



IMPACT Dance Show Shines at Epsom Playhouse

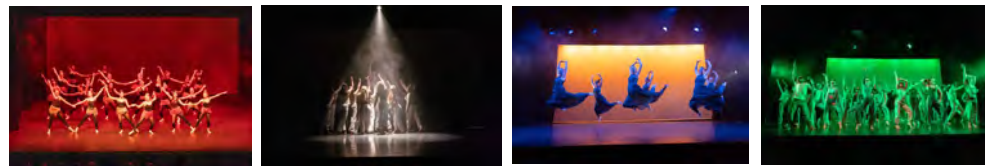


On Monday 3rd and Tuesday 4th March, the stage at Epsom Playhouse came alive with energy, passion, and creativity as over 200 pupils took part in the spectacular IMPACT dance show. Showcasing a dynamic mix of contemporary, jazz, and other vibrant styles, the event celebrated the incredible talent and dedication of the students.

Each performance captivated the audience, with dancers demonstrating skill, emotion, and teamwork in a variety of stunning routines. From expressive contemporary pieces to high-energy jazz and swing numbers, the evening highlighted the depth and versatility of the school's dance programme.

A particularly emotional moment came with the farewell performance from the Year 13 students, who took their final bow after years of dedication to the school's dance community. Their moving goodbye was met with cheers and applause, marking the end of an era for these talented performers.

With IMPACT leaving a lasting impression, the school is now looking ahead to the Inspire showcase in the summer term - an event that promises to bring even more outstanding performances and creativity to the stage.



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B Week
"Knowledge belongs to humanity and is the torch which illuminates the world"
Louis Pasteur

Looking Ahead

Year 10 Art & Photography Exams
w/c 10th March

Year 13 Targeted Support Evening
Wednesday 12th March

Year 8 Destinations Day
Tuesday 18th March

Year 8 Choices Evening
Wednesday 19th March

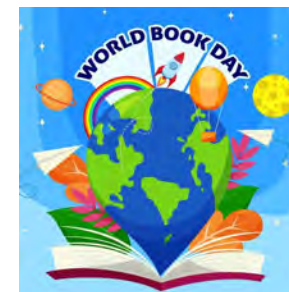
World Book Day



On Thursday 6th March, pupils and staff embraced the magic of reading as they celebrated World Book Day in a fun and engaging way. The school was filled with excitement as students and teachers dressed up as their favourite literary characters, bringing beloved books to life in a colourful display of creativity.

One of the highlights of the day was the Drop Everything and Read session at 12 noon, where the entire school paused to enjoy a moment of uninterrupted reading. Whether immersed in classic novels, gripping adventures, or inspiring non-fiction, everyone took time to appreciate the joy of books.

The event was a fantastic reminder of the power of storytelling and the importance of reading for both learning and enjoyment. World Book Day continues to be a much-loved tradition, inspiring pupils to discover new books and celebrate their love for literature.





Year 12 Students Get a Glimpse Into the Film Industry at Pinewood Studios

Year 12 students had an unforgettable experience at the Futures Film Festival held at the legendary Pinewood Studios. This exciting trip gave pupils a unique opportunity to explore the many career paths within the film industry, from behind-the-scenes roles such as set design and landscaping to high-adrenaline stunt work.

Throughout the day, students gained insight into the creative and technical aspects of filmmaking, speaking with industry professionals and learning about the vast range of jobs that bring movies to life.

Adding to the excitement, students were thrilled to meet some of cinema's most iconic characters, including Darth Vader, Deadpool, and members of the Ghostbusters team. The presence of these legendary figures made the day even more special, bringing the magic of film to life right before their eyes.

The trip was an inspiring experience, opening students' eyes to the endless possibilities in the film industry and leaving them eager to explore future careers in this exciting field.



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Sporting Results

Year Group	Sport	Opponent	Result
Year 11	Football	Harris Sutton	Lost 5 - 1

Year 9 Pupils Blast Off Into Space-Themed STEM Challenge with the Smallpeice Trust and RAF



In a thrilling hands-on experience, Year 9 pupils participated in the "Road to RIAT: Blast Off STEM Day" workshop, an exciting space-themed event led by the internationally renowned Smallpeice Trust in partnership with the Royal Air Force (RAF). This full-day, practical challenge was designed to inspire pupils and equip them with essential skills for the future, particularly in the fields of air and space.

