



ELTHORNE PARK

HIGH SCHOOL

ACHIEVING EXCELLENCE IN A LEARNING COMMUNITY



Message from the Headteacher

We are always acutely aware in weeks with industrial action of how this impacts on our families at home and I am grateful once again for your continued patience, understanding and support. Despite the disruption to learning this week, rehearsals for our school music have continued undeterred and we are very excited to bring you 'We Will Rock You' on Wednesday, Thursday and Friday evening this week. I am in awe of the boundless energy and enthusiasm with which our music and drama teachers have approached the hours and hours of rehearsals in the lead-up to the production. Our students have been so committed and we're thrilled that all their hard work is about to be showcased on stage. I look forward to seeing as many of you as possible at the performances this week.

On Thursday 13th July we also have our annual Sports Day and Mr Gray has included more information later in this newsletter. Finally, on Friday 14th during the day we are celebrating our first ever Culture Day, organised by our brilliant student council and Elthorne 4 Equality team. We are very keen for as many students as possible to come in clothing that represents their cultural heritage on Friday. Please take a moment to look at Ms Crix's section on Culture Day below for more information.

With all good wishes,

Eliot Wong, Headteacher

SAVE THE DATE: E4E Presents CULTURE DAY! - Friday 14th July



Our student council and members of the E4E team will be dedicating Friday 14th July to celebrating the cultural background of our students, parents and staff. Pastoral and curriculum time will be spent exploring and showcasing the beliefs, history, cultural contributions, spiritual / ceremonial practices, inspirational figures that come from the same countries and cultures as our own diverse community. We would like to invite students to come in attire that represents their cultural heritage and tutor

time / Period 1 will be a celebration event which may include a bring and share breakfast. We would very much like to organise a cultural performance or event in the amphitheatre after school. If any parents have contacts who play in a band specialising in a particular type of music or know of possible catering opportunities (like a food truck) who might be willing to attend, please [get in touch with Ms Crix](#).

Ms Crix, Associate Assistant Headteacher

Whole School Musical!

After last year's knock out performance of Grease we are ecstatic to announce that EPHS's annual musical returns once again this Summer! Please join us for our production of **We Will Rock You on Wednesday 12th, Thursday 13th and Friday 14th**



of July 2023 at 7pm. Tickets can be purchased through ParentPay and early booking is recommended as it is unlikely there will be many tickets available 'on the door'- Please book ahead to avoid disappointment! **Ticket prices: Concessions £7 / Adult £10.** This year seating does not need to be pre-booked and will be on a first come first served basis on arrival to your chosen performance. Please also bring with you the email confirmation for your tickets to your chosen performance as we will also be going paperless. **Elthorne, Are you ready to rock!?!**

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Dates For the Diary

Thursday 13th July
Sports Day

Friday 14th July
E4E Culture Day

Monday 17th July
Elthorne Wider Opportunities Day

Tuesday 18th July
Elthorne Wider Opportunities Day

Thursday 20th July
Yr9 HPV 2nd dose Immunisations

Friday 21st July
*End of Term -
School finishes at 12:30pm*

Attendance and Punctuality

Regular attendance and good punctuality encourages responsible learning habits and prepares children for higher education and for their working life. We ask parents to ensure children attend school on each day the school is open for the pupils unless there is an 'authorisable' reason to be absent. Only the school can authorise an absence. If your child is unwell, please phone or email the school (Attendance@ephs.ealing.sch.uk) on each day of absence, with a reason for absence.

The school target for attendance is 96%. To put this in context, if your child falls below this target and has attendance of 95%, they will miss 10 days of school in a year, that is 2 full school weeks of your child's learning missed for that year.

Attendance last week (26th to 30th June):

Year 7	Year 8	Year 9	Year 10	Year 12
91% <i>(down 3%)</i>	91% <i>(down 7%)</i>	90% <i>(down 5%)</i>	90% <i>(down 3%)</i>	81% <i>(down 9%)</i>

Students should leave home with plenty of time to get to school on time. To put this in context, arriving 5 minutes late every day adds up to over 3 days lost each year. Lunchtime detentions are set when students arrive at school after 8:45 am. Parents/carers of students who are late to school in the morning will receive an email on each day that they are late in order to give parents the information they need to support their child more effectively to make the most of each school day.

Please note that authorised Medical and Dental appointments **do count** as absence on your child's record, although won't result in a late detention if the school has been informed with notice. You can support your child to improve their attendance by organising (where possible) all non-emergency medical/dental appointments outside of school hours.

