

# Weekly Buzz



Updated schedules for clubs!

Dates for your diary

Academic and Sports fixtures

# Notice Board

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## Body Image Resources

*Elayn Oneill, Deputy Head DSL Safeguarding*

**Boys:** When we think of the impact of concerns about how teenagers look, we don't always consider how boys feel. There is growing evidence that boys do care deeply about how they look, and it can be something that makes them feel bad. The Boys' Biggest Conversation is a campaign to encourage teenagers and young men, across the UK, to talk about body image and the effect it has on their mental wellbeing.

Website: <http://boysbiggestconversation.com/>

Teaching Resources: <http://mediasmart.uk.com/resources/teaching-resources>

**Girls:** The Mindful Me activity guide, developed with psychologists, and experts in body image and girl development, helps girls build body confidence and self-esteem. The activities included focus on body awareness, mindfulness, self-kindness, empowerment, and positive emotions.

Download here:

<https://www.berealcampaign.co.uk/education-resources/11-activity-guide-for-mentors-of-girls-from-the-dove-self-esteem-project>

**Teenagers:** Confident Me body-confidence teaching materials, from Dove, explore influences on young people's body image and self-esteem. This collection of resources support five self-esteem workshops and address key topics, including the impact of society, professional and social media on appearance ideals, and give teachers strategies to boost students' confidence.

Download here:

<https://www.dove.com/uk/dove-self-esteem-project/school-workshops-on-body-image-confident-me/self-esteem-school-resources-confident-me-five-sessions.html>

**Parent Support Resources:** Dove also have resources to support parents in developing self-esteem in their children.

More information: <https://www.dove.com/uk/dove-self-esteem-project/help-for-parents.html>

# Notice Board

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## Lost Property

*Elizabeth Peltz*

If your child has lost anything that is named, it has been sorted out and put into year groups. Please speak to your Head of Year or get your child to ask if anything of theirs was handed in. Also found but with no names were a Zadig & Voltaire wallet containing an oyster card and a starbucks card. A pair of Behringer headphones. A Kipling pencil case and a Kipling wallet/pouch. All these items are in the Lost Property Cupboard.

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## School Exams Years 5-10

Students in Y5-9 have received their exam timetables and an assembly on how to prepare for their school exams - Y10 will receive their timetable next week. Exams begin after half-term on **Monday 4<sup>th</sup> June**. Tutors will guide students, in form time, on how to prepare a revision timetable and how to revise using different revision techniques. You can support your son/daughter by drawing up a revision timetable for the half-term holiday that accommodates any family commitments you may have.

All the research suggests that short, concentrated revision sessions of 20-30 minutes are the most effective, followed by a short break and then another session. In Years 5 & 6 we advise no more than 1 hour of revision a day and in Years 7 & 8 we advise no more than two hours' during half-term. Y9 students may wish to practise GCSE style exam questions which may mean, on occasion, they study for a little longer. Please ensure that your son/daughter does not have access to social media while they revise.

Although, subject teachers will give students information on the topics they need to revise, if they need a reminder, a full list will be published on the school website for Ys 7,8 & 10 from Monday. Y9 can access the topics on Firefly

There will be drop-in workshops in the library from 4-5pm to give further guidance on how to make revision resources for students who would like some extra support. The focus will be on mind maps, revision cards and how to utilise information from the school's website. These will run on the following days: **Y7 & 8, Monday 14<sup>th</sup> May; Y9, Tuesday 15<sup>th</sup> May; and Y10, Thursday 16<sup>th</sup> May.**

Changes to the GCSEs mean that there is a greater focus on exams with the removal of coursework for most subjects, so developing good revision habits is essential. We wish them every success with their revision and in the coming exams.

# Notice Board

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## Years 6-13 Trip to Geneva, Switzerland

*Friday 12th October - Tuesday 16th October 2018*

The MFL department is considering a trip to Geneva in October 2018. This will take place from 12<sup>th</sup> October until 16 October 2018.

It will be a fun packed few days of discovering this amazing area of Switzerland, cycling in beautiful natural parks, cruising on a boat around the Lake Lemman and also visiting the United Nation Palace, amongst many other visits. All students are invited to sign up for this trip as it will be cross-curricular.

Not only will it be a great trip for all involved, but the extra-curricular learning that the students will get from our activities will help them progress in their lessons and gain knowledge that they would otherwise not have from lessons alone.

Your child will be flying to Geneva, staying in a hotel and eating out at local restaurants, provided and vetted by the travel company.

