



NEWLY APPOINTED HEAD GIRLS



■ ■ ■ ■ Specialist Visual Arts Academy

Autumn 2015
Issue 10

GROWTH MINDSET AND THE POWER OF YET



An important initiative was launched at the School at the beginning of this Academic Year. The aim of the initiative is to improve students' learning through the adoption of Growth Mindset principles. But what does that mean? ... it means we believe in *the power of yet* ... we

change, "I cannot do this" to "I cannot do this ... yet" and by doing that we change our entire outlook on life.

Babies and young children are born with the power of yet: You would not find a one-year-old deciding that, because walking did not work the first time they tried, they would just give up and this attitude continues throughout childhood on many fronts. Then, somewhere between 8 and 12 years of age, things begin to change and children start to assume that there are some things they will never be able to do.

Luckily there are lots of people around who do not allow them to act on this assumption. As teachers and parents, we are forever exhorting our young to keep

on trying. From encouraging toddlers to walk and talk properly, to insisting that our 14-year-old actually *does* their guitar practice!

- Throughout the Autumn Term various Growth Mindset themes were highlighted each week, and these will continue throughout the year, to encourage students not to be afraid of failure and to ensure they don't give up on a problem, some examples are:
- *Plan A didn't work - Good thing the alphabet has 25 more letters*
 - *Impossible? Unable?*
 - *There is a difference between not knowing and not knowing yet*

Similar messages are displayed throughout the School and we believe this initiative is helping our students on the journey to be more capable, reflective and independent learners.

Over many years, research has demonstrated clearly that students with the 'right' attitude to learning make the greatest progress. To find out more about this initiative you can view a number of videos on the Growth Mindset page of the school's website. ■

CAREER READY GRADUATES



Last year ten of our Sixth Form students took part in the Career Ready programme - a range of skill building workshops and mentoring which culminated in the completion of a six week paid internship. The programme has been hugely successful in building students' confidence and awareness of the skills required to become successfully employable. This was evident as some of our students were offered full time employment through the organisations they did internships with.

The students had their graduation ceremony in December where they received certification of completion of the programme and awards, including an award for Adam Patel as Intern of the Year.

Thank you to our mentors and supporting companies and congratulations to the Class of 2015! ■



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RUGBY
WORLD CUP

HEADTEACHER'S REPORT

Throughout the Autumn Term I have once again seen how inspiring our students are and how our teachers do go the extra mile as well as some truly outstanding achievements by all parts of the school community. These achievements together with some of our initiatives are outlined in this newsletter.

I am lucky enough to witness special events and achievements every school day and I am obviously very keen to tell the world just how good Heston Community School is ... I hope people believe me but I expect some may think I am biased and have the view "Well he would say that he's the Headteacher." That is why I am always delighted when other people say good things about Heston, and that has happened a lot this term. People who know the School well, our students and parents, have said some very nice things about Heston. Our Parents' Survey is summarised on page 6 and I am delighted that you feel your child is happy, safe and making good progress at Heston. The students agree with 95% saying that they enjoy school and feel safe.

We spend a great deal of time preparing our students, from the day they join us, for life after Heston but our Sixth Form could be regarded as the launch pad for their futures and I was delighted to hear an independent Post-16 review team say: *"The Sixth Form has a strong ethos and culture of support, respect and achievement*



and students feel safe, happy and academically supported in school. They enjoy being in the Sixth Form. Relationships between students and staff and student to student are excellent and underpin the respectful environment of the Sixth Form."

We have many inspirational speakers present to our students and the message is a powerful one, particularly if, like the Mayor of Kingston, they are ex-students of Heston. They encourage students to persevere and overcome hurdles and to set their own goals and make their own opportunities ... just as our new Head Girls Amrit and Karishma have ... well done to them!

Life after Heston can be whatever our students want it to be and we spend time reinforcing that view with them ... the Growth Mindset initiative is designed to do just that and other initiatives such as the excellent Career Ready programme provide additional practical help and support.

With best wishes for 2016.