Request for holidays during term time

Unfortunately we are unable to authorise holidays during term time. We understand that emergency situations may arise and if you wish to request a holiday due to an exceptional circumstance you should make a request to the Headteacher using the 'Request for leave during term time' form here. The local authority may choose to issue a fine for unauthorised holidays taken during term time.

Ms Jennings, Associate Assistant Headteacher - Attendance and Achievement**ParentPay Balance**

If your child is in Year 11 or Year 13 and has a balance on ParentPay, please email the finance department (finance.admin@ephs.ealing.sch.uk) for either a refund, or a transfer of the balance to a sibling. Please do this by the end of September. Any balances remaining after this date will stay with the school.

Finance Team**Student Academic Year
2022 - 2023****Summer Term 2023****Summer /1**Monday 17th April - Friday 26th May**Half-Term**Monday 29th May - Friday 2nd June**Summer /2**Monday 5th June - Friday 21st July**Student Academic Year
2023 - 2024****Autumn Term 2023****Autumn/1**Tuesday 5th September - Wednesday 18th October**Half-Term**Thursday 19th October - Friday 27th October**Autumn/2**Monday 30th October - Wednesday 20th December**Christmas Holiday**Thursday 21st December - Friday 5th January**Spring Term 2024****Spring/1**Monday 8th January - Friday 9th February**Half-Term**Monday 12th February - Friday 16th February**Spring/2**Monday 19th February - Thursday 28th March**Easter Holiday**Friday 29th March - Friday 12th April**Thought of the Week**

"I used to think the worst thing in life was to end up all alone, its not. The worst thing in life is to end up with people that make you feel all alone."
(Robin Williams)

Elthorne Wider Opportunities Programme 17th and 18th July

Over the next week we will be sending out detailed information about our Wider Opportunities Day. On these days your child will attend one of the activities below which will replace their usual timetable.

17th July

Year 7	Year 8	Year 9	Year 10	Year 12
Try Something New Day	First Aid	Places of Worship (ELTH) Next Steps (NORP)	Work Experience	SMSC Conference

18th July

Year 7	Year 8	Year 9	Year 10	Year 12
Your Life Your Choice	Try Something New Day	Place of Worship (NORP) Next Steps (ELTH)	Work Experience	First Aid

News from Key Stage 4 and 5**Year 10**

On Friday 14th July, all Year 10 students will participate in our 'Elthorne Elevates' event. This event has been designed as a bridge between Year 10 and Year 11 and aims to provide students with the opportunity to reflect on their personal motivations for academic success and informs students about effective study skills.

The programme of the day will include workshops delivered by external professionals alongside subject-specific revision strategy workshops delivered by English, Mathematics and Science teachers. In the afternoon, students will participate in a dance class that will enable them to put into practice some of the key messages of the day surrounding perseverance and motivation. This will be followed by a celebration assembly to enable students to reflect on the key messages of the day.

All Year 10 students should wear clothing that enables them to participate in physical activities, including trainers. Please be aware that Friday 14th July is also our whole-school Culture Day at EPHS and Year 10 students are invited to wear clothing that represents and celebrates their personal identity if it also allows them to fully participate in physical activities. After school, Year 10 students are invited to join our Culture Day celebrations from 3:10 until 4:10 when our student leadership team will lead stalls and performances in the amphitheatre and main school playground to celebrate the range of cultures at EPHS.

Mr Simmonds and the Year 10 Team**Year 12**

We have a busy last two weeks in Year 12. Please take note of the following:

Wednesday 12th July- Period 1 Year 12 Rounders Interform

Thursday 13th July - All Year 12 students expected at Perivale Athletics Track (Arrival at the track is 8:45am)

Friday 14th July - Culture Day

Wednesday 19th July - P2 Year 12 Celebration Assembly.

I also wanted to say a BIG thank you to the parent/carers who attended the Year 12 Celebration of Achievement evening. We hope you enjoyed the celebrations.

Mrs MacDonald and the Year 12 Team

EPHS Sports Day

Sports Day will take place on Thursday 13th July. This is a compulsory school event and all students are expected to attend. The event details are as follows:

When: Thursday 13th July

Where: Perivale Park Athletics Track
Stockdove Way
Greenford UB6 8TJ (*see map below*)

Time: Arrival at 8:45am
The day will finish at approximately 2:15pm.

Transport: Your child will need to make their own way to and from Perivale Park Athletics Track. If you are dropping off your child, please do so in an alternative location where they can walk the remainder of the way, such as Gurnell Leisure Centre. Staff will be supervising the route from this location to the track. Please also do the same when picking your child/children up so as not to cause congestion in Stockdove Way.

