



@Forest_HillsSch



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FHS News

Keeping our community informed

Issue 3, 2020/21

12 February 2021

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Message from the Head



Dear Parents and Carers

We are now at the halfway point of a school year which began in September with hope that some kind of normality may have been on the horizon. How quickly things changed in December to result in the third national lockdown in which we now find ourselves. It is almost one calendar year since the pandemic took

a grip of the country. I don't think many of us fully appreciated at the time how long our lives would be affected by it.

Yet the Forest Hill community continues to rise to the challenge on a daily basis. The strength and resilience shown by our community continues to amaze and humble me. This newsletter is a vibrant reflection of how we continue to thrive in the face of adversity.

One big development in our remote learning offer during this lockdown is our commitment to deliver live Microsoft Teams lessons for our students' full timetables. I cannot overstate what a steep learning curve this has been for teachers and how diligently and positively they have responded in such a short time to deliver high quality lessons using a new technology. The excellent attendance to and engagement with lessons by students is testament to this, and long may it continue. Not for too long, of course. We hope to see students back in school next month! Those students who are currently in school to experience their online learning have received terrific care from our dedicated team of support staff, with Teaching Assistants being at the forefront. I will be eternally grateful to them for this work.

One of the highlights of this issue is an extended piece outlining some of the work students have been experiencing across their curriculum for this term. It gives you a real flavour of how innovative staff have been in keeping learning engaging and interesting. On top of this there's the usual eclectic mix of articles, ranging from T8F's tutor group cabinet through the story of an alumnus who sent his 19 year old Gold Merit certificates in to be signed, to the first edition of *FHS Rainbow!* magazine.

Before I sign off I must pay tribute to the hard work and dedication of a group of Year 13 students and their teachers. Across SFH6 there are eight students who now hold offers for places at Oxford or Cambridge universities. Five of these are Forest Hill students. This a record for SFH6 and a truly fantastic achievement. Hats off to them!

Please have a safe and restful half term break.

Michael Sullivan



Mr Sullivan's Video Message



We would like to express our very sincere thanks to Keith Knox, one of our school governors and a local artist, who recently made a generous donation to the school's photography department. Staff used it to purchase a polaroid camera, a Go-Pro and some film which will be invaluable for creative outcomes in GCSE and A-Level Photography. We are keeping our fingers crossed that students can use these to create some fabulous pieces for the annual Sydenham Artists' Trail of which Keith is one of the key organisers. We are very grateful for Keith's continuous support in the arts.

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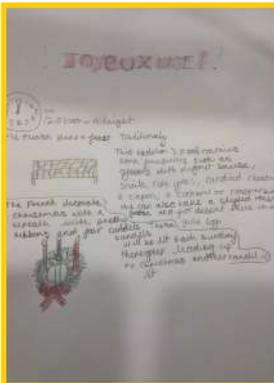
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A Snapshot of Lockdown Learning...

Every day, our students have a full timetable of online lessons and, as a school, we are committed to ensuring that they get the best home learning experience possible. We have been extremely impressed by the students' commitment and engagement in their lessons and asked our teachers to share some of the best submissions of work and some of the things our students have been getting up to across the curriculum this half term.

Year 7 French

As part of their Christmas homework, Year 7 students designed leaflets about Christmas and New Year traditions in France.



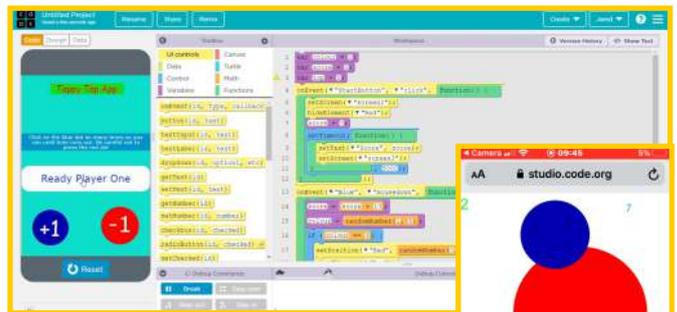
Finlay L



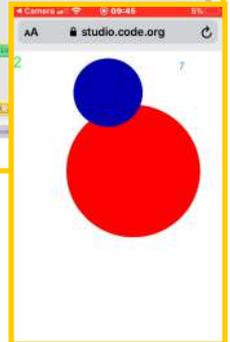
Ben M

Year 9 Computer Science

In a world where there's an app for every possible need, Year 9 students have been set the task of developing an App called Tappy Tapp, using App Lab from code.org. They were given a set of instructions for what the app must show and do – from a logo on the welcome screen and length of game play to displaying the final score.



