



Newsletter



Volume 4

March 2026

A half term of outstanding sporting successes

It has been a fantastic half term for the PE department! Students across all year groups have demonstrated outstanding commitment, teamwork, and success in a wide range of sporting activities. Here are some of the highlights:

- **Under 15 Futsal Girls at the London Youth Games:** Our U15 Futsal girls earned the incredible opportunity to compete at Crystal Palace as part of the London Youth Games, proudly representing Hillingdon. Their skill and determination was exemplary - they should be extremely proud of their efforts.
- **Year 7/8 Girls Football:** Well done to our Year 7/8 girls football team for securing victory in a 6-a-side tournament. Their positive attitude shone throughout the competition, making them deserving winners.
- **Barnaby L - National Cross Country:** Congratulations to Year 12 student, Barnaby L, for qualifying for the English Schools Cross Country Championships. He travelled to

Liverpool to compete, finishing in the top 100 *nationally*. A fantastic accomplishment and a true reflection of his hard work!

- **Post-16 Sports Leaders:** Our Post-16 Sports Leaders organised and delivered a successful Year 7 interform football tournament in March. The event saw over 80 students participating, creating a brilliant atmosphere and showcasing excellent leadership from our senior students. Congratulations to 7G, the crowned champions, with 7A finishing as runners-up.

Upcoming Sports Awards Evening

We are excited to announce our upcoming Sports Awards Evening will take place on the 30th April, where we will be joined by special guest Angus Fraser, former England cricketer. Nominated students will have received a letter with full details - we look forward to celebrating their achievements.



Mr Fernandes,
Head of PE

“Let’s talk ‘careers’!” Conversations spark new ambitions

On 25th February, Queensmead hosted its annual Careers Fair. A range of representatives attended, from the Royal Navy to the Financial Conduct Authority - so many representatives were on hand to talk to students, from across the age range, about potential futures.

Eleni, a Year 11 student, describes her experience: “I found the careers fair to be insightful and enjoyable, and it was a privilege to



be able to speak to representatives from such a variety of universities all within school. It made researching post-18 options seem a lot less overwhelming, and the fact I was able to speak to people face-to-face really made the experience seem personal and helpful to my own journey. I particularly liked hearing about what the ambassadors from each institution felt made their university stand out - from Brunel’s strong sense of community, to the School of Journalism’s focus on hands-on experience. Despite only being at the fair for a short time, I was given access to resources to help me beyond those initial conversations.

My key takeaway from the event was that there really are countless options out there, and there’s no need to limit yourself by trying to stick to a specific career path now. Based on the advice I received, I will definitely be looking into

visiting university campuses this year and next, and engaging with wider reading in my spare time on my subjects of interest, such as journalism and law.

Tasneen, a Year 13 student, recounts her visit: “As a Year 13 student, I found the careers fair to be an enlightening experience, and having this fair at our school allowed many students to be able to consider different pathways. Going around the stalls, I found everyone very approachable. I got a lot of ideas about alternative pathways that I never really considered - like Veterinary Sciences. I also spoke to an ambassador from the London School of Journalism; the subject seemed really interesting and would be a great way to become more confident in writing skills. I also spoke to ambassadors from the Financial Conduct Authority (FCA), discovering that the FCA isn’t limited to just finance, but logistics as well.

It was helpful to speak to a student from City St George’s, who explained that her university is very supportive and that going to university was the right pathway for her. As someone interested in university, this was very useful for me because it made me more confident in my choice to pursue university, and prepare for university life. I would encourage everyone to visit the Careers Fair to help you get more insight into future pathways.”



Local MP's visit sparks interest in national politics

On Friday 27th February, Danny Beales, the local MP for Uxbridge and South Ruislip, came to Queensmead School to give a talk about his political career, as well as answering the many questions students had.

As our local MP, he is the first Labour MP to represent our constituency, joining Parliament in the July 2024 election. He first explained his own personal life, explaining how this led him to a career in politics. Beales grew up with a single mother in South Ruislip, and he faced homeless twice during his adolescence. Moreover, he faced lots of financial difficulties, had issues finding council housing, and was forced to move from South Ruislip to Northampton. For his A-Levels, he studied History and Politics, before going on to higher education, attending the London School of Economics.

In his early career, he spent ten years as part of Camden council. During this time, he was responsible for the Community Investment Programmes. During his talk, Beales discussed how he lobbied for more housing for the homeless due to his own personal experiences, as well as ensuring an increase in social care. He continued to talk about his career in Parliament, and how he was re-elected as the Labour candidate for the 2024 General Election. He won narrowly over Steve Tuckwell, by just 587 votes. Throughout his talk, his passion for the South Ruislip and Uxbridge constituency was evident.

During his time in Parliament, he voted in favour of the Terminally Ill Adults (End of Life) Bill, to legalise assisted suicide.