Listed below are some of the activities your child will do:

- Boat cruise: Lake Geneva/Leman
- Natural history museum
- Botanical garden
- United Nations Of Geneva -UNOG – Palais des nations entrance, please see link [here](#)
- Red cross museum entrance
- Archaeological site of St. Peter's Cathedral, please see link [here](#) – tunnels and ruins
- Museum of the history of science
- 1 x Cycle hire



The cost of the trip to Geneva will be approximately **£850 for a minimum take up of 20 students (on a first come first served basis)**. This is a close approximation at this time. This will include everything apart from lunch and spending money. The price may change depending on the number of students on the trip.

At the moment we are needing an expression of interest from you in this trip. If your son/daughter is interested in being part of this fantastic opportunity, please could we ask that you email [thomas.lalande@portland-place.co.uk](mailto:thomas.lalande@portland-place.co.uk) by **Friday 18<sup>th</sup> May**.

# Notice Board

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## FutureDJ's

*Friday 18th May*

FutureDJs are coming to Portland Place School. They will be performing a DJ set over lunchtime on Friday 18th May, demonstrating mixing skills, blending different genres and livening up lunchtime for some lucky students at the school! Your child will be given the exciting opportunity to register their interest in learning the skills in DJing and Music Production with a visiting music tutor who will be in the school every week delivering solo or paired lessons (the same as other music lessons).

Be sure to remind your son/daughter to attend on 18th May if they are interested in electronic music, how it's made and performed!

Due to capacity restrictions, this operates on a **first come, first served basis!** Please email [Christina.boyle@portland-place.co.uk](mailto:Christina.boyle@portland-place.co.uk) if you would like your child to attend.

# FutureDJs

# News

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## Applying Growth Mindset in School

*An interview with Anastasia Dillon Demosthenous, Year 6*

**Miss Florea:** *“How did you apply Growth Mindset in your studies? What concrete examples could you give?”*

**Anastasia:** “For example, in Maths if I get stuck on a question, I use positive self-talk and set my mind to complete it. I quite like challenges and feel great when I achieve something that I had to work hard for. Also, I have used my growth mindset in the other subjects to get good results.”

**Miss Florea:** *“How do you keep going when things get tough?”*

**Anastasia:** “A lot of people get fed up and give up easily, but I keep going even if sometimes it takes me half an hour to solve a problem. I am determined to stick to it until I find a solution.”

**Miss Florea:** *“How could you use Growth Mindset further in your studies?”*

**Anastasia:** “I think I need to keep concentrating in my lessons and listen very carefully to the teacher’s instructions.”

**Miss Florea:** *“What will you do to challenge yourself today?”*

**Anastasia:** “I will challenge myself to stop any negative thoughts from coming into my mind. Also, I will choose to think positively about my challenges. I strongly believe that everything is possible through hard work.”

**Miss Florea:** *“What piece of advice would you give to your peers? How should they apply Growth Mindset to make the most of their time in school?”*

**Anastasia:** “I would say to them that they should focus on maintaining a positive attitude and not allow any negative thoughts into their mind. In addition, they should keep saying to themselves that they are doing something right. If deep down you believe that you can do it, you have more chances to succeed.”

**Miss Florea:** *“What are you really good at?”*

**Anastasia:** “I am really good at boxing and strength is my power. In school I often use the discipline and positive attitude that I learned during my boxing lessons. Also, I am in the police cadets and absolutely love it. The police officers we work with always push us to believe in ourselves and think we can overcome obstacles.”



# News *continued*

## Lion King

*Drama and Music Departments*

On Tuesday, students from Year 6-9 enjoyed an evening at the theatre. The trip was a roaring success! We are already planning our next musical visit. Students were well behaved and a credit to the school!



# News *continued*

## Year 10 Enrichment

*Elayn Oneill, Deputy Head DSL Safeguarding*

We organised this Friday's session with the "Exam Busters" in order help tee the students up for their exams. They were tested on their recall and memory skills. The pupils were also exploring different revision techniques and how this relates to specific learning styles. The students were surprised with the level of recall they had at the end of the session.



# News *continued*

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## Portland Place School 21st Anniversary

We are proud to have marked our momentous 21<sup>st</sup> Birthday with families and friends of the school, by hosting a commemorative drinks reception last night.

We hosted the event in the school hall, with guests indulging in delicious canapes whilst celebrating the school's achievements throughout the years.

Entertainment was provided during the evening by our teachers Steve Hill, Nick Bentley and Sam Jesson.

Headmaster David Bradbury commented: "The reception was an excellent evening which gave us the perfect opportunity to come together as a school community, and celebrate our successes, marking the school's 21st birthday. We want to also thank our parents Mandy Blakemore and Sarah King for helping organise such a lovely event.