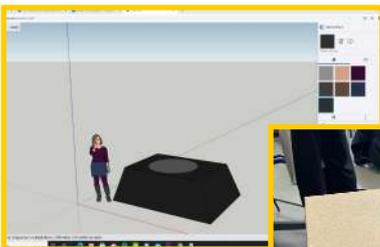
Jared I



Joseph W

Year 11 Design & Technology

Year 11 Design Technology students have been researching ergonomic furniture and have been tasked with designing office furniture for working from home.



Jacorey D



Niks M

PE for all Year Groups

PE staff have been providing online lessons to keep students fit and active during lockdown. The sessions aim to develop core strength and improve general fitness, and have been well attended by students. During mental health week, staff added yoga sessions to the timetable to help students relax and improve their flexibility.



Year 9 Art

Students have been exploring the question 'What is Art?'. As part of this, they looked at the artist Erwin Wurm and his one-minute sculpture series and then created their own responses.



Year 9 English

As part of their study of *The Black Flamingo* – a text looking at identity, gender and masculinity, amongst many other things – students were tasked with writing a poem about gender stereotypes. This book is a recommended read in the new school magazine *FHS Rainbow!* (see P.6).

Gender Stereotypes

*He, she, them, they
 Boy, girl, person, trans
 Why are our lives dictated by physical characteristics?
 We aren't one or another, people are mixed
 Intersectionality should be a gift.
 Girls pink baby dolls
 Boys blue action figures
 Set rules dictated for us before we're even born
 Just because years ago someone wrote it down
 Gender roles limiting people
 Gender roles controlling people's lives
 Controlling who we can be
 Limiting potential
 And the followers of these ancient rules
 Scaring those who wish to incite freedom
 We must burn down that which has limited us
 Boys wearing dresses
 Girls wearing suits
 Men with breasts
 Women with beards
 People living without any fear
 Of being their identity being a crime
 This is now the end of my rhyme.*

By Freddie C



Be a Man

*Boys don't cry,
 You are told to be a man.
 You can't wear dresses or express
 yourself.
 You feel the pressure.
 You have to be strong and good
 at fixing things,
 you feel insecure.
 You have to be tough and mean,
 but you're not.
 You are you,
 you are the man you want to be.*

By Rowan H

Girls are pink and Boys are blue

*Girls are pink
 and boys are blue
 Girls in dresses
 and guys in suits
 Girls staying at home
 and guys going to work
 Girls are weak
 and men are strong
 Connotations
 and associations
 Stereotypes rules our society
 ultimately causing mass anxiety
 No-one cares what we think
 they'll dismiss us in a blink
 We will show them what we can do
 we are always gonna push through
 No matter what
 this, war, will, be, fought.*

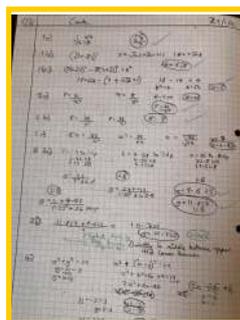
By Joseph MM

Year 12 Science

At the end of the Autumn Term, Year 12 Physics students with an interest in studying medicine at university, were given the opportunity to dissect preserved rats. Paired up and in full PPE, the students cut their way through the rat and pinned back the skin to see how the various organ systems link together and how economically they are packed into one tiny body.

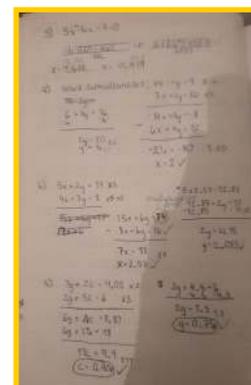


Year 10 and 11 Maths



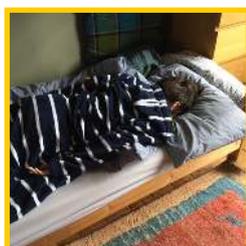
Despite knowing that there will be no external GCSE exams at the end of the school year, Year 11 students are still working very hard as shown by Douglas J. In Maths lessons, he is still determined to work to his potential and the fact that he continues to produce work in lockdown that is consistent with the work he produced at school is a credit to him.

