventures. Alongside exploring the park's attractions, students took part in a tailored workshop focused on the business operations behind the

scenes. Topics included branding, aims and objectives, marketing strategies, and ownership structures—giving students a valuable glimpse into how a major entertainment venue functions as both a business and an experience. A fantastic blend of fun and learning!



**Year
12**

Students Shine in 10X Challenge and National Logo Competition

Our talented Year 12 students have recently taken part in the Young Enterprise 10X Challenge, a national initiative that gives young people the opportunity to develop entrepreneurial skills by starting their own businesses with just £10. The students showcased incredible creativity, teamwork, and business acumen throughout the challenge, making the school proud with their innovative ideas and impressive presentations.

In addition to this exciting challenge, two of our Year 12 students, Lediona and Michalina, achieved national recognition by winning the 10X Challenge Logo Competition. Their winning design stood out among entries from schools across the country, impressing the judges with its originality, visual appeal, and ability to capture the spirit of the challenge.

Department

Computer Science

KS3 - This term in lessons KS3 have been exploring Artificial Intelligence (AI). They have been exploring the different types of AI and how they are trained, so not just looking at the pros and cons as an end user but the logistics behind how they work. They have been 'training' AI to recognise certain objects and testing it.



In the recent Careers Spotlight various classes had the opportunity to explore Creative roles on offer in the Computing Industry. One role explored was that of a Games Designer.

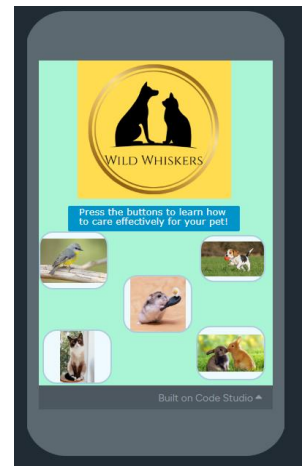
Techni Club for Girls - The students have completed their app based on how to look after a pet. They were invited by Mr Shah to discuss their app and were awarded a certificate.



Coding club - Members of the club have been working on MicroBits and creating their own projects in Python. Projects such as making the MicroBit work like a compass have been achieved.

KS4 Coding Club

KS4 coding club members have been tackling challenging Python based scenarios. The students have been working on mini projects.



Name of Department

Hospitality and Catering



We've had a marvellous year in the Food Technology department. It's been an extremely busy and productive year across all year groups. Year 7s have enjoyed exploring and executing a range of new skills and made everything from fruit salad to cakes and samosas. Year 8s have been looking at the many uses of grains and enjoyed making both sweet and savoury bakes. Year 9s really pushed their skills this year culminating in a very challenging Brioche Practical where they made their own brioche, filleted and fried chicken and made mayonnaise from scratch; all in one hour!

Year 10 WJEC Hospitality and Catering students did themselves proud, producing some of the highest standard of cookery in their final practical in February.

We are very proud of all our students and hope that they have all gained some confidence in Food Technology. Well done!

Name of Department	English
 Northwood School Students in your school have read 2921 books this year in Sparx Reader, well done! Sparx Reader sparxreader.com	 Northwood School Students in your school completed 8689 hours of careful reading this year in Sparx Reader. Great effort! Sparx Reader sparxreader.com
We've had another incredibly successful year with Sparx Reader, with students in Years 7, 8, 9, and 10 fully embracing the platform. Collectively, they have read nearly 3,000 books and an astonishing 72 million words! Regular exposure to new vocabulary through reading is proven to strengthen students' literacy, and it's clear that Sparx Reader is having a powerful impact. We're proud of our students' dedication and excited to see their reading journeys continue to grow next year. - Ms Richardson	

Name of Department	Psychology
--------------------	------------

Who went? Year 12 Psychology students on 10th June

What were our two investigations based on? One human and one animal

We spent the whole day there...so much walk, so many animals and so much fun to collect data for our investigations.



**ANIMAL
BEHAVIOUR**

FACTS

Why did we go to London Zoo for Psychology?

