



OUR LADY'S CONVENT HIGH SCHOOL

WEEKLY NEWSLETTER

Issue No. 468 Friday, 26th February 2016

Headteacher's message: *Ms Justine McDonald*

It has been a busy first week back after our February half-term break. It has been a week of crisp wintery mornings but the sun is rising earlier and brightening our afternoons; a good start to this Easter half-term.

Please remind your daughters' of our Lenten Challenge, which has two parts:

- 1. To do something different during Lent – develop Mercy**
- 2. To give something up during Lent - reduce added sugar**

To focus on developing our capacity to show **Mercy** and I have made three suggestions:

- Be patient with others
- Be tolerant of mistakes
- Forgive the errors of others

To reduce the intake of **added sugar** and aim to consume no more than 30g of added sugar a day. Again I have made three suggestions:

- Drink water
- Avoid sugary drinks
- Look carefully at label

You can find out more about this at:

<https://www.nhs.uk/change4life-beta/campaigns/sugar-smart/sugar-facts> and you can download an excellent app called the Sugar Smart app

Announcements: *Events and important dates*

Thursday, 3rd March 2016: Year 9 Options Evening – 5.30pm to 7.00pm

It is very important that parents of students in Year 9 attend this evening – please do try to make arrangement to be there

Thursday, 10th March 2016: Year 10 Parents Evening – 5.00pm to 7.00pm

Just a reminder to parents of year 10 students, our consultation evening 10th March.

Monday, 21st March 2016: School Outfitters:

Fosters Schoolwear will be in school from 3.30pm to 5pm to sell school uniform

Reports and News

Only water

Ms McDonald, Headteacher

In order to help student's remain hydrated during the day, and therefore aid concentration, we have allowed them to bring water into school that can be consumed during lessons. Water, and water alone, is allowed beyond the dining

hall and playground. Plain, still, unflavoured water in bottles of 500ml or less are allowed in classrooms.



**Art and Spanish
Trip to Barcelona**
*Sofia Pereira, year
13.*

On Thursday 11th
February 19
students from both
sixth form and year
11 flew out to
Barcelona. Here
GCSE Spanish
students were given
the opportunity to
widen their
vocabulary and
knowledge on the

Spanish language and culture. Art & Design students were able to photograph and take sketches of the historical buildings and as a group we were able to visit many Antoni Gaudi buildings including the late Sagrada Familia.

In Barcelona we were given a detailed tour of the city where we learned about the history of Barcelona, we were also able to visit the Picasso museum and see from a closer perspective the artistic work of Picasso. Whilst here in Barcelona we were introduced to the Spanish culture and were able to try Tapas and travel to the harbour to eat the traditional Spanish dish paella.

Our last activity was travelling to Park Guell where we were able to see more Antoni Gaudi work but also enjoy the hot temperature of 22 degrees and enjoy the view of Barcelona before flying back to London.

Many thanks to Ms Owen, Ms Nye and Ms Sowden for organising the trip and also spending Valentine's Day with us girls.

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Sainsbury's



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Sainsbury's Vouchers

Ms. Lopes, Head of Year and Teacher of P.E.

The PE Department is now collecting Sainsbury's Vouchers towards Sports equipment.

Please help us by bringing your vouchers into school. There is a box at reception.

Thank you for your support

Girl Child Network – Betty Makoni

Chisom Okoli and Renee Odeyale, 10-2

On Monday 22nd February, Year 10 were introduced to an established friend of Our Lady's – Betty Makoni. She shared her story with us and talked about some important and very difficult issues that she faced when growing up in Zimbabwe. Domestic violence, sexual exploitation, poverty, injustice: her story is about the power of education in giving women the tools to be the facilitators of change in their communities.

She was the poor girl from the suburbs who earned an income selling fruit before and after school but she always had a book in her hand. She sat the entrance exam at the Grammar School in the city using the pen and pencil that she was given by the kind girl who sat beside her on the bus. She passed and thrived at her new school! Betty motivated us to value our education because she had to overcome so many factors to prove that she was worthy of a place at secondary school.

Once Betty finished her university degree and spent some time as an English teacher, she realised that her vocation was to reach out to young girls from similar backgrounds. She founded her own charity – Girl Child Network - and she continues to ensure that young women in Zimbabwe can also have access to a quality education and to follow their academic dreams. She has changed thousands of lives.

Betty shared with us the symbolic power of her Empowerment handbag – as an educated woman she has financial independence with her own debit card, her own source of income. She also reminded us that obsessive use of social media can be a distraction from our learning and that we should keep a one metre rule – don't let our phones or other people invade that space and to reserve it for reading our books!

We are all grateful that she gave her time to share her inspirational story and words of wisdom and encouragement. She is now studying for MA in Social Work and before she left us, she reminded us that we should prioritise "books before babies and smart girls pursue an education!"

Poem for Betty Makoni

Zainab-Joanne Bakare, 10P.

Dear Betty
YOU taught me that it's books before babies.
That success overrides failure,
That achievement erases disappointment.

You TAUGHT me that I am strong, free.
That I live for the one and only!
For me.

You taught ME that a man can never render me weak.
That I'm a tree planted by the river,
Destined to nourish,
And to blossom into a beautiful fine woman,
Just like you...
... a true hero.