Similarly, Year 10 student, Malcolm M, is still marking using green pen, listening to feedback and writing useful comments to help him understand where he went wrong. Shown here is a unit test that he marked, which shows that he genuinely tried to answer the questions as if he was doing the test in class, by himself, which shows great self-discipline.



Lockdown Photography

Last term, Potential Plus UK launched a photography competition and invited everyone aged 19 and under to submit their photographs on the theme of 'Life in the Age of Lockdown'. The photographs could be poignant, beautiful, serene, frenetic or just plain funny, but had to illustrate life as it was being experienced in 2020/2021. Many of our students took part and here are some of their fantastic entries.



Fred R, Y7



Oscar P, Y10



Martha G, Y12



Stanley M, Y13

The 8TF Cabinet

In the run up to Christmas, Year 8 students in 8TF elected their own tutor group cabinet, which comprised:

- Prime Minister – works closely with Tutor to ensure smooth/fair running of the class; also fills in for other roles when they are absent from school.
- Health Minister – opens windows at the start/end of the day; ensures everyone is social distancing; ensures everyone sanitises their hands upon entry to class.
- Minister of Education – distributes books/green pens; exemplifies learning.
- Home Secretary – oversees upkeep of class; makes sure chairs are tucked in and book storage is tidy.

The students made speeches outlining why they would be perfect for the role and were subsequently voted in by their classmates. And the successful candidates were...Gibril K for Prime Minister, Favour E for Health Minister, Micah P-C for Minister of Education, and Delano C for Home Secretary! Congratulations, boys!

These students will enjoy a selection of privileges such as a cushion to sit on in tutor time, an ignition e-praise cash bonus and a lavish, special ministers' pizza and sugary drink party at the end of half term.

Sadly, they have missed out on the first (half) term in charge so will have to assume power when we return to school. These roles will be re-elected at the end of each half term so that everyone has a chance to be elected and showcase their speech writing prowess.



FHS Rainbow! Magazine

We are delighted to announce the launch of our new monthly LGBT+ school magazine called *FHS Rainbow!* – with special weekly editions in February in celebration of LGBT+ History Month. Please visit the school website to read the first couple of issues: <https://foresthill.lewisham.sch.uk/fhs-rainbow/>

Top Football Kit Design by Jake H

We are very proud of Year 8 student Jake H, whose football kit design was selected as one of the top 10 designs in the PlayStation F.C. Schools' Cup Concept Kit design competition! Despite having the whole Forest Hill Community behind him and voting on Twitter, he narrowly lost out on his design being chosen to feature in FIFA 21. We still think it was the best though! Well done, Jake!



Tune Up Arts Competition Winner

Over the Christmas holidays #TuneUp Arts helped students get into the festive season with some Christmas art competitions. Boys turned their used Christmas wrapping paper into beautiful festive decorations and tried out the 12 days of Christmas photographic competition – capturing each of the 12 days with a still image. Joshua S in O7F shared his own video that he created in response to the 12 Days of Christmas and was selected by #TuneUp to win a Christmas Amazon voucher! Well done, Joshua!



Ex-Student's Certificates Signed after 19 Years

In early January, a surprise envelope landed in Ms Suart's pigeon hole. She opened it to find a Christmas card from ex-student, Miles, who wanted to wish everyone at FHS a very happy Christmas but also had a slightly unusual request... Enclosed were four Gold Merit certificates he had been awarded in Year 7 in 2002 but they had never been signed or had the Gold Merit seal applied. Miles hoped to have them signed by the Headteacher, his head of house and his tutor to finally make them official! Of course, we no longer use Gold Merit certificates and many of his teachers no longer work at the school but Ms Suart discovered that Mr Keeffe had been Miles' Deputy Head of Drake house at the time, so he signed the certificate on behalf of his tutor. Ms Suart signed them as Head of House and Mr Sullivan also signed. Finally, Receptionist, Ms Gray, managed to find what might be the very last of the Gold Merit seals in one of the office cupboards! So, after 19 years, Ms Suart is delighted that Miles' certificates were finally signed, sealed and delivered! This story cheered a lot of people up, so we're very grateful to Miles for sending them our way!



