



Newsletter



Volume 5

May 2024

Getting our steps in: walking for a healthier lifestyle

We all know how important it is to keep moving, every day, as part of a healthy lifestyle. And, each year at Queensmead, to encourage our students to hit their daily steps, we hold a 'Beat The Teacher Pedometer' challenge. Both students and teachers can sign up to take part, and, besides the fun we have, it does become very competitive!



As each year passes, more and more students and staff sign up for the two-week challenge. This year we have had to do the challenge twice due to the high numbers of students wanting to take part. So far, we have started with Year 7 and Year 8 - our winner achieved 154,285 steps, a truly amazing result. We will repeat the challenge for Year 9 and 10 after the holiday. It is always a lot of fun, with students eager to compete against their teachers. And, by doing this walking challenge, we aim to get more students walking to school, having a healthier lifestyle.



Mrs Oakley, Senior Cover Supervisor and Environmental Officer

Year 7 winners:

1st	2nd	3rd
Jashwini A	Abhinaya V	Anaiya S

Teacher winners:

1st	2nd	3rd
Miss Reed	Miss Curley	Mr Harwood

Celebrating our sporting heroes

At Queensmead School, we cherish creating opportunities beyond the curriculum. Whilst we take pride in the academic achievements of our students, we understand that these alone do not define a well-rounded student. To celebrate this, we recently held our second Queensmead Sports' Awards Evening - a wonderful night dedicated to recognising the effort and achievements of our students in sport. It was a delight to see the community come together to celebrate students who have gone above and beyond in their sporting activities.

We were privileged to be joined by our guest speaker, Natasha Leonard. Natasha started out as a shot putter before transitioning to rowing, and becoming a Commonwealth gold medalist. Ms. Leonard, who has inspired many with her incredible journey in the world of sport, shared heartfelt anecdotes from her career, emphasising the importance of resilience and determination.

**Congratulations
to all of our
superb athletes
who were
nominated,
having worked
tirelessly and
shown immense
spirit.**



It was a real honour to welcome our guest speaker, Natasha, and she shared these inspiring words with our students:

*Life isn't always easy. Sometimes the hill to climb is steep and on the way up, you might slip down, maybe once, maybe twice, but if you continue with some self-belief, perseverance, and hard work you can achieve anything you put your mind to. Life isn't always plain sailing and things aren't always handed to us on a plate. You have to work hard for it. We all have a talent -something we are good at - and just what that something is, is for you to find out. If at first you don't succeed or you get knocked down, don't worry - pick yourself up, brush yourself down and carry on, tell yourself **you can do it**. Don't let it defeat you, hold your head up high, turn the negative around to be positive. Keep on trying until you find that thing you're good at or you have achieved that goal.*

NEVER GIVE UP, NEVER GIVE IN. Believe in yourself. When others didn't believe in me, I had that self-confidence to know that if I worked hard enough I would get there.

Ms Curley, Assistant Head Teacher and Teacher of PE

Cycling our way around the world

Hillingdon's cycling instructors have returned, offering training sessions on the second Saturday of the month from April - October. The cycle training is free to Hillingdon residents, both children and adults. Whether you want to learn to ride as a beginner, or simply to refresh your skills, everybody is welcome.

What are the benefits of cycling?

- It's a workout that keeps you active and helps to shape a healthy lifestyle!
- It's great for beginners who want to get fitter.
- It has many health benefits for everyone, both short term and long term.
- It's cheaper than cars and public transport.
- It can support mental health by providing a positive start to your mornings. Getting out in the open in the fresh air can help us feel motivated.
- It's eco-friendly! In a world where we are fighting to keep our planet and environment safe from the dangers of climate change, cycling is a more eco-friendly alternative to public transport and cars.

How can I get involved?

These free sessions will offer a range of skills: from children learning to balance, to adults (16+) learning to ride for the first time, or who want to enhance their cycle skills to gain confidence on the road. All sessions take place at Pield Heath School Cycle Track which is a safe and enclosed space to learn.



