



Newsletter



Volume 3

February 2025

Outstanding teamwork: Year 10 netball team on track to win

The Year 10 netball team have played 4 out of their 5 Hillingdon borough league matches this year. Playing exceptionally well, and demonstrating outstanding teamwork, they are shaping a proud legacy for the school and themselves.

To date, the results are as follows:

		Opponent	Score
Queensmead (winners)	V	Uxbridge High	38 - 3
Queensmead (winners)	V	Vyners	20 - 8
Queensmead (winners)	V	Ruislip High	24 - 5
Queensmead (winners)	V	Rosedale	37 - 0

They have one remaining match against St Helens: we wish them well in what will be a fast and tough competition.

Who is on the squad?

- Charlotte T

Jessica B

Yasmine D

Anna P

Rebecca O-A

Prithika K
- Peace M

Sajana S

Grace N

Lexi B

Oliwia G

Mrs Carter, *Second-in-charge of PE*



The well-rounded student: curriculum beyond the classroom

At Queensmead, we are exceptionally proud of the range of extracurricular opportunities that we are able to offer our students. To ensure that our students make the most of the possibilities, we have recently run a competition - the 'Unlock Your Potential' competition, to see if it can encourage students to take advantage of the new skills on offer, the potential new friends they have yet to meet, and the fun they might yet experience.

Running from Tuesday 28th January to Wednesday 12th February, it was a competition open to all year groups. The more clubs that students attended, the better their chance of winning amazing prizes, including:

- A shopping voucher: the two students from each year group who attend the most clubs will win a shopping voucher.
- A canteen 'queue jump' pass: attending 10 or more club sessions, students can earn a voucher, allowing them to skip the line and grab their lunch faster!

The competition has just come to a close, but that's not to say that the opportunities end. There are still plenty of benefits to be gained from extracurricular activities, which will help you both inside and outside the classroom:

- ★ Learn new skills - whether you're interested in drama, coding, music, or sports, joining a club helps you develop skills you might not get a chance to explore in your regular lessons.
- ★ Make new friends - clubs are a great way to meet new people who share your interests and build friendships that could last a lifetime.
- ★ Improve your grades - research shows that students who engage in extracurricular activities often develop better time management and study habits—therefore, they help to boost your grades!
- ★ Stand out to universities and employers - participating in extracurricular activities is highly valued by higher education and employment. It shows not only commitment, but also passions and being well-rounded.

Mr Fernandes, *Teacher of PE and Extracurricular Coordinator*



Mental Health Week: ways to navigate our emotional journey

The week of 3rd-9th February marked Children's Mental Health week. Each year, the charity Place2Be run an awareness week, with a theme: this year, the theme of 'Know Yourself, Grow Yourself' was especially significant: balancing school, assessments, friendships and family, all whilst figuring out *who you are* as a person and individual, can be very daunting for young people. The idea of knowing yourself can sometimes feel like a difficult task, but the charity suggest it's about understanding your emotions and learning how to handle them. So, this week provided an excellent opportunity to discuss the importance of self-awareness, and to recognise when you are struggling. We were able to introduce practical strategies, such as the two below:

- ❖ Keep a 'feelings' journal - track what makes you happy, stressed, or anxious. Notice patterns in your mood, and don't be afraid to talk to someone you trust when things feel overwhelming.
- ❖ "Growing" yourself is all about small, consistent steps so set tiny, achievable goals - maybe try a new club, speak up in class, or learn a new skill.



Wellness Space

Join our drop-in
community where you
can talk in a supportive
environment. We meet
weekly to discuss and
share experiences.



Remember, self-care isn't just bubble baths and face masks - although those are great too! It's about being kind to yourself, recognising your strengths, and understanding that everyone's journey is different. Some days you'll feel your best self, and other days you might need a bit more support, which is completely normal.

For our students, we have created 'Wellness Space' - a club available to everyone, running every Tuesday between 15:15 - 16:00. Here, students will be able to talk to one of our Mental Health First Aiders: Miss Hornal, Miss Bailey, Ms Fecheta, Miss Mangan, Ms Morrissey or Miss Zaman. It's simply a drop-in session, an opportunity for support, where you can discuss any struggles or ask questions regarding mental health. Sometimes the first step to looking after yourself is recognising how you feel and speaking to someone about your emotions.

Miss Zaman, *Mental Health Coordinator and
Teacher of Social Science*

KNOW YOURSELF,
GROW YOURSELF

Considering futures in STEM

On February 6 2025, our Year 12 Engineering class embarked on an inspirational journey to the London Careers Festival, an event designed to ignite career aspirations and provide valuable insights into various industries.

Held in the heart of London, the festival offered students a unique opportunity to explore future career paths, connect with professionals, and gain a deeper understanding of what it takes to succeed in the engineering sector.

The trip was a pivotal experience for the students, many of whom are considering careers in engineering, technology, and related fields. Throughout the day, they attended engaging workshops, listened to expert panel discussions, and participated in interactive sessions tailored to help them navigate their future career choices.

Representatives from top engineering firms - including civil, mechanical, and aerospace industries - were on hand to offer guidance, share their career journeys, and provide practical advice on entering such competitive fields.