Students are responsible for bringing the following:

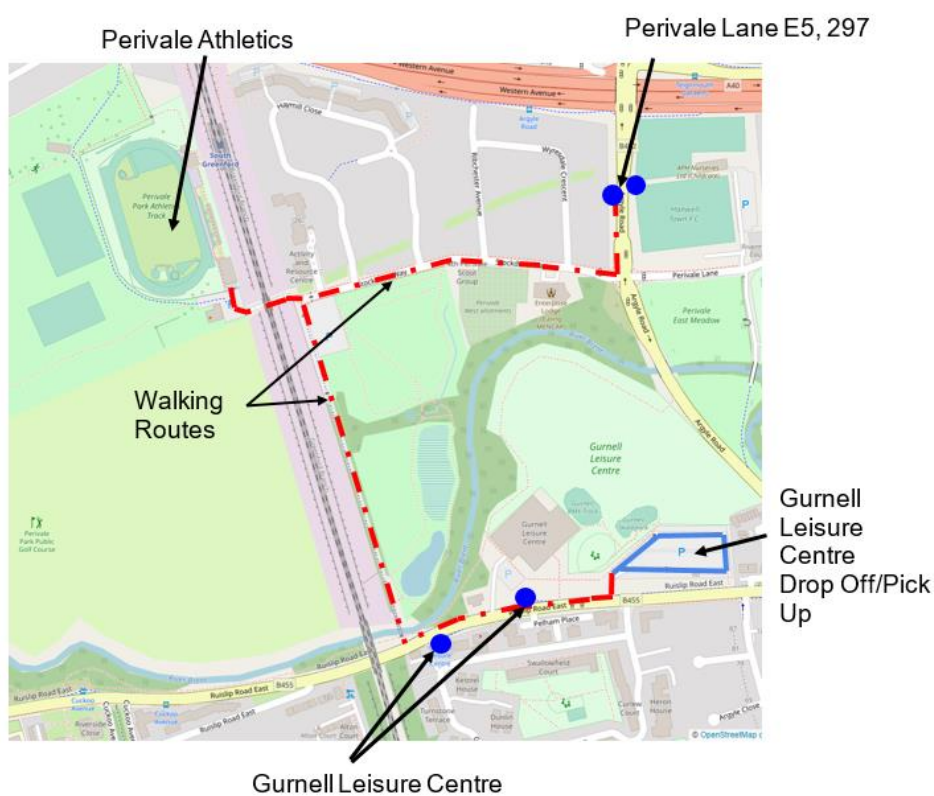
- PE kit – black shorts, appropriate trainers and the specified colour t-shirt which corresponds to your child's tutor group (*E - White, L - Blue, T - Red, H - Black, O - Green, R - Yellow, N - Orange, P - Purple*)
- A packed lunch – unless they are entitled to a free school meal, which will be provided for them
- A plastic bag to sit on in case it is damp and an umbrella
- Warm and/or waterproof clothing (weather dependent)
- Plenty of water/fluids to prevent dehydration and Sun Cream

Please ensure that your child has sun cream and a hat or an umbrella for shade with them on the day, as there is very limited shade at the venue. Staff will be reminding students to reapply sun cream throughout the day due to the extremely hot weather we may be experiencing on the day. Please also check that your child has a large bottle of iced water with them to prevent dehydration and keep them cool. If your child has items such as a handheld fan to keep them cool they may bring them.

In the event of any extreme weather, notices will be placed on the school website announcing to parents/guardians of a regular school day with lessons as usual. Please check the website on Wednesday evening in case of this. If it rains heavily during the event, parents/guardians will be notified first via the school website, then students will be allowed to go home early from Perivale Park. If students are unable to leave by themselves then they will be supervised until the end of the event.

Due to health and safety concerns and limited available space for spectators, parents are unable to attend Sports Day. We will be live-tweeting events and pictures from the day if you wish to follow us online at @EPHSPE on Twitter.

Mr Gray, Deputy Subject Leader - PE



School Uniform

A reminder that from September It will be compulsory for New Year 7's to wear our new PE Kit, which includes our new PE Polo shirt and Mid layer top. For more details please visit our website and On-line Uniform shop.

From the 9th May 2023 we will be increasing the cost of the school uniform. Over the last couple of years the prices have increased but we have absorbed these costs as we wanted to keep the price as low as possible. However, we have had another increase (due to factors such as an increase in price of raw materials, wages, energy), and so we are having to make small increases to our prices.

At Elthorne Park High School we expect all students to attend in full school uniform, each day. We would be grateful if parents can support the school, by spending some time over the Eater break discussing our policy with your child and checking that they have the correct uniform for school. Please find below a link to the school's uniform policy [here](#).