Phil Ward
Headteacher



CULTURAL FUSION SHOW

As well as performing two evening shows for students, parents, teachers, family and friends this year's Cultural Fusion Show acts also treated students from Heston and Westbrook Primary Schools to a matinee performance as well - judging by their reaction (above) they thoroughly enjoyed the show!

Congratulations to all the acts, the backroom team and all the students and teachers who made sure this year's Cultural Fusion Show was such an excellent event. Two people who are deserving of a special mention are Sixth Form students and Samina Anand and Saina Kanwar - co-organisers of the show. Mr Evans, Sixth Form Learning Co-ordinator, said "They did a great job and put in an incredible amount of hard work and time over a four week period. The show would not have been possible without them."

The Show was covered by our special reporter, Year 11's Nimasha Kuruppu (right). Her full report is on the school website - here is a flavour of it:

The school hall had packed itself with students, teachers and parents all here to see our fellow pupils perform. Students from all year groups took part this year, even a couple of teachers too! All working extremely hard to put on the best Cultural Fusion Show Heston's had yet!

All talent showcases, from *The X Factor* to Heston's Cultural Fusion Show, have one thing in common: a team. A team of hardworking individuals, whose time, effort and energy had been put in to make the show a success. However, directing a show isn't all fun and games Amman Singh explained, "We didn't realise how stressful and time consuming it was. I've never sweated so much in my life!"

Nevertheless, the organisers all agreed that the freedom they were given was really good: "It's student led so we get to organise this, there's no teacher telling us what to do! The responsibility may be on us but it's definitely worth it."

This certainly was a night of Cultural Fusion! Who knows what will happen next year? ■





YEAR 7'S FIRST TERM

How did this year's new students in Year 7 find their first term at "Big School"? We asked them to let us know but before you read some of their comments what did Miss Donna Slater, Year 7 Learning Co-ordinator, think about how her new students adapted to life at Heston?

"I am delighted with the way Year 7 have become part of the school community and am really pleased with the progress they are making. We do all we can to make the transition to Heston as smooth as possible and that certainly seems to have worked very well ... and that has been confirmed by some of the wonderful comments they have made about their first term here!"

The first question we asked was – What was the best thing about your first term at Heston?

"Everyone is very kind and helpful – and making new friends" Haleema Heston Primary

"If we are stuck the teachers go through the problem as many times as we need" Shriya Springwell Junior

"I have enjoyed getting to know subjects that are new to me" Keishe Westbrook Primary

"It has been brilliant – especially Super Learning Day. I LOVE HESTON" Bilal Norwood Green Junior

"It's a really nice school – the teachers are the best" Najwa Heston Primary

"I loved the art around me – it gave me inspiration to do more art work" Anmol Westbrook Primary

"The basketball – now I go everyday to get better" Salma Westbrook Primary

"The teachers are friendly and understand our problems so I wasn't too scared" Pranesh Hounslow Town Primary

"Lots of cool stuff in science and I also enjoy technology" Ashleen Heston Primary

"The chicken and wedges" Mohamed Victoria Junior

"I love the way they teach us with fun games to play" Emily Springwell Junior

Another question was – If you were Heston's Headteacher what would you change to make Heston better?

We had several suggestions which you may expect from any student about homework (less), school hours (shorter) and uniform (why needed) which we will not be implementing but we also had useful comments about lockers, toilets and how to make finding your way around easier which we will be looking at to improve the move to Heston for next year's Year 7s.

We also asked them – If Heston was an animal what would it be and why?

"A lion because they are strong and strict but gentle to their pack" Nimmy Westbrook Primary

"A kangaroo because we are always JUMPING to success" Tayab Westbrook Primary

"An owl because it is a very clever school that works hard" Simanpreet Three Bridges Primary

"A cheetah because the people at Heston are smart and really fast" Muhammad Springwell Junior

"A dog because it makes everyone happy!" Prakrit Heston Primary



From this feedback we believe that Heston has got a thumbs up from Year 7! ■

MAYORS' VISIT AND MAHGUL'S WINNING DESIGN



In October the School welcomed two mayors when the Mayor of the Royal Borough of Kingston upon Thames,

Councillor Roy Arora returned to his old school to address Sixth Form students. He was accompanied by his wife Mayoress, Mrs Manisha Arora as well as the Mayor of the London Borough of Hounslow Councillor Nisar Malik.