- So that we could practise our Research Methods skills
- So that we could collect data for two investigations we designed
- So that when we were sitting our Summer PPEs, we had a better understanding about how to apply psychological knowledge to exam style questions
- So that we could share out investigations with the class and write a research investigation

Recently, Miss Miesuria took us to London Zoo for a Psychology field trip. Before our visit we were asked to design two investigations. Once they passed ethical approval we were able to create our data collection tables and collect data at the zoo. I had loved watching how different animals behaved in their enclosures. This was a very helpful visit for my A-level psychology course for multiple reasons. For example, it helped me apply key research methods concepts like how to write hypotheses and the role of variables.

What did I learn? *"From my personal experience, I found the zoo trip to be helpful in learning about conducting observations in real life situations rather than the lab studies that we have been learning about. This has improved our research methods skills. The study my group conducted helped to improve my knowledge. It was both a fun and educationally rewarding trip which we all enjoyed. My group's research focused around types of monkeys and their interaction with a mirror. Our human study was about obedience. Both improved my understanding of specific topics and nice memories were made. Amber Chauhan.observational techniques. It also allows hands-on real world experience with naturalistic observation, sampling methods and ethical considerations in a real-world setting which is especially helpful to refer to in a "Design a Study" 12 marker. I would definitely be recommending that the next year 12s go on this trip"* Jood Assaad.



"I found the planning process of the experiments to be highly valuable to aiding my understanding of the section of 'research methods' in psychology. I found this trip heightened my interest in studying psychology further in university, as observing the changes in behaviour really made me question the reasons behind it. Overall, I found this trip to help grow my appreciation for psychology and see how applicable it is to the wider world". Jade Teodoro.

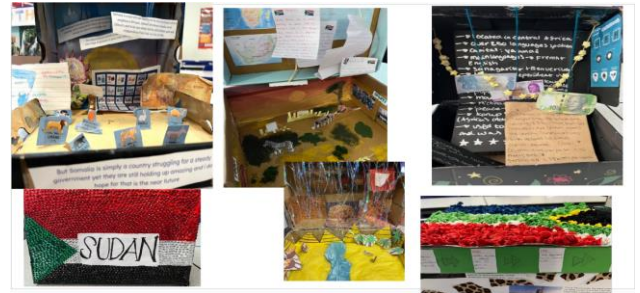
Name of Department

Geography

As we wrap up a busy and engaging term, we're excited to share some of the fantastic work your children

have been doing in Geography across the year groups.

Year 7 students have impressed us with their creativity and curiosity through the *Africa Shoebox Project*. Each student chose a country to research and designed a shoebox filled with thoughtful representations of its culture, geography, and way of life. The projects were not only visually impressive but also showed excellent research and presentation skills.



In **Year 8**, our focus has been on *coastal environments*. Students explored how both natural processes and human activities shape our coastlines. From erosion and deposition to sea defences and tourism, they've developed a strong understanding of the challenges and responsibilities we face in protecting these dynamic landscapes.

Year 9 have been diving into global environmental issues, examining human impact on the *Rainforests and Hot Deserts*. Through case studies and debates, they've gained insight into deforestation, desertification, and sustainable development, demonstrating thoughtful perspectives on global stewardship.

It's been a hands-on term for **Year 10**, who completed their *fieldwork* at the beautiful *Hengistbury Head*. Blessed with sunny weather, students measured longshore drift and experienced geographical enquiry in action – a valuable foundation for their upcoming GCSEs.



Lastly, **Year 12** students

have been both busy and brilliant. Alongside completing fieldwork in *Stratford*, investigating urban change and regeneration, they sat their first round of *Pre-Public Exams*. We are proud to say they tackled these with maturity and determination, achieving some fantastic results.

We are incredibly proud of all our students' hard work and enthusiasm this term and look forward to more exciting learning ahead!

