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FHS News

Keeping our community informed

Issue 4, 2020/21

31 March 2021

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Message from the Head



Mr Sullivan's Video Message



Dear Parents and Carers

We've arrived at the Easter break and the start of Spring proper – British Summertime is now upon us! As I said to the boys in an assembly two weeks ago, Spring is a favourite time of the year for me. It brings renewal, new life and the hope of better things to come. These are messages which are particularly welcome after the most arduous year that most of us can remember.

Spring this year coincides with our tentative emergence from lockdown. My assembly concentrated on the hope that Spring brings with it, and the way it is celebrated by cultures around the world. That message of hope is particularly relevant to us as we have just completed the first three successful weeks of school being fully re-opened. Students have shown their appetite for a return to classroom learning that has been gratifying to see. On Page 2, you can read about the thoughts of seven of them on their return.

Our Lateral Flow Testing programme was widely acknowledged as a tour de force, with all students having consent being tested three times. It was a real community effort, with staff, parents and governors involved. My thanks to them all. No positive results were returned. Testing now moves to home. Your son should have been issued with sufficient tests to see him over the Easter break. Two tests are to be carried out each week, with Sunday and Wednesday being the preferred days. Please inform us of the results via our new [Medical Tracker software](#), in addition to reporting to [NHS Test and Trace](#).

This half term's newsletter is testament to the work and creativity that has continued throughout students' time at home earlier in the term, and since their return to school three weeks ago. There are more examples of successful entrants to the Potential Plus UK 'Life in the Age of Lockdown' photography competition as well as the winners of the school Lockdown Poetry Competition. There is also news on World Book Day, and a raft of other activities which demonstrate the full range of activities our students have been involved with, including Year 11 students' preparation for the very important assessments which will be happening next term to help determine their GCSE grades.

We think our Core values of Aspiration, Ambition, Rigour, Partnership and Community will help us to emerge from the trials of the last year and face the future with confidence. They will be a focus for us next term and are now proudly displayed, fantastically designed to full effect, in our Atrium. Have a look on Page 6.

With best wishes for an enjoyable and restful break.

Michael Sullivan

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back to School

...for good, we hope! After eight weeks of online learning and live lessons on Teams, while the nation stayed home and helped to reduce the transmission of Covid-19, it was fantastic to welcome students back to face-to-face teaching from 8 March 2021. The level of take up of Covid tests and compliance with wearing masks in the classrooms as well as attendance records have all been good and it seems that the students are glad to be back too...

Abiola (Year 13)



I have really enjoyed coming back to school – it has increased my focus immensely. At home it was so much harder to motivate myself to work and I really missed the social interaction with my peers. And I don't mind doing the lateral flow tests – it's worth it to be able to come into school! Plus I came back to the news that I have been accepted

for two Accountancy apprenticeships with PWC and KPMG so it's been a good few weeks!

Edwin M (Year 12)



It is much, much better to be back in school! I would get up late and my mood and motivation was so much lower at home. Online lessons just weren't the same – I'm much happier and more focused now that I am amongst my

friends and can speak to my teachers in person. Even the walk to school makes me feel fitter and healthier, which makes for a better start to the day.

Lilai L (Year 11)



Although I enjoyed being at home, it's much better for me to be back at school. It has made me value the support I get from the teachers being taught in person and I am ready now for the last

push to revise hard for my GCSEs. Some students will be leaving at the end of this year so it's great to be back with my friends for the final few months.

Adam P (Year 10)



It feels good to be back and it hasn't been as stressful as I imagined. At home, I struggled a bit with the independent work outside of the online lessons as it was harder to find the motivation. It's much easier to focus now. I missed my Drama lessons too – it's good to be back in the classroom doing lots of devising with other

students. And it's been great to catch up with my friends as it's just not the same keeping in touch online.

Rowan H (Year 9)



It's great to get out of the house every day and to be back around friends. It feels much healthier – both socially and physically. The online lessons were good but my learning is much more effective in the actual school environment. There are subjects that just don't work as well online because you need the facilities and equipment at school to get the most out of the lesson and to participate fully.

Michael W (Year 7)



I actually quite enjoyed the online lessons but it's good to be back at school – even though it's much noisier! My favourite subject is Science and I like PE too... it's much better to be taught in school for these subjects. And I missed my friends – even though we chatted online, being in school is definitely better for my social skills.

Anu S (Year 8)

It's fun being back at school and being able to interact with my friends again. We chatted online when we were at home but it's not the same. I definitely prefer face-to-face teaching. Art is one of my favourite subjects and even though I could draw at home, I didn't have access to the variety of equipment we have in the art room at school.