"We are exceptionally pleased to recognise this notable milestone. We will continue our dedication and commitment to ensuring that all pupils thrive, encouraging them to engage academically in a creative and lively atmosphere."



# Sports results



# Sports

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## Cricket

### Cricket Club

We are running cricket club this term mainly on Tuesday's after school. This is taking place at Lord's Indoor Cricket School from 4pm – 5pm. If you wish to attend you must have cricket 'whites' otherwise you will not be permitted into the Cricket School, these are the rules of the MCC. Please register your interest on a weekly basis with Mr Kubik in the PE department to avoid missing out as we have limited spaces. **THERE WILL BE NO CRICKET CLUB NEXT WEEK DUE TO TEST MATCH AT LORDS.**

## Cricket

**Portland Place School: 49-0**

**Kew House: 50-0**

*(Kew House win by 1 run)*

On Tuesday 8<sup>th</sup> May, PPS U12's took on Kew House School on their first cricket match of the season. Kew House won the toss and opted for PPS to open the innings. **Hamish Cooper** and **Jake Cossey** opened and it became quite clear in the early overs that Kew House had some excellent bowlers. The boys played it safe as they started to get their eye in against a variety of spin and pace bowling. After a few overs had passed both **Hamish** and **Jake** started to have a little more success and started to rack up some runs. It was difficult to hit the boundaries on the big pitch but **Hamish Cooper** played a lovely glancing shot over the boundary in the 6<sup>th</sup> over. Unfortunately as the overs progressed the boys were struggling to get any real momentum going, as the Kew House bowlers were consistently bowling challenging balls. By the end of the 12 overs PPS had set Kew House a target of 49 for 0. In the second innings, when Kew House went in to bat, **Hamish Cooper**, **Nolan Song** and **Bosco Buonaguidi** all bowled really well. There were not many wides or no balls bowled, but the Kew House batters were making consistent contact with the ball and regularly making 1 or 2 runs. The boys fielded really well overall. For a number of the boys, it was their first ever game of hard ball cricket but the boys showed good organisation and communication in the field and were unlucky not to make a couple of catches. The boys tried everything they could to get the opening Kew House pair out but unfortunately it was not to be and they reached 50 runs, beating PPS's score of 49. Overall, there were many positives to take from the performance. **Jake Cossey** dealt with a number of challenging hits in the field, demonstrating excellent long barriers. **Nolan Song** and **Bosco Buonaguidi** bowled very well in their first game for the school and the overall team performance and fielding tactics were very good. Man of the match goes to captain **Hamish Cooper** who led by example throughout the match. Unlucky boys!

# Sports

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## Athletics

### Westminster Athletics Championships

The PPS girls started their 2018 athletics campaign with a bang. **Freya Francis Baum** (Y9) was in fine form breaking two long standing school records in the 100m (13.2secs) and 200m (28.1secs) making the final of both events in a very competitive field. **Freya** also finished 3<sup>rd</sup> in the long jump after some difficulty with her run up early on. The year 7's had a fantastic team spirit throughout the event and it was pleasure to watch them try their best and support one another. The Year 8's kicked off with a medal from **Beatrice Curto** in the 75m hurdles, and **Eve Johnson** looked fantastic in the 100m heats with a time of 14.8secs. **Jess Metchem Hermer** cleared a respectable 1.15m in the high jump and ran well in the relay. The Years 9's also had a brilliant team spirit, it was fantastic to see the girls cheering on **Dot Jones** to a bronze medal in the high jump, and clearing 1.25m. **Erin Dytor** ran 13.5secs in the 100m heats and led the discus until the last round, where she was pipped to the post but still took home the silver medal with a throw of 17.14m breaking a 10 year old school record, she also won bronze in the shot put. Arguably the performance of the day came from **Audrey Hammer**, in the 800m she managed to gain 6 places in the final 200m of the race and take 5<sup>th</sup> place, she then jogged back and cleared 1.20m in the high jump to secure 4<sup>th</sup> place, showing real strength of character. **Amanda Gordon** put in two solid performances in the shot and discus, and **Issy Francis Baum** ran a respectable 100m and sailed out to just short of 4m in the long jump. The day was rounded off perfectly with the Year 9 relay quartet of **Freya, Erin, Marielle** and **Audrey** flying round the track to win the silver medal. Congratulations to all who competed, and we look forward to The ISA London North Athletics Championships results from Bedford which takes place on Friday.