Warm regards, **The Geography Team**

Name of Department

MFL

Trip to France: April 2025

From April 7th to 11th, a group of 36 enthusiastic KS3 and KS4 students travelled to France for an unforgettable educational adventure. Over five exciting days, students explored French culture, improved their language skills, and built stronger friendships.



Highlights included a visit to a bustling local market where students tested their French with real-life shopping experiences, a breathtaking trip up the Eiffel Tower (selfies galore!), and a magical day at Disneyland Paris, where some students screamed louder in French than they ever did in class!



We also enjoyed a scenic boat trip on the Seine, taking in the stunning views of Paris by water. In the evenings, laughter filled the air during crêpe-making sessions, team games, and even some dancing. "On a vraiment passé un bon moment!" - we really had a great time!

By the end of the trip, many students felt more confident using French in everyday situations. They not only practised speaking, listening, and ordering crêpes like pros, but also made memories to last a lifetime.



Name of Department

History

It's been a busy year in History. Recent highlights at key stage 3, include the following:

Year 7 have completed their year with an in-depth study of the Tudors. Many students have shown great oracy skills by presenting to other students on an aspect of Tudor life. There has also been some impressive written work on Henry VII's reasons for seeking an end to his marriage to Catherine of Aragon and on the religious turmoil that followed.

Year 8 have been investigating the causes and impact of World War One, including research on why so many men volunteered to fight and trench warfare. Mr de Planta's classes have shown great engagement and passion through their participation in a mock trial of a soldier named Harry Farr who was found guilty of

cowardice in 1916 and executed.

Year 9 students have been studying migration to Britain across the ages and how the identity of the people of Britain has been shaped by their interaction with the wider world. They have finished the year by researching Caribbean migrants and in particular by looking at a case study on Notting Hill. This will be followed up with a Migration Walking tour of London for GCSE students in the Autumn Term.

Name of Department : Maths

UKMT 120 students across year 7 and 8 took part in the UK Maths Trust Challenge on 1st May. Congratulations to the following students who achieved a certificate in the following categories:

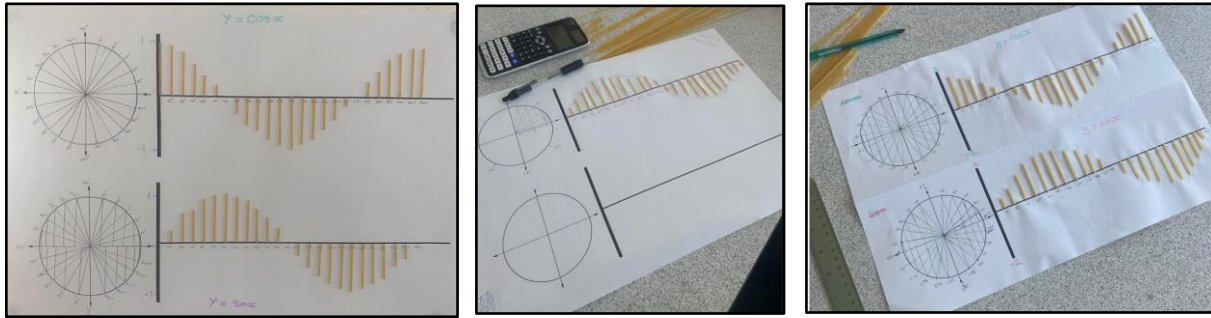
Year 7 Bronze	Year 7 Silver	Year 7 Gold
Rayan Hussain William Keegan Sara Kowalska Joe Molly Vivaan Parmar Noah Patel Niranjan Renjini Ramesh Dylan Robinson Sofija Sabonyte Hamza Salad Achint Saluja Rohan Selva Ganesh Zara Shah Farwa Syed Zoe Wong Rafael Zavaleta-Hayes	Abraham Cheragh Aleksander Ciszewski Arjun Dumaswala Kasi Hirani Anaya Jadva Kaveer Joshi Mark Kola Arthur Tanner Abhyuday Vikram	Advay Gupta Ayaan Khan Keishin Okano Raghav Satish