Lockdown Photography Competition Winners!

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.

In the February issue of our newsletter, we featured some of the fantastic entries from our students and in this issue, we are delighted to share how well those entries did. Forest Hill School had winners in **three** age categories as well as **six** highly commended entries. Many congratulations to all of the students listed below with their winning photographs.



Joshua S,
Y7 –
Winner, 8-
11 Category



Martha G, Y12 – Overall Winner
and Winner, 16-19 Category



Hector PH, Y9 – Winner, 12-15
Category

HIGHLY COMMENDED ENTRIES



Fitim M, Y9



Oscar P, Y10



Emily M, Y12



Bamila S, Y12



Joshua S, Y7



Finlay SL, Y7

From Lockdown Photos to Digital Drawings

Following their success in the lockdown photography competition (above), the photographs taken by Martha G and Hector PH were digitally drawn by visual artist Amanda Beck McKim for her illustrated poetry book on Covid life.



Year 11 Students of the Week

Each week, Year 11 students are nominated by their teachers for their hard work and the students with the most nominations are awarded a certificate.

Congratulations to Riley K, Kevin BA, O'Cean B, Requarn L, Souljah R, Alex E, Andre P, D'Laine C, Jake M, Guy T, Felix D, Joshua P, Jake R, Khaasim O, Sam A, Exauce N-M, Adiri I, Greg H, Dominik K, Filipe W, Zuman A, Quadir S, Caglar H, Yad A, Riley H, Shakeeb M, Jasper D, Glenn D, Anton A, Callum E and Jabari C who have all been named Students of the Week this half term.

They have all received virtual certificates and will enjoy a pizza lunch with Mr Green. The winning tutor group this half term is A11G. Again, these boys will enjoy a pizza lunch with Mr Green after their exams. Congratulations to A11G!

Gender Theory with Dr Lloyd Meadbh Houston

Dr Lloyd Meadbh Houston (they/them) is a non-binary lecturer in English, Theatre, Film and other areas at universities such as Goldsmiths and University of West London. They are an expert in gender theory and on Tuesday 2 March, we arranged for them to run a special online assembly on gender and trans identities for students in Years 9 and 10. This was followed by an interactive workshop with ten students from a range of year groups.

The assembly was very well attended and received fantastic feedback from both students and staff across the school. The group of students from Years 8, 9 and 10 who attended the online workshop engaged brilliantly with Lloyd, offering insightful ideas and thoughtful questions that showed great maturity and understanding of these topics.



World Book Day 2021



Students were not in school on 4 March but we still marked World Book Day for Year 7 and 8 boys who enjoyed an online session with author [Robin Stevens talking about her Murder Most Unladylike series](#). The following day, the whole school was invited to listen to author [Alex Wheatle talk about his writing](#), including his new book *Cane Warriors*.

We also ran a Masked Reader competition featuring FHS staff who are keen readers, hiding behind books and/or in disguise! Well done to Sidney D (Y8) and Jake D (Y10) who guessed the identity of the most masked readers!

Once back at school, students were given their World Book Day tokens and boys in Years 7 and 8 all received a free book.

Calm Boxes for Explorer Students



The Explorer groups have created 'calm boxes' to help students with the transition back to school. For some, it has been quite overwhelming and stressful and these boxes are a way of alleviating some of that. They can be used to check in with how each other is feeling and have been filled them

with some mindfulness activities to enhance and encourage positive wellbeing as well as some positive affirmations and feeling scales to help identify and manage feelings.

Huge thanks to Ms Thomas and Ali Clements for their kind donations of Play Doh, and to Sonia Fleming who bought stress balls, Play Doh, notebooks and fidget toys after Ms Sparkes reached out to her local community for donations.

The Year 7 Explorer students were the first to explore their calm boxes... "This is why I love Explorer!" said Finley T, while Bailey M claimed that they are "helping me to relax."

Lockdown Poetry Competition

Shortly before half term, the English department launched a lockdown poetry competition in which students were required to read/watch poems by

[Caleb Femi](#)
[Federico Garcia Lorca](#)
[H.D.](#) and
[Rumi](#)

...and then write a poem – either in response to one of these poems or one inspired by it in some way.

The competition saw many intriguing and thought-provoking entries across Key Stage 3. The two winners stood out for their strong grasp of structure, and the ability to leave the reader wondering...

