



Year 7 Showcase,
May 21st!

The Weekly Buzz

Updated schedules for clubs!

Dates for your diary

Academic and Sports fixtures

Letter from the Headmaster



With the start of the exam period coinciding with Mental Health Awareness Week, now is a good time to reflect on how you can help your children handle the anxiety related to exams.

Exam stress affects most students in varying ways. It is important to manage this stress and find little ways of helping to eliminate the risk of burnout. Here are some handy tips that can help to dissipate stress and make sure your child can get through exam season.

1. Make sure your child takes regular breaks and finds ways to relax

Taking a break can leave your child feeling more able to cope, and even make it easier to concentrate when starting to work again.

2. Stay healthy and exercise

Make sure your child doesn't skip meals and gets exercise to help clear their minds.

3. Get enough sleep

It may be tempting to stay up late and study but getting enough sleep can help your child to concentrate and feel less stressed.

4. Encourage your child to talk about what's happening

Encouraging your child to talk about how they are feeling will make them understand they are not alone and there is support available.

5. Talk to your student's form tutor if concerned

Their Form Tutor will talk to the head of year and there are counsellors available at the school for drop in sessions.

Noticeboard

Year 7 Showcase Concert!

Please join us in celebrating the work of our Year 7 Students across the Arts Faculty.



An evening to celebrate the work of the Year 7 students across the Creative Arts Faculty

YEAR 7 SHOWCASE 2019

Tuesday 21st May,

5.30pm – 6.50pm (arrive from 5pm)

RADA STUDIOS, 16 Chenies St, Fitzrovia,

London WC1E 7EX

For tickets email tickets@portland-place.co.uk

PPS English Department

KS3 exam season is approaching and it's time to get ready! If anyone needs information on how to revise, when their English exam will be or what it will include please have a look on Firefly under the English department's page and your year group.

Noticeboard

Team Tanzania 2020 is confirmed!

Congratulations to Josh H., Jay, Freddie, Tommy, Lulya, Beatrice C., Eleonora, Amittis and Daisy who have been selected as our PPS charity volunteers going onto the Tanzania Expedition next year! They will be organising a series of events and raising money throughout the year for the building work that they will be carrying in a primary school there in July 2020.

Josh, amazingly, has already started and raised an impressive £200 by recently climbing Ben Nevis! Well done!!! We are very proud of all of them and cannot wait to support them in their adventure.

Watch this space!

Mr Lalande



NEWS

Bronze Duke of Edinburgh

Bronze Duke of Edinburgh

Fifteen Year Nine students completed part of their Duke of Edinburgh expedition on the 11th and 12th of May. This was a practice for their final assessment of the award which will be completed in June. They walked for six hours per day, and learned lots including how to prepare hot meals as a group, put together a first aid kit, and work together as a team to navigate their route. The students were fantastically determined throughout, and had a brilliant time learning new skills and exploring the Essex countryside! Well done to all involved and I hope you're all looking forward to the final expedition.

Miss Birtles



NEWS

Year 12 Drama Exam – Devising Theatre

On Wednesday evening our creative and extremely talented Year 12 Drama & Theatre Studies students, performed their component one pieces to an audience of parents, teachers and peers. Over the past few months the students have been creating original theatre linking to their chosen stimulus, scene one from Franz Kafka's *Metamorphosis*.



Group 1 (Abby Howard-Yam, Augustus Gibson and Freddy Pertwee) explored the text to uncover themes of alienation, dehumanisation and isolation. As their piece of theatre developed they wanted their audience to answer '*Who is really in control?*' All three students entertained their audience with episodes that focussed on money, alcohol and media bias.



From reading the extract, group 2 (Olivia Shelton, Albie Marber, Blake Miller and Melissa Pratt) were intrigued by the amount of pressure that Gregor was under. After much discussion, they put together a Brechtian piece of theatre that questioned '*Will society ever be happy?*' The four students contributed to a very strong ensemble piece that showcased their acting skill to a very high standard.

We are very proud of their efforts and they should be congratulated for all their hard work and commitment.
Mr Chivers and Mrs Judd

Sports results



Sports

Westminster Athletics Champions!

Last Tuesday, Portland's girls athletics team competed in the Westminster Borough championships at Battersea Park's Millennium Arena. There were a great deal of personal best performances from our girls and all who took part did so with a great deal of effort and enthusiasm. The two best PPS performances of the day came from Y10, with Ava Jones placing 3rd in the U17 high jump, clearing a height of 1.30m. Freya Francis-Baum narrowly missed out on gold in the U17 long jump, taking the silver medal by a single centimetre with a leap of 4.43m. Hopefully she will qualify to represent Westminster, along with some of our boys at the London Schools competition later this spring.