Year 11 Student of the Week

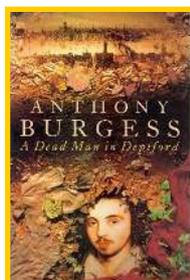
Each week, we continue to ask teachers to nominate Year 11 students for their hard work and the student/s with the most nominations are awarded a certificate.

This half term, congratulations go to Puveyan S, Kelechi C-A, Quadir S, Louis B, Anton A, Yusef S, Gurdas S, Niks M, Aaron A, Louis S, Zachary B, Adiri I and Ziggy G.

The boys will all enjoy a pizza lunch with Mr Green once school re-opens and the rules allow this to happen.

#TeachersTips Campaign

During the school closure, we have been posting a series of 'Teachers' Tips' on Twitter and Facebook – one a day with a weekly theme – which have proved very popular with lots of 'likes', comments and shares from our followers. Week 1 featured book recommendations including Mr Sullivan's latest read, *A Dead Man in Deptford*, which tells of Christopher Marlowe's involvement in the espionage network of Francis Walsingham and Mr Fry's recommendation of a gripping dystopian novel *The Bees* by Lalline Paul for older readers in Key Stages 4 and 5. Week 2 featured some of our staff's favourite recipes including Ms Thomas' delicious and warming *Restorative Coconut Broth*, Mr Lamb's south African *Bobotie* (a moussaka-like casserole with endless variations) and Mr Vaughan's indulgent chocolate meringues with a praline caramel sauce. In Week 3, we shared our tips for keeping fit during lockdown and Week 4 featured some film recommendations just in time for the half term break, including the inspirational teen sports drama, *Coach Carter*; *Schindler's List* in honour of last month's Holocaust Memorial Day; and sad and quirky short film *This Time Away* starring Timothy Spall.



Visit our [Twitter](#) and [Facebook](#) pages for the tips and links.

Anti-Racism Working Group

At Forest Hill School, we have been working tirelessly to ensure we continue to be actively anti-racist. We are undertaking multiple actions to ensure we are effectively enacting continual change and improvement in our school, and have set up a staff working group dedicated to tackling issues of racism. We will be looking to collect student and parent voice on issues surrounding race in the coming months.

Further to this, we think it is vital to constantly review our curriculum and this year we are working to decolonise it. We are assessing our curriculum, questioning whose viewpoint we are teaching it from, and adapting where necessary to ensure a variety of perspectives are given equal weight.

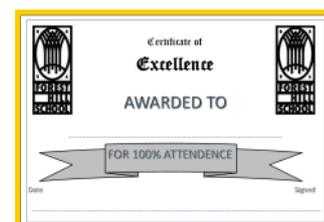
If any parents/carers would like further information on the integral work we are undertaking this year or have your own ideas/suggestions you would like to share, please contact Ms Sparkes using the email address:

decolonisingthecurriculum@foresthillschool.co.uk

We would also like to remind parents/carers of our [Black lives matter](#) webpage where you can find recommended books, articles, documentaries, films, petitions, and organisations that you might want to read, watch, sign or follow.

Lockdown Lesson Attendance

We have been really impressed by how well the boys have engaged in the home learning this half term and are delighted by their lesson attendance. In recognition of this, we have rewarded the top 30 attendees in each year group with epraise points and certificates. These have been posted out with details of how the students can use their points to claim a gift of their choice. Well done, boys!



Meet the Staff

Each issue we introduce you to a member of staff at FHS so that you can put a face to the person you speak to or email, and find out more about who teaches your sons/daughters. This issue, it's our SFH6 Admin Officer.



Ms Jane Toussaint
SFH6 Admin Officer
(for just over two years)

What do you like most about working at FHS?

The staff are lovely at FHS; it's a real community school and I am part of a great team. Also I really enjoy helping the students and being a friendly face in the office. I have happy memories of my own time at college, and I hope they do too.

What was your favourite subject at school?

English. As a child I always had my head in a book. However Art was also a favourite lesson and I remember being very inspired by a school trip to the National Gallery in London.

If you could go back and give one piece of advice to your teenage self, what would it be?

To worry less! Just be yourself. Don't worry what others think of you.

Who would you most like to swap places with for the day?

Michelle Obama. I recently read her memoir and am impressed by her drive and motivation.

What did you want to grow up to be when you were a child?

All sorts... a vet, a horse rider, an author, a ballet dancer! In the end I discovered I enjoyed drawing most of all and studied Art.

Where is your favourite place in the world?