Stop Sign by Miles K (7AF)

*I was slumped on the pillow that cried for me.
 It flooded with tears that set me free.
 I was scarred with visions of a cloudy day,
 Much like this one.
 The year ahead was my car's blind spot.
 The being that stopped life,
 For all.
 This year had been paused,
 Like happiness like fun and friends.
 I felt it would never end.
 The stop sign that stopped the flow,
 It didn't let go.
 Nobody knows,
 The start, the finish, a distant memory.
 As deep as the darkest cave, the truth was hidden.
 The solution will arrive, the disaster will end.
 Reality flashed before my eyes, as the planet we call "home"
 Falls down for us.*

Earth by Louis H (8OF)

*The earth is an orange, the little boy said to the man.
 The earth is an orange the man said to his wife with joy.
 The earth is an orange she said to the girl in the van.
 The earth is an orange the girl said to the little boy.
 But the little boy had heard it before.*

Drama News

Drama is a subject that many of the students missed when they were learning from home earlier in the term so it has been great to see the students re-engaging with their lessons back at school.



New Views is the National Theatre's playwriting programme for 14-19 year olds, which FHS gets involved in each year. The students are learning about playwriting from some of the finest writers in the industry and also writing their own 30-minute plays. Tahir in Year 10 is pictured here receiving his first feedback session from Writer/Director/Performer, Martin Murphy.



Year 12 students had the opportunity to watch the play *Yerma* in its native tongue streamed by The Cervantes Theatre to help with understanding naturalism on stage. This marries up with their learning about the impact of practitioners' style on the social, cultural and historical context of the play. Students will be able to employ practitioners' styles in their *Devising for Theatre* component.



We are looking forward to seeing our Year 12 students' entries in the Jack Petchey Foundation's Vlogstar Challenge. They have been taking part in the online workshops learning how to shoot, edit and produce their own vlogs, create a YouTube channel and build an audience online.

Year 10/11 Study Skills Workshops

On Monday 15 March, Meg and Steve of *The Life Skills Company* delivered a *Maximising Success* workshop for Year 10 and *Maximising Success Part 2* for Year 11. This was all done remotely, but online and live, beamed directly into our classrooms!

Year 10 learnt how to learn/revise effectively, enjoyably and proactively using their choice of 12 different revision techniques. Please encourage them to use these techniques to create a revision product at the end of each topic, throughout Year 10, in preparation for future tests, assessments and GCSE exams.

Map It	Journey It	Index It
Story It	Mnemonic It	Teach It
Flip It	Timeline It	Sing It
Record It	Post It	Comic It

Year 11 explored what they should be doing in the countdown to Centre Based Assessments commencing shortly and were given a roadmap of what they should be doing, including learning/revising effectively, enjoyably and proactively. Steve and Meg challenged them to revise at least two topics every day over the coming weeks so that they can revise at least 70 by mid April.

More information about the work of *The Life Skills Company* can be found at: www.thelifeskillscompany.com

Royal Society Young People's Book Prize



Last term, some Year 9 students took part in reading, discussing and voting on the Royal Society Young People's Book Prize. They also story-boarded and brought to life a short film expressing their thoughts about the books. Although their film didn't win, a portion of it did make it onto the award ceremony montage and we heard it made the judges smile! Well done, boys!

Lewisham Book Award 2021



Every year the Lewisham School Librarians choose a range of the best new titles to promote to students and this half term, we launched the 2021 titles – six amazing books aimed at Years 7 and 8 and another six aimed at older students. All students are challenged and encouraged to read as many of the books as they can and will be rewarded with lots of epraise: 10 extra points for reading three books and 25 extra points for reading six books.

Book trailers and first chapters of all the books are available on the [library LBA page](#).

Year 7 Printmaking Club

This half term, the Art department offered an after-school Printmaking club to Year 7 students over a 3-week period – teaching the boys how to monoprint, make a collagraph, and also to use polyboard for printing. Students really enjoyed the sessions and it was a great opportunity for them to nurture their artistic talents and try something new outside of art lessons.

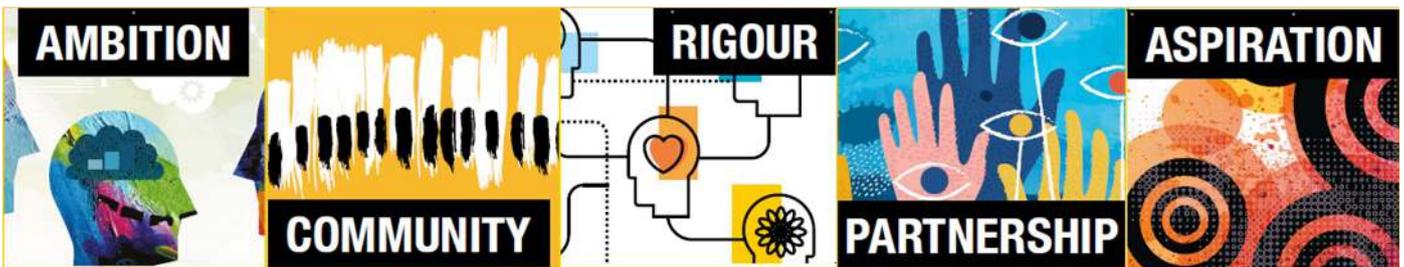


Sessions were limited to a small number of students to keep them Covid-safe but we will be running another three weeks of sessions after school on Wednesday 21 and 28 April, and 5 May. Please contact our Art and Design Technician at k.shepherd@foresthillschool.co.uk if your (Year 7) son is interested in taking part.