As a Politics student, Danny Beales' talk gave me a clear understanding and insight into Parliamentary life. He explained his role in Parliament, as well as his party's position as the government. Beales gave clear and concise answers when asked questions such as, "Have the party whips ever been in contact with you?" (he is currently a backbencher in Parliament, and he explained how the media's perception of party whips is not quite accurate), and others regarding global politics and current events (such as the Peter Mandelson situation). He answered well, giving students the relevant information, adding additional information to broaden their understanding. Year 12 Politics student, Lawand R, described the talk as, "a clear and engaging talk that was very insightful into the life of MPs", and another, Ahmad Z, stated that it "was an engaging session where the MP explained how they represent our community, alongside listening and voicing our concerns."



Many thanks to Mrs Perston, Mr Duncan and Mrs Brennand for organising this event, and a special thanks to the Politics class, who initiated the idea of inviting our local MP, as well as contributing to this article.

Sadaf A, Year 12 student

From forces, to climate change: Science, in action

Science Week (9th - 16th March) was a vibrant celebration of curiosity, creativity, and critical thinking, with students across the school immersing themselves in a range of exciting scientific activities.

One of the highlights of the week was a hands-on physics challenge, where students designed and built their own model cars to investigate Newton's Third Law of Motion. Through testing and refining their designs, students explored how forces act in pairs - bringing to life the concept that, every action has an equal and opposite reaction.

In addition, students explored the greenhouse effect through practical investigations. By modelling how heat is trapped in the Earth's atmosphere, they gained a deeper understanding of climate change and the impact of human activity on our planet. These sessions sparked thoughtful discussions about environmental responsibility and the importance of sustainable choices.

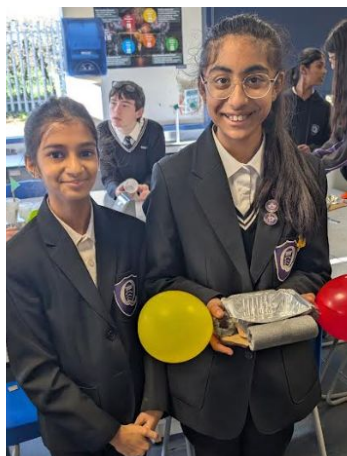
Science Week also provided an opportunity for students to engage in meaningful debate. A particularly lively discussion centred on whether schools should ban sugary drinks due to their associated health risks. Students presented reasoned arguments on both sides, demonstrating excellent critical thinking skills while considering both personal freedom and public health.



To round off the week, we held our annual Science Week competition, which showcased the incredible talent and creativity of our students. The aim was to create a flotation device that could hold as many marbles as possible without sinking. This fun and competitive experiment encouraged students to think carefully about buoyancy, weight distribution, and surface area. The winning team impressed everyone by designing a boat that successfully held an incredible 49 marbles before sinking.

Overall, Science Week was a fantastic success, inspiring students to think like scientists: questioning, experimenting, and reflecting on the world around them.

Mrs Hussein, Teacher of Science and Outreach Coordinator



Squishy Science: Year 4 explore digestion!

Queensmead School was delighted to welcome a group of enthusiastic Year 4 students from Heathland Primary School for an exciting afternoon of Science.

The focus of the visit was the digestive system, and the younger students had the opportunity to explore this fascinating topic through a range of interactive and hands-on activities. What made the experience particularly special was the involvement of Queensmead students, who took on the role of leaders and mentors throughout the session.

Working collaboratively, Queensmead students guided the Year 4 pupils through a practical investigation that demonstrated how the digestive system works. Using plastic bags, they were able to mimic the digestive processes in the organs, adding chemicals to replicate the process of digestion. It was certainly very squishy and very memorable! This very 'hands-on' way of digesting food helped bring complex scientific ideas to life in a way that was both engaging and easy to understand.

The older students showed excellent leadership skills, explaining each step clearly, supporting the younger pupils, and encouraging them to ask questions and think like scientists. Meanwhile, the Year 4 students impressed everyone with their curiosity, enthusiasm, and willingness to get involved.



The visit was a fantastic example of collaboration between schools, providing a valuable learning experience for all involved. It not only deepened students' understanding of the digestive system but also built confidence, communication skills, and a shared love of science. We look forward to welcoming Heathland Primary School again in the future for more exciting scientific adventures.

Mrs Hussein, Teacher of Science and Outreach Coordinator



Volcanoes, history and... mozzarella! Our journey to the Bay of Naples

On 14th March, 35 eager Geographers departed for an adventure in Italy! The trip involved climbing Mount Vesuvius to see the crater and visiting the ancient city of Pompeii, which was destroyed after Mount Vesuvius erupted in 79 AD. The tour of the ancient city was incredible and was a real insight into the Roman lifestyle.

On the second day, we visited the island of Capri and took a boat tour around the island to see many of its amazing coastal features such as caves, arches and the rare emerald waters. We then explored the island of Capri where we took a chair lift at Mount Solero to see the incredible view from the top of the island.

On the final day, we went to the local farm, in Piano di Sorrento, to see how they produce Italian specialties, such as olive oil and fruit jams. This was followed by an exclusive pizza-making class, where we saw how mozzarella is made and then had the opportunity to make our own pizzas for lunch.



Overall, it was an incredible few days at the Bay of Naples and a fantastic opportunity to see the Geography from the classroom in action.