The sessions are offered on a first come, first served basis, as there are a limited number of places. If you would like to join in, please email dboot@hillington.gov.uk to secure a place.

To find out more information about dates and the types of sessions included, please visit the following website:

<https://www.hillingdon.gov.uk/cycle-skills-training>

Mrs Oakley, Senior Cover Supervisor and
Environmental Officer

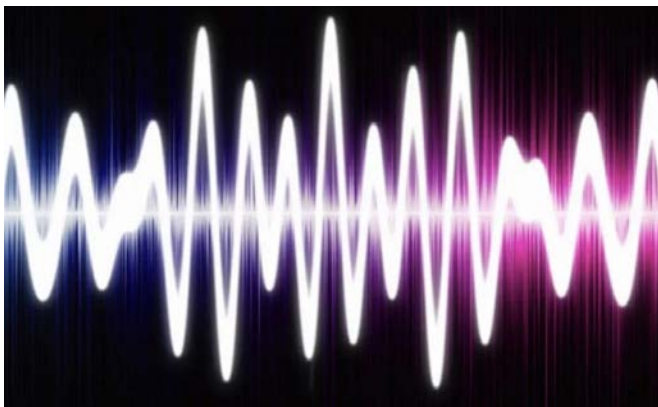


HILLINGDON
LONDON

Introducing students to amazing new science concepts

On Wednesday 8th May, an enthusiastic class of Year 4 students, from Bourne Primary School, visited Queensmead, to spend the afternoon with the Queensmead's superb Science department. Our teachers are always excited to impart their knowledge onto younger students and help them understand the mysteries of our universe.

The lucky students were treated to an afternoon of demonstrations and experiments on the exciting topic of sound. They were taught about sound waves and how they travel through the air, giving them an insight into our real world. The younger students found this knowledge very interesting as they could relate it to their own lives.



After studying the topic of sound, the students were able to see the information they had learnt brought to life in the classroom. They watched a demonstration of the Rubens tube, which is a piece of physics apparatus for demonstrating waves; the tube is sealed at both ends with a flammable gas inside. When a speaker is placed at one end, the flames inside the tube show the changing frequency of the sound waves. Following the demonstration, students had the exciting opportunity to use specialist scientific equipment. This was definitely what they were most enthusiastic about!



It was an excellent experience for both students and the staff, and we had great fun hosting it! We are looking forward to working closer with the local primary schools to enrich their understanding of science.

Mr Chaudhary and Mr Bonsu, *Teachers of Science*

Lights, camera and action!

Queensmead in performance

We are incredibly proud of the collaborative performances by Nathaniel and Rachel in Year 13 and Nicholas E-H in Year 7 during our assemblies, in the week leading up to Earth day, which we then celebrated in school. To capture the spirit of Earth day, they performed a beautiful and thought-provoking rendition of *Feels Like Summer* by Childish Gambino.



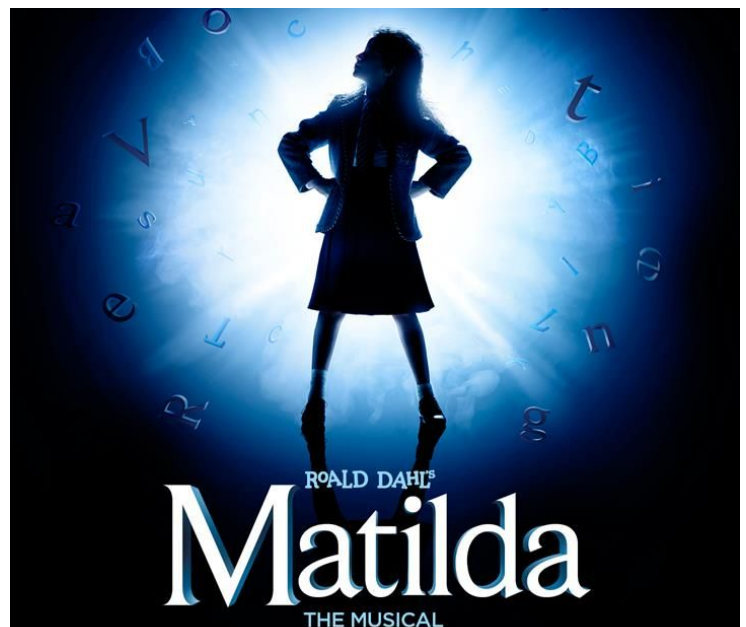
We are also thrilled to be preparing for our upcoming summer production of *Matilda the Musical*; the rehearsals are well underway. This half term, the cast have been working on refining their choreography and running the show through in its entirety. Our students are discovering a new found confidence as we make progress