The Core Values Banners

Forest Hill School is a community which is *Aspiring to Excellence Together*. This is our school motto and it drives us to relentlessly pursue excellence in all aspects of school life. We also have a very strong ethos which is underpinned by five Core Values. It is important that both staff and students recognise and understand these values as an integral part of making the school a success. In addition to assemblies and tutor time focused on the values, we have recently brought them to life in the Atrium. We hope that the five banners, pictured here hanging from the balconies, will have a positive impact on students' attitude and enthusiasm for learning and will serve as a daily reminder of the school's culture of constant improvement and striving for yet greater heights.



We nurture, enrich and inspire our students, challenging them to become the very best they can.

We are an inclusive and caring community where everyone feels safe and valued.

We challenge conventional learning and make sure that every student achieves his potential.

We work together with our parents, other schools and the local community to improve learning and to help our students achieve more.

We aspire to be one of the highest achieving all-ability boys' schools.

New Pages on the School Website

Over the last year, we have been gradually reviewing and updating the content of the school website and hope that it is proving to be an important source of information about the school for both current parents and prospective parents. Here are just some of the new pages that have been added recently...



[Educating Boys](#)

There are endless debates about the pros and cons of single sex education, so on this page we have outlined the key reasons why we believe boys benefit from an all-male learning environment at Forest Hill...



[Parent Voice](#)

The contribution of parents to the development of the school and the sharing of ideas is very important. We have created this page to remind parents of the ways in which they can do this. It

also refers to the annual parent survey, which will be made available in the Summer Term, and the Parents' Forum we are looking to establish in the Autumn Term.



[Subjects](#)

Every subject taught at Forest Hill now has its own webpage with detailed information about what is taught at each key stage and the associated enrichment opportunities. There is a curriculum map for each subject.



[epraise](#)

We use epraise, an online rewards system, as a mechanism for recording and celebrating students' contributions. Further details about this system along with stock in our epraise shop and the tutor group leaderboard can now be viewed online.



[Alumni](#)

We would like former FHS students to be an integral part of the future of the school, not just the past and we are working hard to build up our database of alumni. We were delighted to share messages of support from three former students during lockdown and we hope that more former students will contact us via this page.

Hospitality and Catering: Food Practical Exam

On Wednesday 24 March, our Hospitality and Catering Students were required to produce at least one restaurant quality dish as part of their food practical exam. In preparation for this, they have been researching different recipes and honing their culinary skills at home. We were really impressed by the standard of cooking shown by the students and the range of cooking skills demonstrated. Pictured here are some of the final dishes, which look (and tasted) delicious!



D'Laine C



Joel T



Kyle W

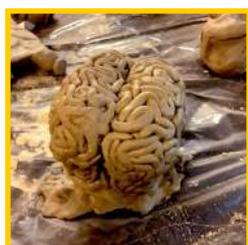


O'Cean B

GCSE Art, Photography and Product Design

During the week commencing 22 March, GCSE Art, Photography and Product Design students had two days to produce a final outcome as part of their GCSE exam.

In Art and Product Design, this was a 3D piece, and for Photography it was either a 2D outcome or a digital piece of work. It was a very intense week for the Art and DT department, but some absolutely fantastic pieces of work were produced and some of these are pictured here.



ART



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PRODUCT DESIGN



FHS Rainbow! Magazine



Don't forget to check out Issue 4 of the FHS Rainbow! Magazine. All issues are available to view on the school website:

<https://foresthill.lewisham.sch.uk/fhs-rainbow/>

National Theatre Online

A reminder to all families that the [National Theatre Online Library](#) allows access to National Theatre productions and online playscripts for all students, parents and staff:

Username: 0Hc#6Wn#

Password: 5Vh%1Ra%

Festival Cover Competition

Brockley Max is looking for a talented artist to design the front cover of this year's festival programme. The contest is open to students who live in or go to secondary school in the borough of Lewisham and there are three art prizes up for grabs. The deadline is **18 April 2021** and full details are available at:

<https://brockleymax.co.uk/competition/>

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 Lead Practitioner and Music Teacher.