Both mayors spoke to a Sixth Form assembly and

Mayor Arora explained that he had been "a shy Heston boy, not the brightest, not the most athletic, not a great award winner but I did study very hard" and he encouraged Heston's current students to do that too.

Mayor Malik was so impressed with students' artwork on a tour that he asked if they could design his official Christmas card. A competition to create this card was organised and over 500 students entered before Mayor Malik selected Mahgul Khan's (10 Blue) design. Mahgul was then invited to the Mayor's parlour at the Civic Centre where she was presented with a Mayor of Hounslow Award medal. ■





GREAT WORK WAS SEEN BY HELEN PIERCEY AT THE JACK PETCHEY REWARD MANGA ART WORKSHOP



AS PART OF THE BT MENTORING SCHEME YEAR 11 STUDENTS HAD AN EVENING WITH RIO FERDINAND



OPEN EVENING HAD TALKS FROM STUDENTS & MR WARD & HANDS-ON ACTIVITIES AROUND SCHOOL



YEAR 9 & 12 STUDENT TEAMS IMPRESS IN THE ROTARY YOUTH SPEAKS COMPETITION



YEAR 10 STUDENTS RECEIVED BRITISH AIRWAYS AWARDS FOR THEIR LANGUAGE SKILLS



"BETTER THAN THE GREAT BRITISH BAKE OFF" – A CAKE SALE FOR MACMILLAN CANCER SUPPORT



SIXTH FORM STUDENTS SLEEP OUT TO RAISE MONEY FOR TRINITY TO HELP THE HOMELESS



ACTION JACKSON ATTENDED A YEAR 11 ASSEMBLY TO INSPIRE & MOTIVATE STUDENTS IN THEIR GCSE YEAR



SIXTH FORM MATHS STUDENTS ARE TREATED TO PIZZA TO CELEBRATE THEIR RECENT AWARDS



YEARS 7 & 8 WROTE TERRIFYING TALES IN THE SPOOKY STORY COMPETITION



WELL DONE GIRLS – JACK PETCHEY WINNERS FOR AUTUMN TERM WITH THEIR CERTIFICATES

SCIENCE UNDER THE MICROSCOPE



Science is the second department to be in the spotlight ... or more appropriately under the microscope in this regular series highlighting individual departments.

The Science department teaches Combined Science, Biology, Chemistry and Physics as well as organising a range of extra-curricular activities including Science Club and the introduction of Heston's first ever Science Fair which was reported on in the last newsletter and is set to become a very popular annual event.

As well as the teachers there is also a team of Science Technicians who ensure that all the Science Laboratories are in perfect condition for the large number of experiments and demonstrations that take place every school day. Their important role also includes ensuring there are sufficient chemicals and materials, including many dangerous ones, available and that they are safely stored and handled.

Safety in the labs is key but so is the desire to encourage students in all years to be inquisitive and explore all science from Astrophysics to Zoology and Quarks to the Universe. The curriculum is designed to give a broad overview of Biology, Chemistry and Physics and students are encouraged to question the world around them. Do they support stem cell research? Do they agree with developing the use of nuclear power? Can that newspaper report be totally trusted?

There is a real desire from the Science team to help students get the best results they possibly can but also to have fun doing that both in their main lessons and also in Science Club after school.

Recent Science Club sessions have seen rockets being launched, buildings being created to survive simulated earthquakes, hair-raising experiments and fun with fluorescent liquids and dry ice.

All the activities provide a

learning experience and the opportunity for students to test their own theories.

This aspect of science was key to the great success of the Science Fair held at the end of Summer Term when students had to answer their own scientific questions in a creative way.

Another highlight this year was World Space Week, where students researched human space travel and debated whether developing countries should have space programmes. The Science department is planning a series of star gazing events in the New Year.