In particular, we remind parents of the importance of the following key uniform items:

- Lanyards and ID cards must be worn around the neck and be visible whilst on school site.
- White shirt with EPHS logo stitched into the collar.
- Burgundy jumper with EPHS logo stitched into jumper. School jumpers must be worn to school each day.
- Black polishable shoes or ankle length boots only.
- Plain black tailored uniform style trousers only.
- Plain black school uniform style skirt. Skirts should be knee length (on the knee) with no frills.
- If ears are pierced, only one small stud earring is permitted in each earlobe. Stud earrings must only be plain silver or gold.
- Cotton hooded tops, tracksuit tops or leisure wear **are not permitted in school**

Non-uniform items will be confiscated and passed on to your child's Year Leader.

Following consultation with stakeholders, the school will be slowly phasing out two older items of school PE uniform; replacing these with two more modern and hard wearing Items. Both new items will become compulsory items of PE uniform over a phased period of time.

To ensure there is no additional cost to parents, we will initially be introducing these two new items as part of the core PE uniform for our new year 7 intake only, joining us in September 2023. As stocks of the old PE uniform items become depleted, we will gradually ask parents across all year groups to replace old items with these new ones.

The two PE item changes will be as follows:

Old uniform item	New compulsory uniform item	Cost of new uniform item
White cotton PE T shirt with logo	Polo shirt - PE top Black and burgundy with the school logo.	£21 - £22 Size dependent
PE fleece top with school logo	Mid layer top - PE Black and burgundy with the school logo.	£26 - £31 Size dependent

As with all PE uniform items, these can be ordered using the link on the school website. Our policy also contains details of parents who may be entitled to financial support with school uniform and processes to follow.

School uniform orders, delivery and collection

Please note that school uniforms cannot be purchased directly from the uniform shop in the car park. Uniforms must be pre-ordered by parents and then collected. Uniform can be ordered on our [Uniform shop page](#).

Should there be either financial (entitlement to FSM) or medical barriers that prevent you replacing this item of uniform can you contact your child's Year Leader to see how the school might support with uniform replacement.

I would like to take this opportunity to thank parents for your continued support, ensuring we maintain high standards of school uniform, such an important part of school life.

Mr White, Deputy Headteacher

ELTHORNE PTFA NEWS



A couple of years ago we launched an end of school year 'Thank you Teachers' collection so parents and carers, if they wished, could donate. The money collected allows the staff at EPHS to have a well deserved end of year celebration. We've had lots of requests from families to do this again, so if you would like to donate, please do so via Parentpay, PTFA Donations, stating 'Thank you Teachers' in the comments section.



EasyFundraising

Did you know that whenever you buy anything online – from your weekly shop to your annual holiday – you could be raising free donations for Elthorne PTFA with easyfundraising? There are over 7,000 brands on board ready to make a donation – including eBay, Argos, John Lewis, ASOS, Booking.com and M&S – and it won't cost you a penny extra to help us raise funds.

All you need to do is:

1. Go to: <https://bit.ly/ephseasyfundraising>
2. Every time you shop online, go to easyfundraising first to find the site you want and start shopping.
3. After you've checked out, the brand will make a donation to Elthorne PTFA at no extra cost to you whatsoever!

Thank you for your support.



Elthorne PTFA will be providing refreshments at the school musical on the 12,13,14th July. Always a lovely event. You can even pre-order your drinks for the interval.... come and see us when you arrive.



Any EPHS parents running this year's Ealing Half Marathon? Before covid we had a wonderful Elthorne Team run for the school, raising an incredible £1500. If you've signed up to run already, or are thinking about it, and would like to fundraise for EPHS, please let us know. We'll set up the JustGiving page and be there to cheer you on. This also applies to any Mini Milers!
elthorneptfa@gmail.com

WIN A £500 LEGO GIFT CARD



- Tickets cost just £1 a week
- Please help give our fundraising a boost
- Win up to £25,000 every week
- Support our school, and win!

PLAY NOW:

Scan the QR code or visit
www.yourschoollottery.co.uk
 And search for: Elthorne Park



Supporters must be 16 years of age or older. See website for terms & conditions. Enter by 29th July 2023.

SUPPORT OUR LOTTERY TODAY

- £1 per week
- Weekly cash prizes
- £25,000 jackpot

YOUR SCHOOL LOTTERY

£1 TICKET 4 WEEKS

Splitting the £1.00

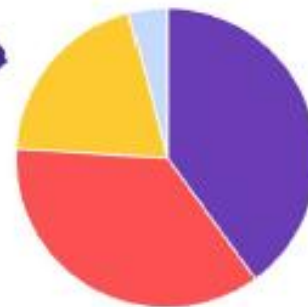
How it works...