Mr Stuart Livingstone
*Leader Practitioner and
Music Teacher*
(16 years at FHS)

What do you like most about working at FHS?

I really like teaching music – a subject that I am passionate about. The music department is a real strength of the school with some very talented students. Over the years we have nurtured the talents of many young people some of which have gone on to achieve amazing results.

What was your favourite subject at school?

Music!

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

Get a better haircut! Also, take advantage of every opportunity that comes your way.

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

Chris Martin – because I would really enjoy playing live to thousands of people!

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

An airline pilot – I thought it would be a great job, travelling the world.

Where is your favourite place in the world?

The Maldives. I went there with my wife before we had kids and it was a beautiful tropical paradise!

What book are you currently reading?

Me by Elton John.

Tell us something interesting or unusual about yourself...

One of my hobbies is cooking – I really enjoy cooking in the garden and have an array of outdoor cooking methods...barbecue, pizza oven and tandoor. I enjoy tinkering around with old classic cars. I also enjoy DIY and am currently re-doing my bathroom which is a bit of a challenge!

Meet the Parent Governors

Starting in this issue we would like to begin introducing you to our Parent Governors, the governors elected by the parents/carers of students attending FHS. Parent governors play an important role in representing the Parent Voice on the governing body and can be contacted by any parents/carers wishing to share their views and ideas. See [Governors](#) on the school website for contact details.



Mr Clive Casey
Parent Governor
(since 2017)

What made you want to be a governor at FHS?

I feel that, as a community school, FHS is at its best when there is a strong partnership between parents and the school team. I see parent governors as an important channel for views both ways. I've enjoyed working with both the staff and other governors, and been impressed with the level of commitment to the school and its students.

What do you hope to achieve as a school governor?

Like any parent, I want my kids to be part of a thriving school which challenges and supports them – and helps to set them up for the future. I know the teachers and the leadership team at FHS feel the same way, and I hope we can support them.

What do you do day to day? (work and pleasure)

I work in public relations, for a small firm based in Forest Hill. I spend way too much time sitting in front of a screen – so I do try to keep fit too! I'm looking forward to when Selhurst Park is properly open again – though I'm really an Arsenal supporter.

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

At various times: footballer, astronaut, scientist.

What book are you currently reading?

21 Lessons for the 21st Century by Yuval Noah Harari. I loved his first book *Sapiens* so I'm looking forward to seeing where he goes with this one.

Where is your favourite place in the world?

Favourite holiday place: Matala in Crete
Favourite London place: South Bank
Favourite place to live: SE23

Tell us something interesting or unusual about yourself

I was one of the first skateboarders under the Royal Festival Hall!

Notices



School Fundraiser

FHS has launched a school fundraising appeal to help our families who find it difficult to fund the resources required for a successful school career for their children. If you would like to make a donation, please visit our [GoFundMe page](#). Every donation, however small, will make a huge difference and will be greatly appreciated.

Quell: Mental Health and Wellbeing

Quell is a free, anonymous, online mental health and wellbeing support service, available to all those aged 26 and over in SE London. Users can access online counselling, advice and emotional support from a professional, accredited team of counsellors and wellbeing practitioners. More information is available at www.quell.io.

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).

Unlock the Arts Project

Part of the Lewisham Live Festival, **Unlock the Arts** is a project for 13 - 18 year olds with an interest in the creative sector. Taking place via Zoom during the Easter holidays, there will be opportunities to chat with a filmmaker, learn top tips from a photographer, ask burning questions to a curator, or create with a music producer amongst other things. [Click here](#) for further information and to book onto the workshops.

Royal Academy Young Artists' Show

Submission for the 2021 exhibition is free and open to young artists aged 5-19 years. Forest Hill School has registered for entry which means students can enter up to three pieces of art until **26 April 2021**. Further information is available [here](#). We look forward to seeing our students' entries.

Elevate Education

This term, students across the year groups have had some very successful online study skills sessions with Elevate Education. We would encourage all students to use the [Elevate website](#) and access their wide range of resources using the password 'rondo'. They also offer parent webinars, which we would encourage parents to sign up to via the website.

Dates for the Diary

1-16 April

Easter Holiday

19 April

First day of Summer Term

3 May

Bank Holiday

10-14 May

Year 8 Exams

17-21 May

Year 7 Exams

26-28 May

Year 12 Exams

31 May - 4 June

Half Term Holiday

7-11 June

Year 12 Exams
(continued)

14-18 June

Year 9 Exams

21 June - 2 July

Year 10 Centre Assessments

23 July

Last day of Summer Term