# Calendar and Contact

## Monday 14 May

08.00-08.30am Table Tennis Club Y8 & 9 PPS Hall  
 12.45-1.30pm Symphonfrietta, Miss Boyle, R2  
 12.45-1.30pm Woodwind Ensemble, Mr Slack, R1

## Tuesday 15 May

08.00-08.30am Table Tennis Club, Y5,6 & 7, PPS Hall  
 12.45-1.30pm Percussion Ensemble, Mr Jesson, R2  
 12.45-1.30pm GCSE Italian Club, R23  
 12.50 - 1.20pm Weightlifting Club, PPS Boys changing rooms  
 1.00-1.20pm Netball Shooting Club, Girls PE office  
 1.10-1.30pm GCSE PE Club, boys changing rooms PPS  
 3.45-4.45pm KS3/4 Computing Club, R34  
 3.45-4.30pm Year 7-9 Maths Club, R10  
 3.45-4.30pm Year10-12 Maths Club, G12  
 3.45-4.45pm Table Tennis Club, All Years, PPS Hall  
 4.00-5.00pm Arts Award Club (all years) Ms Birtles, B3  
 4.00-5.00pm Japanese, Ms Komaki, R36  
 4.00-4.30pm GCSE French Club, Ms Magniez, R33

## Wednesday 16 May

7.45-8.45am Yoga, Louise, PPS Hall  
 12.45-1.30pm Guitar & Ukulele Ensemble, Mr Hill, R1  
 12.45-1.30pm Soul Band, Mr Bentley, R2  
 12.45-1.30pm Music Theory Club, Ms Bottrill, R42  
 12.45-1.30pm French Exam Club, R22  
 1.00-1.30pm Netball Shooting Club, Girls PE Office  
 3.45-4.30pm EAL Homework Club, R23, Ms Florea  
 3.45-4.45pm GCSE History Club, G23  
 3.45-5.00pm KS2 Art & Craft Club, R22  
 4.00-4.45pm GCSE Art, Art Studio  
 4.00-4.45pm GCSE Computing Club, G11  
 4.00-4.30pm Italian Club, R10

## Thursday 17 May

12.45-1.30pm PPS Choir & Tour Choir, Mr Hill, R1  
 12.45-1.30pm Brass Ensemble, Mr Bentley, R42  
 12.45-1.30pm Club de Francais/Ms Magniez, Library  
 12.45-1.30pm Carnegie Book Club, Miss Hubner, Library  
 3.45-4.30pm Year 13 Maths Club, G12  
 3.45-4.30pm GCSE Economics Club, G43  
 3.45-4.45pm KS2 Homework Club  
 3.45-4.30pm GCSE Music Composition Support, Mr Bentley & Mr Hill, R42  
 3.50-4.30pm KS3 Humanities Club, Room 10  
 3.45-4.45pm GCSE Revision Biology, H2  
 4.00-5.00pm Whole School Art Club  
 4.00-5.00pm DT Cubs, Year 5 & 6, Mr Macfarlane, B3  
 4.00-5.00pm Madarin, Miss Kong, R36  
 4.00-5.00pm Chamber Choir, R1, Miss Boyle

## Friday 18 May

8.00 - 8.30am Table Tennis Club, Y10-13, PPS Hall  
 12.45-1.30pm String Ensemble, Miss Boyle, R1  
 12.45-1.30pm Jazz Band, Mr Hill, R2  
 12.45-1.30pm Textiles Club (all years), Ms Birtles, B3  
 12.45-1.30pm Russian Beginners, Mr Burton, Library  
 4.00-6.15pm LAMDA, Lessons, R11

### TERM DATES:

#### SUMMER TERM 2018

Term Starts Tuesday 17 April  
 Half Term Mon 28 May – Fri 1 June  
 End of Term Friday 6 July

### CONTACT DETAILS:

**PPS MAIN BUILDING (Years 4-9)**  
 58 Portland Place, London W1B 1NJ

**HARFORD HOUSE (Art/Drama/Science)**  
 101-103 Great Portland Street W1W 6QE

**GPS BUILDING (Years 10-13)**  
 143-149 Great Portland Street W1W 6QN

E-mail: [admin@portland-place.co.uk](mailto:admin@portland-place.co.uk)

[www.portland-place.co.uk](http://www.portland-place.co.uk) Tel: 020 7307 8700

### PPS TWITTER ACCOUNTS:

<https://twitter.com/PortlandPlaceHd>  
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[@PPSSports](https://twitter.com/PPSSports) – Sports Department  
[@PPSDrama](https://twitter.com/PPSDrama) – Drama Department  
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[@MissColes\\_PPS](https://twitter.com/MissColes_PPS) – Head of KS2  
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