These activities are designed to foster an enthusiasm for science and that certainly exists at Heston and beyond as many students do go on to study science subjects at university. Last year the department was delighted to see students go on to study the three main science subjects taught: Biology, Chemistry and Physics, as well as a wide range of other sciences including: Pharmacy, Clinical Sciences, Medicine, Optometry, Biochemistry, Biomedical Science, Petroleum Engineering and Aerospace Technology.

Director of Science, Ms Bethany Hart is delighted with the popularity of science and the success of Heston students, many of whom return to the School to talk of their university experiences to inspire the next generation of scientists. She summed up the Science department's philosophy by saying "Our highly dedicated team is committed to ensuring that every child loves learning about science and achieves the highest possible level of success in science examinations.

There is a huge pool of science talent at Heston and it is exciting

to think we might be supporting and nurturing the inventors, engineers and surgeons of the future." ■



TWO HEAD GIRLS LEAD THE SENIOR STUDENT TEAM



Following presentations and voting by students and teachers, the Senior Student Team has been appointed, as have the leaders of the team, Karishma Bagga and Amrit Ghatora, our new Head Girls. This year has seen a change to the traditional appointment of a Head Boy and a Head Girl as both Karishma and Amrit impressed Mr Ward and the Sixth Form team so much that they had to offer both of them Head Girl posts.

As well as Head Girls the Senior Student Team (pictured above) consists of two Deputies and four Assistants:

DEPUTIES YASH PANDEY; HARVIR SEGUE
ASSISTANTS WIKTORIA GRABOWSKA; SAROSH HASNANI; AKASH KHAMBAY; KIRAN RAZZAQ

Karishma and Amrit (pictured below right with a particularly appropriate Growth Mindset quote) are delighted with their appointments. This is what they had to say about their roles:

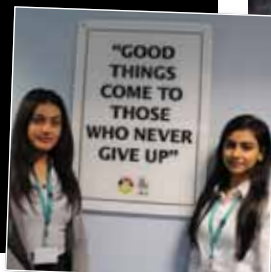
"Head Girl – a title attached with a scope of responsibilities, duties and tasks; all with the focus of continuing to make our students and staff content, within the School, whilst also preparing our students for any challenges and changes they may encounter throughout their life – the very reason why I chose to put myself forward to become Head Girl.

Being appointed Head Girl gives me the opportunity to further enhance the learning environment, student voice and school life of the current and future generations of 'Hestonians'.

I feel truly honoured that I have been given the opportunity to give back to the School, after the five years that I have been here." Karishma Head Girl

"Heston is a school that has taught me a lot, not just academically but personally. Becoming Head Girl was a great achievement for me given that when I started at Heston I was one of the shyest students; it is because of the School that I have the confidence to fulfil this position. Therefore as Head Girl I would love to replicate my experience for other students as Heston is the perfect environment for us to grow and evolve and I hope our team can make the experience for all students as great as our own have been." Amrit Head Girl

Congratulations to all the team! ■



PARENT SURVEY

The Parent Survey that was carried out on Academic Mentoring Day in November has once again returned some very positive views of the School from our parents. Over 700 parents completed the survey.

The percentage AGREEING or STRONGLY AGREEING with the following statements are detailed below:

My child is happy at Heston	98%
My child feels safe at Heston	98%
My child makes good progress at Heston	95%
My child is taught well at Heston	95%
My child receives appropriate homework for their age	95%
The School is well led and managed	94%
The School responds well to any concerns I raise	96%
I receive valuable information from the School about my child's progress	95%
The School provides my child with opportunities to prepare for the future	98%
I would recommend Heston to another parent	96%