with the performance, and we are really looking forward to the show, which will take place on Tuesday 9th July. We know our students are eager to showcase their talents, and we hope you can join us on the night.

Furthermore, we were delighted with Nicholas E-H's fantastic performance at the Sports Awards' evening, performing an uplifting rendition of *Don't Stop Me Now* by *Queen*; for a student in Year 7 to sing with such professionalism and confidence is truly remarkable.

The performance was a great success, and Nicholas even got the crowd to clap along and join in. He was accompanied by Mr Taylor on electro-acoustic guitar and also Mr Lisi on the electro-acoustic bass, which has been donated by ex-Queensmead students, also known as the pop group *Scouting for Girls*.

Following his exceptional contributions to musical performances, we were thrilled when Nicholas was awarded the Jack Petchey award - what a great first year for a year 7 student!



The perils of gambling: Year 10 develop life knowledge

With online gambling outlets on the rise, young people today are increasingly at risk. As part of our personal development curriculum, we were lucky to be able to offer our Year 10 students a bespoke awareness workshop on the dangers of gambling.

Run by *Gambling Harm UK*, the sessions are designed to help schools to safeguard young people against the very real dangers of gambling addictions, hopefully having a lasting impact on their lives. The workshop facilitators are experienced in gambling harm and aspire to raise awareness amongst people of the hazards of such practices. It is particularly important in an internet age where the lines between gambling and gaming are becoming blurred, and to the younger generation, it can be increasingly difficult to distinguish between the two. Worryingly, according to the [Office for Health Improvements and Disparities](#), there are an estimated 912,805 children in England living in a household where an adult might need treatment of support for gambling harm, and according to [the Gambling Commission](#), 26% of 11-17 year olds have actively gambled in the last 12 months. Such statistics are incredibly concerning.

Our workshop leader, Darren, was impressed by the maturity of our students throughout the session:

"It was a fantastic session and your school did you proud. A 2pm assembly in the heat would normally be difficult but this was genuinely one of my best deliveries today. Really hope we can visit other years in the coming months."



Our students were also very positive about the session, benefitting a lot from its teachings:

I thought that the workshop about gambling was very educational and interactive. Everybody felt included and I learnt a lot of things I did not know before, such as the negatives and positives of gambling and the consequences. The workshop made me aware of how gambling can affect so many people.

(Zoya, Year 10)

And, according to Lakshanth, also in Year 10:

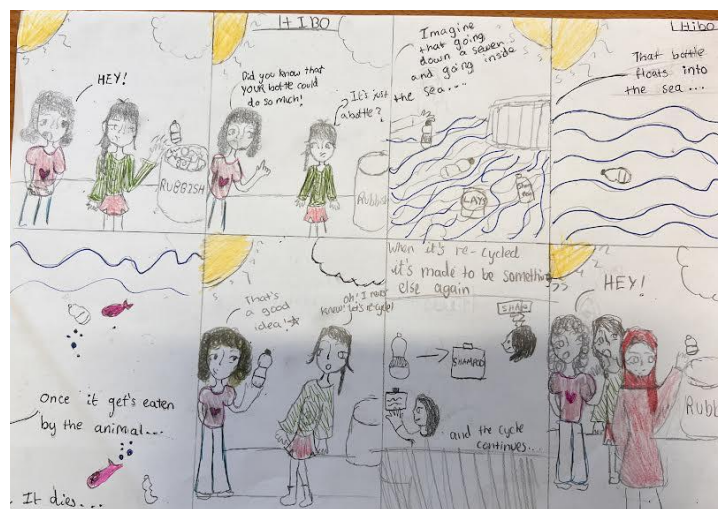
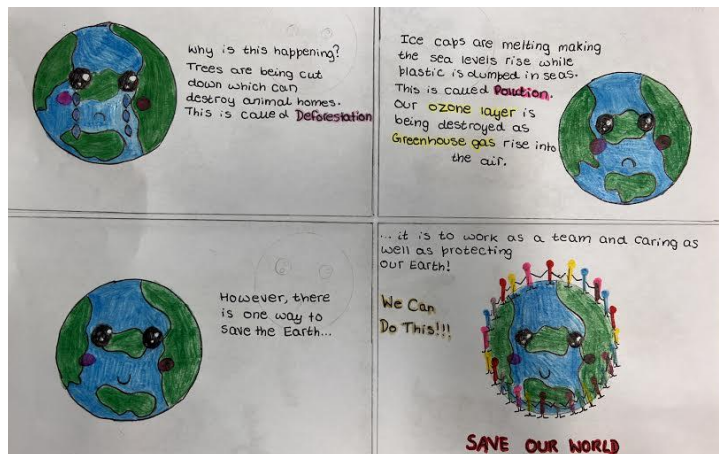
For me, the gambling workshop raised ethical concerns and revealed the veracity of gambling. While gambling has the potential to lead to addiction and other varieties of risks, it's crucial to gain further understanding of the topic. As a result, I'm convinced it has provided us with the necessary guidance to make informed decisions about gambling in the future.

How can we save our remarkable planet?

Monday 22nd April 2024 marked Earth Day - a day for us all to honour and celebrate our remarkable planet. The day serves as a reminder of the importance of environmental conservation and sustainability, and to prompt us to take action for a healthier planet and a brighter future. At Queensmead, Earth Day became Earth Week as we celebrated this occasion in numerous ways.

During form time, students learnt the importance of recycling by upcycling tin cans, making them into creative stationery pots and decorating them.

Students were also given an assembly on the importance of protecting the Earth and how we can become a more eco-friendly school. In addition to the creative task of creating their stationery pots, forms completed a quiz after learning about the dangers of plastic to the environment. The winners from each year group were given Satchel:One points as a prize for their success! Furthermore, departments across the school planned lessons for Key Stage 3 classes to raise awareness and educate students. The English department planned a task for students to get their creative minds flowing as they created some amazing comic strips warning people about the consequences of climate change.



I hope we continue to recognise Earth day next year, to spread awareness.

Mrs Bamrah, Teacher of English

Mathematicians of the future: our students compete in the UKMT Maths Challenge

Queensmead's most able mathematicians in Years 7 and 8, and Years 9 and 10, sat the UKMT Junior or Intermediate Maths Challenge respectively earlier this year. The top-scoring 50% of participants across the competition are awarded Bronze, Silver and Gold certificates. The Queensmead Maths department would like to recognise the effort of all the students who took part and especially congratulate the following students who achieved a certificate.