London. I enjoy the energy, the culture and the interesting people you meet. You can never be bored here (except in lockdown!)

What book are you currently reading?

I recently finished Neil Gaiman's *Neverwhere* – complete fantasy and escapism.

Tell us something interesting or unusual about yourself...

I love to learn new skills and recently did a printmaking course. I now make linocuts in my spare time.

SFH6 News

University offers have been coming in thick and fast for our Year 13 students who will be leaving SFH6 this summer and we are very proud of all their achievements so far. Last week, we heard the exciting news that a record eight students have received an offer to study at Oxford and Cambridge Universities! We are delighted for these students and are very grateful for the support they have received from the Sixth Form and their families. We currently have a large group of Year 12 students taking part in our Oxbridge programme and we know that they will feel encouraged and motivated by the success of our Year 13 students.

Congratulations to the following students:

Boo G – Theology, Cambridge
Abby R – Human, Social and Political Science, Cambridge
Reece D'S – Psychology, Cambridge
Billy S – Natural Sciences, Cambridge
Rosie W – English Literature, Oxford
Dylan M – English Literature, Oxford
Oliver S – Mathematics, Oxford
Matthew C – History, Oxford

FHS in The Telegraph

In light of recent scrutiny of boys-only boarding schools, Mr Sullivan was delighted to be interviewed by The Telegraph to talk about the advantages of being educated at an all-boys day school. He talked about how Forest Hill School counters negative stereotypes, our commitment to ensuring inclusivity and equality for everyone, and the importance of nurturing the whole child. [Click here](#) to read the full article.



Home Learning Survey

We're halfway through the term and the students have been learning at home for six weeks. We are keen to ensure that the home learning remains engaging, challenging and fit for purpose during these difficult times and would be extremely grateful if parents/carers with sons in Years 7-11 could take five minutes to complete our online [feedback survey](#) if you haven't yet done so.

Whilst the survey is anonymous, there is an option to provide your details at the bottom if you wish for your answers to be connected to your child. We are also asking all students to complete a separate feedback survey during tutor time. Thank you in advance for your participation and support.

Notices



Lockdown Lunch Ideas

If you are struggling for meal inspiration with children at home all day, take a look at these [Lockdown Lunch](#) ideas created by Change4Life. There are 3 weeks' of recipes containing easy, tasty lunches for around £15 per week. You can also sign up for the Change4Life newsletter for tips and ideas to keep your family happy and healthy.

Food Bank Referrals

There has been a significant increase in the use of food banks during the coronavirus pandemic. If any FHS families require a referral for food bank use, please contact Ms Murray (a.murray@foresthillschool.co.uk) or Ms Bartley (s.bartley@foresthillschool.co.uk).

Lewisham EP Connect Service 07377 913538/07377 976518

A telephone service has been set up for school staff, parents and carers to link with the Lewisham Educational Psychology Team to discuss any concerns about education, learning at home and emotional wellbeing during the current period of school closures. [Click here](#) for further information.

National Theatre Online Library

The [National Theatre online Library](#) allows access to National Theatre productions and online playscripts for all students, parents and staff:

Username: OHC#6Wn#

Password: 5Vh%1Ra%

Lockdown Health and Wellbeing

We would like to draw your attention to a new page in the Covid-19 section of the school website titled [Health and Wellbeing](#). In the current situation, we know how important it is do to everything we can to look after our mental health and wellbeing and will continue to provide useful links, articles and resources here to help support our families during this difficult time.

Lateral Flow Testing Volunteers

In readiness for the students' return to school, we are looking for parent/carer volunteers to help with Lateral Flow Testing. Training and PPE will be provided. All students will need to be tested twice, three days apart, before returning to school. Duties will include greeting students on arrival, providing test kits and providing instructions on how to swab the throat and nose. If you are available for a minimum stretch of 4 hours during the school day and are able to help, please contact Samantha Davies at s.davies@foresthillschool.co.uk.

Dates for the Diary

24 February

Y10 Study Skills Session

25 February

Y9 Study Skills Session

25 February

Y7 Parents' Evening

26 February

Y7 Study Skills Session

3 March

Y11 Study Skills Session

31 March

Last day of Spring Term

1-16 April

Easter Holiday

19 April

First day of Summer Term

22 April

Y10 Parents' Evening

3 May

Bank Holiday

31 May - 4 June

Half Term Holiday

23 July

Last day of Summer Term