Year 8 Bronze	Year 8 Silver	Year 8 Gold
Sara Bigu Manav Dassani Kayleon Harris Anis Ibrahim Julien Keung Anyu Kumar Alex Laing Dextor Lennon Hanjin Lui Kkushi Mamtara Kaden Mistry Mohamed Osman Patric Pop Shaayn Rampuria Harien Senthilnathan Rohan Shah Daniel Smidt Joshua Ward Amelia Yau	Miran Balan Ira Ghandi Reshma Gani Aamena Gulamhusein Johan Haile Kamil Jalowiecki Maya Khiraya Alexander Lelujka Robert Lucaciu Ishaan Madhaparia Aryav Mandalia Syona Mehta Nathan Novac Aran Patel Gia Patel Diyen Shah Rakim Sinare Henry Taylor	Muhammad Cheragh Kelsie Dean Anahita Shahmiri Zain Siddique Daksh Verma

Special congratulations to Ayaan Khan and Raghav Satish who secured a place in the next round (Junior Kangaroo). Massive well done to Raghav Satish who was awarded a silver certificate! A fantastic achievement.

Special congratulations to Daksh Verma, Anahita Shahmiri and Kelsie Dean who secured a place in the next round (Junior Kangaroo). Massive well done to Daksh Verma who was awarded a silver certificate! A fantastic achievement.

Year 10 students were getting creative with Trigonometric Graphs and managed to use the Unit Circle and Spaghetti to create these masterpieces! Well done to Sophie Groom in year 10 who was voted as the best!



Maths Award

Winners

Our fantastic mathematicians were recognised at the awards evening for a combination of outstanding academic achievement and enthusiasm for the subject. Well done to all!

- ★ **Year 7:** Raghav Satish and Vinnie Hunt
- ★ **Year 8 :** Ana Vasile and [Muhammad Cheragh](#)
- ★ **Year 9:** Samir Dagli and Krishna Ragavan
- ★ **Year 10:** Neha Senthilkumar and Annabelle Adeleyure
- ★ **Year 11;** Ben Winter and Soha Parkar
- ★ **Year 12:** Dean Taylor and Sarah Chaudhary
- ★ **Year 13:** Dylan Mahmoud and Parthvi Parmar

Department	PSHCE
	Summer Term PSHCE has focused on Relationships, Sex and Health Education. Years 7 and 8 have explored healthy friendships and important concepts such as consent. Years 8 and 9 introduced romantic relationships to their understanding of relationships. Years 9 and 10 explored romantic and sexual relationships. Other important themes such as safety online and offline, as well as sensitive topics like loss and bereavement have been covered. Thanks to our transition lead and Performing Arts teacher, Ms Elliot, Year 8 also watched a performance from the solomon theatre company around peer pressure, alcohol and drugs. 

Performing Arts (Drama, Dance and Music)

Year 10 Drama exam!!

Our fabulous year 10 GCSE Drama students performed their devised piece 'The Weight of Regret' exploring the themes of youth criminality and restorative justice.



Year 9 Curriculum

We are delighted that so many of our Year 9 students have chosen to continue their journey in Drama by taking GCSE next year. This is a testament to their hard work, creativity and growing confidence. However, well done to *all* Year 9 students and everything you have achieved in Drama this year.

Throughout the year, they have explored a powerful range of texts including *DNA* by Dennis Kelly, *Blood Brothers* by Willy Russell, and *Face* by Benjamin Zephaniah. Each play has helped them develop a deeper understanding of different theatrical styles, key themes and social issues.

More than that, Drama at Key Stage 3 has equipped them with vital transferable skills, from communication and empathy to teamwork, leadership and problem-solving, which will benefit them in any future pathway they choose.

Music: What a spectacular celebration of musical talent we had on the 7th of July at our Music Recital! The event was an absolute triumph, showcasing the hard work, passion, and dedication our students have poured into mastering their instruments. From the very first note, it was clear we were in the presence of

something truly special—it felt as though we were being serenaded by a room full of professional musicians!