Well done to Year 9 and 10 winners of the Intermediate challenge:

Year 9 Bronze Awards: Isac L, Grace N, Eleni B, Dhairya D, Miruesh B, Lukasz C, Nitya P, Arjun B, Alfie T, Kyran M, Iyaz M, Charlotte T, Ruksa R, Shacen B, Dayaan M, Bilal C, Dhurha J, Pirahathis V, Ethan L, Mahi P, Shaumya K, Safiyyah S and Shubhee G.	Year 10 Bronze Awards: Salman A, Aarav B, Crystal K, Nirodan N, Isabella E, Sana Y, Hafsa W, Zoya Q, Shajesh J, Upraj S, Huzaiifa M and Arjona L.
Year 9 Silver Awards: Prithika K, Jamie-Louise B, Kirthesh S, Menuhan J, Shan J, Abdul-Kareem C and Vincent Y.	Year 10 Silver Awards: Abishna B, Thivisan S, Jake H, Vahin Y, Harry B, Jasmine S, Zayd J, Nesara N, Sruthy S, Casey M, Lakshanth S, Oliver N, Owen M, Kristina K and Sana S.
Year 10 Gold Awards: Kavinela T, Bradley Y and Yawen Z.	



Well done to the Year 7 and 8 winners of the Junior challenge:

Year 7 Bronze Awards: Yaksh P, Zara Z, Sathvika S, Shuayb A, Helena M, Marcus L, Masiha S, Izabela B, Taylor C, Thanusia K, Rylee L, Thomas P, Arnav B, Rakshika S, Shayan I, Jashwini A, Khairunnajah S, Adshajan S, Harini S, Hasnain A, Niamh B, Preston N and Selin K.	Year 8 Bronze Awards: Nazanin A, Vaishnavi N, Vivin K, Daniel Q, Ismail J, Zareef H, Anah R, Shaan S, Zain A, Gaurang D, Tanisha P, Matei G, Lois C, Shaneya B, Myia A and Matilda F.
Year 7 Silver Awards: Hasan V, Charlie R, Shruti A, Jeroon J, Alicia C, Jenna M, Kamal C, Wassim E and Dilaxan S.	Year 8 Silver Awards: Khadija M, Ashvika N, Sebastian M, Maahi P, Aditya K, Kiran S, Igor T, Dhruv P, Rhea K, Sajin E, Jaydan B, Janav N, Mirthiga R, Noah L, Shivam P, Lewis M and Sienna N.
Year 7 Gold Awards: David C, Aaron H and Victor Z.	Year 8 Gold Awards: Sebastian K, Krisha K, Lewis C, Rohan K, Ehren C, Anaya P, Hasan R and Rushika S.



All of our students have worked incredibly hard to achieve their success and we look forward for our students continuing to thrive in the future!

Miss Karadia, Maths Teacher

The 'Maker Challenge', with Imperial College, in central London

In January of this year, I was offered a place to take part in the spring 'Maker Challenge', run by Imperial College. It was a 12-week programme, teaching various skills, including laser cutting, CAD (computer-aided design), electronics, 3D printing and more.

Learning such skills enabled me to unlock my creativity and problem-solving skills. As a DT student, the skills I was being taught in the classroom were suddenly being used in real life, and became essential when working through the challenges I was then set. But, not only was I learning about how to develop my existing skills, and learning new ones, I also cherished the value of teamwork and communication.

In the last five sessions, we were allowed to design and produce a product of our choice. In those five sessions, I devised an idea to make a product that helps with headaches, to help me personally, but also others around me.

The design would have multifunctional traits: an actual headache massager, a place to keep your water bottle, additional storage at the bottom and a place to rest your phone. This would be placed next to you when you're lying down (when you're in your most comfortable position).

I had access to Imperial College's workshops, where I experimented with different materials and was advised by students at the University. Like many product designers in the real world, when coming up with a product idea, I first researched, put pen to paper, and came up with some initial concept sketches. After that, I began modelling my idea to understand aesthetics, functionality, and dimensions fully. Once all my planning and organisation were finalised, I went onto my last stage - producing the prototype!



This step was the most time-consuming and challenging, but in the end, I managed to produce the final product! It wasn't perfect, but it did the job, and what mattered was the idea.

I came 4th place out of 30 students in the 2024 UK Maker Challenge. It was an excellent opportunity for me to think outside the box and work on my understanding of Design and Tech, which will be helpful for my learning in the classroom.

Maya S, Year 10 student