The workshop that took place on Wednesday 5th March, featured a series of interactive activities that allowed pupils to delve into the world of STEM (Science, Technology, Engineering, and Mathematics). By combining cutting-edge space technology and real-world problem-solving scenarios, the event offered pupils a unique opportunity to apply their knowledge in practical situations while learning from experts in the field. The theme of space exploration was aligned with the exciting developments currently taking place within the RAF and the wider aerospace industry. By showcasing space-themed activities and projects, pupils gained a deeper understanding of the interdisciplinary nature of aerospace work, including the connections between aviation, technology, physics, and engineering.

The "Road to RIAT: Blast Off STEM Day" has no doubt inspired many Year 9 pupils to further their interest in STEM subjects and consider careers in the exciting fields of aerospace, engineering, and technology.





Year 10 Pupils Attend Biology Workshops at The Babraham Institute

This week, a group of enthusiastic Year 10 pupils had the exciting opportunity to attend interactive biology workshops at The Babraham Institute, a world-renowned life sciences research institute located in Cambridge. Specialising in developmental biology and ageing research, the Institute offered pupils a chance to step into the world of cutting-edge scientific exploration, providing hands-on experiences in the lab alongside leading scientists.

The workshops were designed to deepen pupils' understanding of the biological processes they are studying in school while also giving them a glimpse into potential careers in science. Pupils were assigned one of two projects, each focusing on different aspects of biological research and technology. Beyond the laboratory work, the workshops also offered pupils the chance to meet and engage with real-life scientists. Through discussions and informal Q&A sessions, the pupils learned about the various career paths available within the field of life sciences, from laboratory researchers to clinical scientists and beyond. This provided invaluable insight into what it's like to pursue a career in science and the different opportunities that can arise from a strong foundation in biology.

The pupils also discovered how the research at The Babraham Institute is directly related to the topics they are studying in school. This not only helped to contextualise their academic studies but also illustrated the importance of scientific research in improving human health and understanding complex biological processes.



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South West London Champions!

On Saturday 1st March our Year 9 Mock Trial team travelled to Wimbledon Magistrates' Court and defeated five other teams to become the South West London Champions! Congratulations to the team for their amazing achievement! They are now off to the Nationals stage of the competition.



Author visit—Sonia Leong



On Tues day 4th March manga artist Sonia Leong visited with Year 7 pupils for a manga theory and workshop lesson. Sonia’s energetic delivery was infectious, she was a huge hit with the pupils!

The Willow Menu for week commencing 10th March

WEEK 1					Cucina				
WEEK COMMENCING					V – Vegetarian VE – Vegan				
06/01/2025					27/01/2025				
17/02/2025					10/03/2025				
31/03/2025									
CLASSIC HOT & HEARTY									
CLASSIC MAIN MEALS					VEGETARIAN MAIN MEALS				
MONDAY		TUESDAY			WEDNESDAY		THURSDAY		FRIDAY
Lemon & Herb Piri Piri Chicken with Spicy Rice		Butter Chicken Curry, Served with Pilau Rice & Tomato, Red Onion & Coriander Salad			Honey Glazed Roast Gammon or Lemon & Thyme Roast Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy		Mexican Style Beef & Tortilla Lasagne		Chip Shop 'Fryday' Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce
MONDAY		TUESDAY			WEDNESDAY		THURSDAY		FRIDAY
Piri Piri Quorn, Macho Peas and Spicy Rice (VE)		Gnocchi with Roasted Vegetables in a Tomato & Basil Sauce (VE)			Crunchy Topped Macaroni Cheese, House Salad or Seasonal Veg(V)		Smokey Plant Based Chilli, Served with Rice, Nachos & Corn (V)		Jamaican Squash Pasty Served with Sweet Chilli Sauce & Chunky Chips (VE)
DESSERTS									
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Syrup Sponge with Vanilla Sauce		Apple Strudel & Custard		Chocolate Sponge & Chocolate Sauce		Pesti & Socca Sponge		Fruit, Jelly & Yoghurt Pots	
FRUIT & YOGHURT POTS AVAILABLE DAILY									
HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily					JACKET POTATOES Topped with a Choice of: Cheese, Tuna or Beans Available Daily				
NATURALLY									
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Pakistani Tarka Dhal (VE)		Vegan Singapore Noodles (VE)		Vegan Ramen Bowl (VE)		The Big Plant Burger (VE)		Garlic & Chilli Noodles (VE)	
TRATTORIA									
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Tomato & Basil Pasta		Pasta in a Cheese Sauce		Mozzarella & Tomato or Pepperoni, Cheese & Tomato Pizza		Tomato & Basil Pasta		Margherita Pizza	
Our Vegetarian and Vegan recipes are approved by the Vegetarian Society.									