A highlight of the event was a session led by industry experts, where students learned about the essential skills, qualifications, and pathways into engineering. Many students took advantage of the networking opportunities, speaking with apprentices, university representatives, and professionals to gain a clearer understanding of the routes available, whether through university degrees, apprenticeships, or vocational training.



For Queensmead students, the trip was an eye-opening experience, reinforcing the importance of career planning and industry engagement. "It was really insightful," said one student. "Speaking to professionals and seeing real-world applications of engineering has motivated me to work towards my goals."

With newfound inspiration and valuable connections, the students returned from the London Careers Festival equipped with a clearer vision of their futures, ready to take the next steps towards successful careers in engineering.

Mr West, *Teacher of DT and Second-in-charge of DT*



Please note, we no longer use ParentPay as our cashless platform. If you have not yet activated your account, this needs to be done as soon as possible:

<https://www.ipayimpact.co.uk/IPI/Account/LogOn>

Contact the school office if you need further assistance.

Using technological science to measure athletic capability

On 4th February, the Year 12 BTEC Sport class arrived at Bedfordshire University, to discover more about the courses on offer, but also to learn about the use of technology in sport.

The first session was a tour of the Sports Therapy and Rehabilitation Clinic. Our guide explained what sport therapy students do in the clinic and how they offer free therapy and rehabilitation to members of public.

After that, we toured the university gym, which is freely accessible to Bedfordshire students. The gym was next to the sports science laboratory where athletes, or student's athletic performances, can be analysed.

After that, we were taken to the sports arena of the university, for a talk, where we learned about the different classifications of sports. Some sports require more tactical thinking than others, known as *invasion* sports, such as football, basketball or rugby. We then learned about a coaching technique called 'Pedagogy', which means 'learning in practice'. In order to understand this coaching technique, we were separated into groups to experience first-hand what it means by learning and developing sport skills 'in practice'. The activity was separated into three levels, with each each level increasing in difficulty and intensity. The final level was a half court handball match where we applied all of our newfound skills, experiencing a level of play that was higher than ever. The activity was incredibly useful, supporting our coursework, where we have to plan coaching sessions as a sport leader, for younger students.



Following on, we met Dr Laura Charalambous, Principal Lecturer in Sport and Exercise Biomechanics of Bedfordshire University. We were introduced to a new piece of technology, which uses infrared to accurately measure the time it takes for an athlete to sprint a set distance, not only to measure time, but also the symmetry of the athlete; this can determine the likelihood of injury, depending on their angle. Athletes run 15 metres, change direction halfway through, either to the left or the right and the technology can determine how low their body symmetry is. We all got to have a go, which was very fun and we all enjoyed taking part in it.

Caleb C, Year 12 student



Bridging the generations in the local community

On Wednesday 5th February, the Outreach team went on another trip to Brackenbridge House Care Home. The Year 10 students enthusiastically engaged with the residents getting ready for Valentine's Day, while playing board games.

The students had to be creative with the ways that they played the games due to the individual needs of each resident; for example, Catalin and Rivan were with a resident who only spoke Portuguese, so they were able to use Google Translate to help them communicate. In turn, our students were able to learn about the experiences of the residents, learning about Tom Jones, and listening to 70s music!

It was lovely to see the way the residents lit up as they actively engaged with the students. Recent research suggests that social connections may have a positive impact upon older adults with dementia, whilst also maintaining cognitive functionality and enhancing their quality of life. We witnessed a poignant moment where one resident who had dementia remembered her son, after initially confusing him with her brother. It also helps raise awareness amongst our students of the importance of bridging across the generations, socially. It is enriching for both sides and such a positive experience for our young people.

Mrs Hussein, *Teacher of Science and Outreach Coordinator*



Making the right choice: Year 9 make their option choices

It's that time of year when our Year 9 students begin taking the next step on their educational journey, choosing the subjects that they wish to pursue at Key Stage 4, which will earn them either GCSE or an equivalent vocational qualification.

It is a very exciting, but, equally, a very daunting process. It feels like a huge step to take and it is so important to get right, as it determines the next two years of their school life.

Once again, we have hosted our annual options fair for the students to visit. This gives them a prime opportunity to visit stalls, finding out a little more about what each course entails and what current students think. Alongside the brochure that is available through our website, the fair is an excellent opportunity to find out more, but also to ask questions.

But this year, we were delighted to be able to host a taster day for the students. For many, they struggle to make choices about subjects that they have no working knowledge of, as they are not taught at Key Stage 3 - Business studies, for example. However, a taster day gave them an opportunity to experience the subject first hand, and the feedback from students was overwhelmingly positive.

It is now over to the students to complete the online form - also available on our website - to make their choices. The form closes on the **26th February**, but if they have any questions, they only need to ask.

Ms Curley, Deputy Head Teacher



The Key Stage 4 options process

Key Dates

18/09/24	Options Process launched
30/09/24	The options booklet went live on the website
28/11/24	Parent meeting about the options process
15/01/25	Personal Development lesson focusing on the options process
23/01/25	Year 9 consultation evening
29/01/25	Options fair
05/02/25	Options taster day
05/02/25	Options form opens
26/02/25	Options form closes