Miss Logeswaran, *Head of Year 8
and Teacher of Geography*

From classroom to lab: putting Sport Science to the Test

Our BTEC Level 3 and A Level PE students recently visited University of Bedfordshire to develop their understanding of sport science in practice. It was an insightful and highly engaging day!

A real highlight was the opportunity to use the university's environmental chamber, where students exercised in extreme heat conditions. This gave them first-hand experience of how the body responds to high temperatures and linked directly to their studies on thermoregulation, fatigue and performance. It was great to see them making clear connections between theory covered in lessons and practical application.

Students also carried out testing, using light gates to measure speed and reaction time. They collected and analysed their own data, recalling and reinforcing key topics of both the BTEC and A Level courses, while working with equipment used in higher education and professional sport science environments.

The visit concluded with a tour of the campus and a careers talk from Dr Laura Charalambous, who outlined possible degree pathways and the wide range of opportunities within the sports industry. This provided students with a clear understanding of where their studies could take them in the future.

Mr Fernandes, *Head of PE*



Maps, mentoring and teamwork: P16 students guide intrepid explorers

Post-16 students, from Queensmead, recently took their learning beyond the classroom as they supported Year 5 students from Deanesfield School in an exciting orienteering activity at Hyde Park.

The day was filled with energy and enthusiasm as students worked together to navigate the park using maps and directional skills. Our older students took on leadership roles, guiding the younger pupils through the course, helping them interpret maps, and encouraging them to think critically about the routes they chose.

The activity provided a fantastic opportunity for the Year 5 students to develop teamwork, problem-solving, and navigation skills in a real-world setting. At the same time, Queensmead's P16 students demonstrated excellent leadership, communication, and mentoring abilities, ensuring that everyone felt supported and confident throughout the experience.

After the event, Deanesfield School got in touch to report that their students had found it to be a wonderful experience: "We are writing to express our sincere thanks for the support provided by your sixth-form students during our recent Year 5 orienteering trip to Hyde Park. The three students who accompanied us were friendly, pleasant, and engaged wonderfully with the children throughout the day.



THE
ROYAL
PARKS



Their positive interactions helped create an enjoyable atmosphere, and they followed all instructions carefully and responsibly. Their support made a genuine difference in helping us keep the children happy, safe, and well supported during the trip. We truly appreciated their contribution.

Please pass on our thanks to the students involved - Phoebe B, Maximilian S and Angelina L. Our children also wanted to express their thanks:

- "Angelina was very helpful and helped me and my group with lots of things, especially the orienteering task - she ran with us to get all the clues and photos of the landmarks - our group came joint first!" (Jasmine)
- "I liked it when Phoebe played the memory game on the journey to Hyde park on the train, it was fun and also helped us with orienteering and she made the day more enjoyable!" (Anthony)
- "Thank you to Max for coming on the trip with us and for helping us with finding the landmarks from the clues in the Hyde Park orienteering task - we came joint first in the end too!" (Paaris)

Mrs Hussein, Teacher of Science and Outreach Coordinator

Barcelona leaves a lasting impression: Queensmead students explore...



The Art, Classics and Ancient History trip to Barcelona was an amazing insight into the historical roots of both famous artists but ingrained mythological ideas.

We arrived in Barcelona and visited historical sites such as the Temple of Augustus, the Gothic Quarters and La Boqueria Market. Each had its own unique design, especially the Sagrada Família, which was adorned with vivid stained glass, and had gigantic columns which mimicked a forest.

The next day, we ventured into nature and hiked up Montjuïc, a hill with beautiful greenery and landscape views of Barcelona into the distance. We were then off to Parc Güell to see the works of Gaudí. His brightly coloured mosaics contrasted with the earthy tones of the flora, creating an otherworldly illusion. To end the day, we walked through La Rambla, a long boulevard of shops and hints of its



history, with beguiling artworks hidden in street corners.

On the last day we had a leisurely visit to Parc de la Ciutadella and the Picasso museum, immersing ourselves in the colour and presence of such inspiring works.

Overall, the trip was an unforgettable experience, showing how Barcelona is moulded with history, colour and creativity - we will carry the inspiration into our own artwork and studies. Thank you to all of the teachers who organised this trip!

Agne S, Year 13 student



Bringing a bit of magic to the stage: *Aladdin*

With rehearsals going on since the beginning of the year, this week has seen two notable performances of *Aladdin* by Queensmead students.

The cast of the *Aladdin* performed confidently and transported their audiences to a 'whole new world', capturing the spirit of the well-known story, best known to the screen through the popular Disney musical.

Many students were involved in the production in a range of roles as actors, dancers, singers, lighting, sound and supporting backstage.

On Monday 23rd March they delivered a Matinee Performance of the production to Deanesfield Primary School, followed by an evening show on Thursday 26th March to the wider school community.

All members of the cast entertained their audience with their talents in acting and singing and soared through the night with hopeful and euphoric renditions of the *Aladdin* Musical songs. If you were lucky enough to see it, we hope you enjoyed it!

Mr Taylor, *Head of Performing Arts*