Upcoming events

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Education Wellbeing Service

Making Life Better Together

South West London and St George's Mental Health NHS Trust

Emotional Wellbeing and Ramadan

Ramadan is a holy month in the Islamic calendar. During this month, millions of Muslims around the world dedicate themselves to their faith, practice gratitude, kindness to self and others, giving to charity and connecting with loved ones.

1 Look after Yourself

It's important to look after yourself by practising self-compassion and self-care. Doing activities such as walking, reading, spending time outdoors and making time for the things that are important to you.

2 Stay Connected

Making meaningful connections are vital to our emotional well-being. Healthy connections with friends, family and others can support our mental health and well-being. Stay connected by going on walks together, doing fun activities (such as board games, going to look at the Ramadan lights at the West End etc.) and sharing meals. Here are some community events taking place this Ramadan you could attend:

[Fid in the Square 2024 | London City Hall](#)
<https://thebigiftar.co.uk/#about-us>

[Community Activities & Groups | Sutton Council's Cultural Services](#)

3 Routine

Achieving the goals you've set yourself for this month and doing things that you enjoy, such as spending time with your loved ones is great. It's important that you work on building a routine that works for you as it can help you to feel balanced and relaxed.

Who We Are?

Educational Wellbeing Practitioners are available in primary and secondary schools throughout Wandsworth, Sutton and Merton.

We offer evidence-based support programs for secondary school students dealing with anxiety and low mood, as well as guided self-help programs for parents of primary school children experiencing anxiety or behavioural challenges.

For more information please get in touch with the mental health lead at your school.

Education Wellbeing Service YouTube Channel. Videos cover a range of topics about child and adolescent emotional wellbeing.

Education Wellbeing Service - SWLSTG - YouTube

4 Acts of Kindness

Ramadan is a time for kindness and giving back to others. Simple acts of charity, like helping your parents around the house, preparing iftar with your family, or checking in on neighbours are great. Being considerate, whether through kind words, sharing, or lending a helping hand reflects the meaning of Ramadan.

Here are some volunteering ideas:

<https://www.mcwas.org/whats-on/-/ramadan-food-pack-drive-hot-meals->

<https://www.muslimaid.org/opportunities/volunteers/ramadan-campaign/>

Further Support

Muslim Youth Helpline
Provides faith and culturally sensitive support for young Muslims.
Online chat service available during opening hours.
[Home - Muslim Youth Helpline \(myh.org.uk\)](http://myh.org.uk)

South West London 24/7 Mental Health Crisis Support Line on 0800 028 8000

[Childline](#): Call 0800 1111 (available 7:30am – 3:30am, seven days a week)

[Samaritans](mailto:jo@samaritans.org): Call 116 123 or email jo@samaritans.org (available 24/7)

[Shout](#): Text SHOUT to 85258 (available 24/7)



Recycling of School Uniform

Please may we request donation of any items of uniform that you no longer need that are still in good condition.

There is a container stored just in front of reception where all clean, second hand items can be deposited in a carrier bag.

We will be running a second hand uniform sale later this year.

Thank you for your continuing support.



Calling all pupils ages 13 - 18

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Career Choices Day – Free Webinar!

Are you a pupil feeling uncertain about which career path to take? Or perhaps you have many ideas but aren't sure how to choose the right one? We're hosting a free online event called Career Choices Day on Sunday, 6th April, specifically designed for pupils who may feel unsure about their career direction.

During this session, pupils will receive practical advice on how to identify career options that match their interests and strengths. The goal is to help them understand that it's okay to not have it all figured out yet and to provide them with the tools to explore their options with confidence. Just visit www.careerdays.co.uk/career-choices-day to register.

Career Days – Online Events for Pupils

There are also new dates for our online Career Days, which provide pupils with the chance to learn about different careers, receive advice on subject choices, and discover how to apply to university. Each session includes work experience in the afternoon, allowing pupils to get a feel for the day-to-day aspects of their chosen career. At the end of the day, pupils will receive a certificate confirming their work experience.

The upcoming Career Days are as follows:

Medicine Career Day - Saturday 22nd March 2025

Dentistry Career Day - Sunday 23rd March 2025

Midwifery Career Day - Saturday 5th April 2025

Psychology Career Day - Saturday 19th April 2025

Architect Career Day - Saturday 26th April 2025

Law Career Day - Saturday 3rd May 2025

Vet Career Day - Saturday 10th May 2025

Business Career Day - Saturday 12th May 2025

Engineering & Technology Career Day - Saturday 24th May 2025

Computer Science Career Day - Saturday 31st May 2025

Performing Arts Career Day - Sunday 26th October 2025

Pupils aged 13-18 can register for any of the above sessions by visiting

www.careerdays.co.uk/career-choices-day.