It's simple—choose 6 numbers between 0-9 and if they match the weekly lottery draw, you win great prizes. One of our players will win a cash prize every week, maybe even the £25k jackpot! Tickets cost just £1 per week and the proceeds are donated to Elthorne Park High School

Every Saturday at 8pm the numbers are drawn and posted online. Winners are notified by email and winnings paid into the account of your choice.

The easiest way to join our lottery is online at YourSchoolLottery.co.uk by direct debit or debit card.

It's so easy to join and will make a real difference to Elthorne Park High School



- 40p goes to our school
- 36p goes to cash prizes
- 20p goes to admin costs
- 4p goes to VAT

The Maths... 100 tickets sold a week means

- = £30 weekly cash prize
- = £2,080 a year for our school

To start supporting, visit: yourschoollottery.co.uk
and search for: Elthorne Park

Supporters must be 16 years of age or older



Supporting Our Local Community**Anti-social behaviour**

A reminder that anyone can report anti-social behaviour via [this link](#) – it's quick easy and provides accurate in real time information and can support neighbourhood policing teams to look at trends/issues that may be problematic.

Summer Holiday Activities and Food (HAF) Programme

The HAF programme provides free holiday provision, including healthy food and enriching activities, for children and young people in school from reception to year 11 who reside in or attend school in Ealing and are in receipt of benefits-related free school meals (FSM), or who are vulnerable and would benefit from a HAF place. [Applications open on Monday 19th June 2023 at 9am and will close on Thursday 27th July 2023 at 12 noon.](#)

**Research into Mental Health and Wellbeing Support – University of West London**

We have been asked to take part in research for the University of West London in regards to support available for young people's mental health. The research will be undertaken most likely on zoom and times and dates will be decided on when is most convenient for yourself. If you are interested please read more below.

Mrs Brown, Associate Assistant Headteacher

TROUBLED CHILD? UNHAPPY YOUNG PERSON? SOMEONE NOT COPING WELL?

Parents and carers Could you help us to improve support for children and young people's mental health in Ealing?

The University of West London is carrying out research to identify the best way to support our children and young people, and we would like to talk to parents and carers in your school to find out what you think. Could you be part of two focus groups (most likely on Zoom) to share your thoughts? If you are interested and want to know more, contact Bronach Hughes at bronach.hughes@uwl.ac.uk

Student Immunisations - Reminders from the NHS

The summer holidays are a good opportunity to catch up on any outstanding vaccinations before children return to school and start mixing again. Vaccination rates have been falling in London, which was further exacerbated during the pandemic. We need to maintain a high level of vaccine uptake across the population to reduce the risk of outbreaks and the potentially serious impacts on children's health. Since February we have seen an increase in the number of cases of measles across North West London which may develop into life-threatening illnesses such as meningitis and pneumonia.

Booking a vaccine over the summer

Any young person in London who is not up to date with their routine childhood or teenage vaccinations can book one over the summer holidays. Your child can get their routine vaccinations at their GP surgery or via your local school age team. If your child has missed any vaccinations they can be caught up at any age. The NHS has also been contacting the parents of children who are not fully vaccinated to book an appointment at their GP practice or to access them at specialist community clinics in your local area. These will continue over the summer. Your local team is located at The Warren Health Centre on Uxbridge Road in Hayes. They can be contacted on 01895 485740.



West London
NHS Trust

RECOGNISING AND UNDERSTANDING YOUR CHILD'S LOW MOOD

Online Workshop with Ealing Mental Health Support Team



Join us on Teams for an online workshop on **Recognising and Understanding your child's low mood**. This workshop is for the parents of secondary school aged young people.

We will be looking at topics such as:

- What is low mood? How does this impact the young person?
- What are the symptoms?
- How I can support my child

Who are we?

The Ealing MHST is a service designed to **support the wellbeing of children and young people in education settings**. We aim to provide evidence-based support at the earliest signs of difficulties and promote life-long positive mental health.

For more information, please contact the mental health support team on: ealing.mhst@nhs.net



When & Where?

Date – Tuesday 11th July

Time – 4pm-5pm

Where – Online via Microsoft Teams

Please sign up for the workshop by [clicking this link](#).

[Please click here to join the workshop](#)

on the day via Microsoft Teams. Microsoft Teams can be downloaded as a free app for phones, tablets or laptops/desktop computers. We ask that you kindly mute yourself during the presentation and then we will invite you to unmute. Feel free to add questions in the chat box as we go.



Promoting hope & wellbeing together