In the likeness of you,
I intend to never give up,
But to only look up and be brave.
I will look off into the distance
And see my future so full of grace.

So thank you for your kind words,
Your inspiration and heroism.
Thank you for the seed you have sown in my heart,
That I will water and allow to grow in my life.

Thank you, Princess: Muzvare
My Hero,
My Friend.



Science Trip to Wellcome Galleries
Miss Quow, Teacher of Science

On Tuesday 23rd of February the Science department arranged for the triple Science year 11 pupils, and some sixth formers to visit the Wellcome Galleries on Euston Road. The theme of the day was Body

Image and how it is related to Science, History, and Art. The pupils were able to explore the galleries in groups came up with excellent presentations on the artefacts they found. The final part of the day involved an organised debate about the role of the NHS in body augmentation, specifically looking at the question 'Should the NHS pay for cosmetic surgery?' Overall the trip was very insightful, and was enjoyed by all.

Netball Result - Year 7 Netball vs City Academy

Ms. Wilburn, Head of P.E.

A first and resounding win to the year 7 netball team OLCCHS 13 - City 0. Player of the match Faith Adebola. Well done all.

P.E. Department Clubs – March/April 2016

Please find attached an updated list of P.E. Department Clubs which are held at lunch time and after school.

Student of the Month

Mr. Smith, Assistant Headteacher

Student of the Month

The following students from each Year Group and then from each Form Class received the most number of Achievement points for the four weeks from Monday 18 January to Friday 12 February, and have therefore earned the Student of the Month Award for last month: a big WELL DONE to them.

Student of the Month Year Groups:

Year 7	Yesim Meter
Year 7	Divine Davidson

Year 8	Nia Tackie
Year 9	Najai Elliott
Year 10	Victoria Baltazar
Year 11	Alannah De Leon

Student of the Month Forms

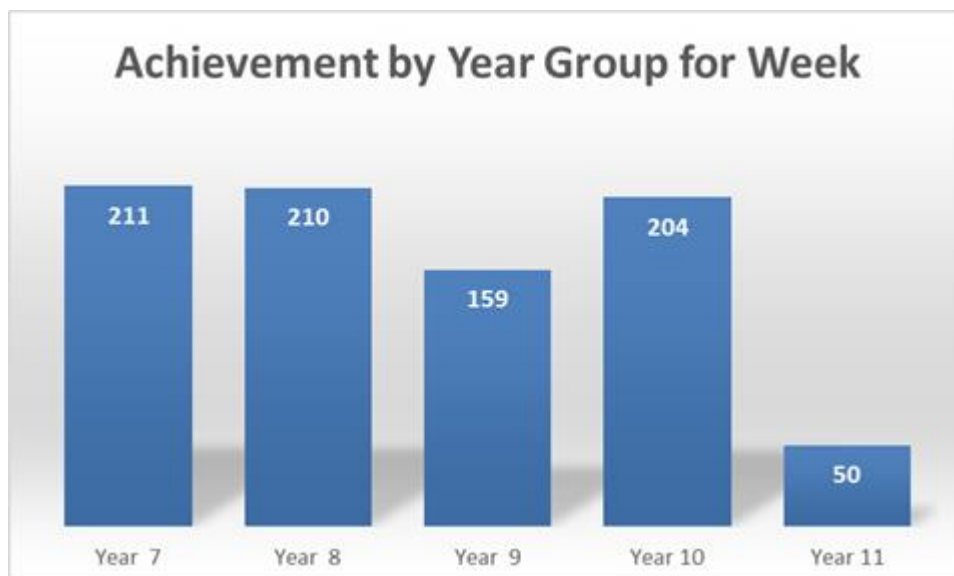
7H	Charlotte Barrett	8H	Rayshel Mendoza
7J	Maria Cletus	8J	Marsela Dokaj
7J	Julia-Joyce Omorogbe		
7M	Rebecca Issak	8M	Priya Nagen
7P	Marta Niemyjska	8P	Emily Sarr

9H	Jenai Elliott	10H	Dixie Minga Imaicela
9H	Humu Hawa Karim		
9J	Sudoni Fontaine	10J	Prudence Adegbite
9M	Theresa Tetteh-Adumuah	10M	Vanessa Kayembe
9M	Angel Mtani		
9P	Kimberly Joanes	10P	Faithful Owusu
9P	Marie-Eunice Kouassi		

11H	Jacinta Baffour
11J	Angelika Wancowicz
11M	Jennifer Minga
11P	Jenna Colaco

Recognising Achievement: *Mr. Smith, Assistant Headteacher.*

The table below shows the total number of achievement points received by each year group for week ending **12th February 2016**.



Attendance and Punctuality: *Dr. Blackwell, Deputy Headteacher.*

The table below shows the total number of achievement points received by each year group for week ending **12th February 2016**.

	Attendance		Punctuality	
	Form	%	Form	%
Year 7	7H	99	7H	98
Year 8	8H	95.94	8J	99.67
Year 9	9J	97.33	9M	97.74
Year 10	10J	96.77	10M	97
Year 11	11J	98.97	11J	98.62