A heartfelt thank you goes out to all the parents, families, friends, and staff who joined us to support our young performers. Your presence made the evening even more memorable.

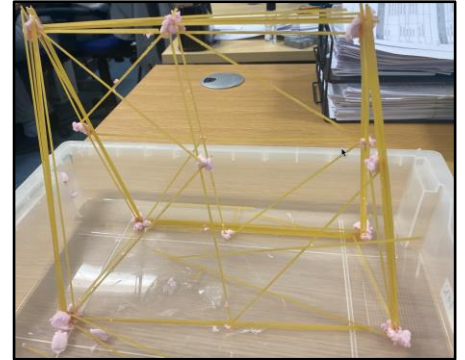
We were treated to a dazzling array of performances, including beautiful vocals, captivating piano solos, expressive flute pieces, and energetic guitar numbers. Every performer brought their unique flair and musicality to the stage, leaving the audience inspired and thoroughly entertained. Bravo to all involved—what a night to remember



Name of Department	Religious Studies
Following inviting our local Rabbi into school to talk to Year 8 in the Spring Term, this summer term students have had ample opportunities to attend RE enrichment trips. In June we took 45 Year 7 students to Bhaktivedanta Manor. They had an educational talk, including an optional dress up of the Trimurti and Tridevi, visited the shrine room in the mandir and fed the cows.  	 Building on our existing local faith links, we took multiple trips for our Year 9s to Northwood Hills masjid and community centre. Students had talks from the trustees, including a specialist in comparative religion and a heart surgeon. Students asked some amazing questions during the Q&A session, including around the compatibility of science and religion. We were very grateful that the mosque gifted every student a book to learn more about Islam! We look forward to taking our Year 10 GCSE class to the mosque in July. Finally, we look forward to taking Year 9 to our local church - St Edmunds - as part of their enrichment programme. 

Science Department Shines with Sticky Success!

It's been a fantastic summer term for the Science Department, full of hands-on learning, teamwork, and some seriously impressive student achievements. Our Year 7 and 8 students rose to the challenge literally by building towers using only marshmallows and spaghetti. What started as a sticky, wobbly experiment turned into a true test of engineering skill and collaboration. Some of these towers are still standing tall, defying gravity and expectations alike! A special shoutout to **7E**, who stole the show with the tallest and strongest tower of them all.



But the fun didn't stop there. This term, our students also stepped beyond the curriculum to explore science in the real world. Using the knowledge they've gained throughout the year, they designed and conducted their own experiments, taking a deep dive into topics like biochemistry. One standout project involved analysing the contents of mock urine samples, a fascinating investigation into how our bodies work. It's safe to say we've got some brilliant biochemists in the making!

We're incredibly proud of the creativity, curiosity, and collaboration our scientists have shown this term.

Staying Safe over the Summer holidays

If you are worried over the summer then there are lots of support available

- **Mental Health Support** : www.northwood-school.org.uk/pastoral/mental-health-support/
- www.kooth.com
- <https://www.youngminds.org.uk>
- <https://www.childline.org.uk/>
- Hillingdon Thrive (external service below)



→ **Worried about a young person**, then you need to contact Hillingdon Children & Family Services via <https://www.hillingdon.gov.uk/chlds-safety> or call 01895 556006



Hillingdon Thrive

Your Mental Health Matters 



Free Mental Health Support for Hillingdon Residents

Are you feeling overwhelmed, anxious, or low? You're not alone and help is just a click away.

The Thrive Framework offers free, confidential mental health support as part of Hillingdon's early intervention initiative.

Whether you're looking for self-help tools, emotional support, or someone to talk to, Thrive is here for you.

What You'll Find on the Hillingdon Mental Health webpage:

- Huge variety of services of self-help resources
- Services offering tools to manage stress, anxiety, and low mood
- Support tailored to your needs
- Available 24/7, completely free

Take the first step toward better mental wellbeing.



Scan Me!



 **Scan the QR code to get started instantly!**