MORE

HCS NEWS IN PICTURES



D OF E STUDENTS SUCCESSFULLY COMPLETED THEIR BRONZE EXPEDITION IN BUCKINGHAMSHIRE



SUPER LEARNING DAY SAW STUDENTS "RE-MAKE THE WORLD" WITH SUPERB 3D MAPS



ENGLISH AWARDS HAVE BEEN PRESENTED TO ALL YEARS FOR EFFORT & ACHIEVEMENT – HERE ARE YEAR 7



YEAR 11 ART STUDENTS VISIT TATE MODERN TO RESEARCH GCSE ART PROJECTS



A LUNCHTIME PIZZA PARTY & ACHIEVER AWARDS FOR STAR STUDENTS IN YEARS 7, 8 & 9



MEMORIAL SERVICE AND A COMMEMORATIVE BENCH FOR LES EDWARDS – "A FANTASTIC TEACHER"



THE YEAR 7 'A TEAM' WORK WITH PRIMARY SCHOOL STUDENTS IN A FIRST WORLD WAR POETRY WORKSHOP



PETER RAWLING GAVE AN INSIGHT INTO UNIVERSITY MEDICAL STUDIES AND SIMILAR COURSES



JOURNALIST & AUTHOR YASMIN ALIBHAI-BROWN ENCOURAGES YEAR 10 TO PURSUE THEIR DREAMS



THE MUSICAL THEATRE EVENING WAS FULL OF SONGS & DANCE FROM MUSICALS & DISNEY FILMS



YEAR 7 STUDENTS WERE CHALLENGED TO SAY HELLO IN AS MANY LANGUAGES AS POSSIBLE



The Rugby World Cup may have been a big disappointment for the England team and their supporters but Heston students' contribution to the event could not be faulted. They helped launch the event by being involved, with former England captain Lawrence Dallaglio, in setting a record for the longest rugby pass in September 2014 and followed that up by being on the pitch for the Opening Ceremony of the competition – you can read Wiktor's report on this amazing experience below. You can also read about how Heston's own rugby experience has been presented by the RFU to the next Rugby World Cup hosts, Japan, as an example of how to get more youngsters involved in the sport.

"IT WAS SUCH A MAGICAL MOMENT"

Wiktor Kaczmarczyk (Year 8) reports on her part in the RWC Opening Ceremony

I was lucky enough, with Ida and Amber, to take part in the RWC Opening Ceremony at Twickenham in front of 82,000 people plus an estimated world wide audience of over 100 million watching in their homes. This was a once in a life time opportunity for us to represent the School in such a prestigious event. Before the ceremony we had to attend rehearsals though-out the summer holidays. As we got closer to the final performance the number of practices increased.

On the day of the final performance there was a different atmosphere in the stadium. All the students taking part had mixed feelings of excitement and nerves ... it was time for the real thing! That's when it sunk in what we were about to do and the nerves changed to excitement ... then the Opening Ceremony went live!

We ran onto the pitch and all the practice over the

past few weeks came into action, we all knew exactly what we needed to do and where we needed to be. The atmosphere in the stadium was amazing, lights flashing, music blaring from the speakers, smoke and fireworks. We were in the centre of the stage either side of the giant rugby ball. Before I knew it, our part was over, I was running off the field where we were all celebrating, shouting, cheering and giving high fives to each other. It was such a magical moment being out there and we still can't believe that this ever happened – this is something I will always remember!

JAPAN RFU LEARN FROM HESTON'S RUGBY EXPERIENCE

A group of Japanese visitors from the 2019 Rugby World Cup organising committee together with representatives from the RFU and World Rugby visited Heston to find out more about the All Schools' Rugby partnership at HCS. This partnership has seen boys' teams in Years 7 to 10 as well as junior and senior girls' rugby teams established in less than two years.

The visitors to the School took the time to visit a Year 8 rugby lesson taking place on the field. This gave them a chance to witness how rugby is being taught in the School and to ask any questions.

One of the visitors, Morgan Buckley, World Rugby, General Manager – Development, said: "You have provided a very good example of what rugby can do for your young people and the difference it can make to their lives." ■



YEAR 7 NBA TEAM



U14 BOROUGH CHAMPIONS



U16 BOROUGH CHAMPIONS

Congratulations to our U14 and U16 Girls' Basketball teams who have both been crowned Borough champions and now go on to represent Hounslow in the London Region tournament. We are also delighted with the progress of our Year 7 team who are competing in the new Junior NBA league as the Dallas Mavericks.