Very well done to all the girls who took part.



Sports

U14 Cricketers defeat Kew House

On Friday 10th May PPS's U14 cricket side faced a travelling Kew House team at Regents Park on a warm and sunny afternoon. Portland batted first were able to profit from some wayward bowling from the Kew team. Opener Teddy Desmond was unfortunate to be bowled by a fine delivery early on in the innings, but Milan Luther and number three, Sam Meyer managed to put on a partnership of 44 before Milan was bowled out and Sam was retired on an unbeaten 18. Nicolas Bartha managed 5 runs before he was caught and bowled and Oscar Bolgar was also bowled without score just at the end of the innings. PPS finished the 12 overs on 80 for 4. The first over of Kew's inning started superbly with opening bowler Sam Meyer producing a double wicket maiden. He went on to take a third wicket, producing figures of 2 overs, no runs for three wickets. All three of his victims had their off stump bowled, which is testament to Sam's pace and accuracy. Freddie Goold also took a wicket, which was what his accurate two overs deserved. Kew looked to be in big trouble and their fate was sealed when their best batsman was run out on 15. After the allotted 12 overs, Kew were 47 for 5. Adam Khan, returning from a broken arm, and Will Mugliston also bowled economically, with a good line. This was a well-deserved win for Portland and a good start to the season for the boys. They know that they will face some much stiffer opposition later in the season.

Calendar & Contact

Monday 20 May

08.00-8.40am	GCSE PE, R35
12.45-1.30pm	Woodwind Ensemble, Mr Slack, R1
12.45-1.30pm	Rock Band, Mr Hill R2
12.45-1.30pm	Chess Club, Mr Burton, Library
12.50-1.30pm	Weight Training Club, Sports Dept
1.00-1.20pm	Years 7-8 Maths Challenge & Enrichment Club, R22
1.00-1.20pm	Years 9-11 Maths Challenge & Enrichment Club, R24
3.45-5.00pm	Arabic for Beginners, R36
4.00-6.15pm	Lamda Lessons in PPS Hall

Tuesday 21 May

8.20-8.50am	Year 12 Extra Help, Ms Segerstrom, G13
12.45-1.20pm	Netball Shooting Club, PE Basement
12.45-1.30pm	Percussion Ensemble, Mr Jesson, R1
12.45-1.30pm	Rock Band, Mr Hill R2
12.45-1.30pm	Student Voice, Ms Magniez, R34
12.45-1.30pm	Spanish, Ms Picado, R24
12.45-1.30pm	Italian GCSE, G12
1.00-1.20pm	Chess Club, R22
3.45-4.45pm	GCSE Geography Club G24
3.45-4.30pm	GCSE Business Club G12
3.45-4.30pm	History GCSE revision club, G23
3.45-4.30pm	GCSE Revision Chemistry, H3/4
3.45-4.30pm	GCSE Revision Physics, H6/7
3.45-4.30pm	KS4 Maths Club, G12
3.45-5.00pm	Science Lab, Ms Nicholas, H1/2
3.50-5.00pm	Cricket Club, Lords Cricket Ground
4.00-5.00pm	Japanese for Beginners, R36
4.00-4.30pm	KS3 Maths Club, R10
4.00-5.00pm	Bugy Rehearsals, Whole Cast, PPS Hall
4.00-5.00pm	Design Club for KS3
4.00-5.00pm	Football Club, Regents Park
4.00-5.00pm	GCSE Design Club

Wednesday 22 May

12.45-1.30pm	Boys Choir, Ms Boyle, R1
12.45-1.30pm	Music Theory Club, Ms Bottrill, R42
12.45-1.30pm	Soul Band, R2
12.45-1.30pm	Theory Club, Ms Bottrill, R43
12.45-1.30pm	EAL Homework Club, R11, Ms Florea
12.45-1.30pm	Russian Club, Library
3.45-4.45pm	GCSE History Club G23
3.45-4.45pm	Economics Club, Ms Byrne, G21
3.45-4.45pm	Computing Walk In Clinic, R34
3.45-5.00pm	KS2 & KS3 Art & Craft Club, R22
3.45-4.15pm	Year 12 & 13 Statistics/Mechanics Extra Help, R36
3.45-4.15pm	Year 13 Pure Extra Help, R10
3.45-5.00pm	French GCSE Support, R33
4.00-4.45pm	GCSE Art, Art Studio
4.00-4.30pm	Duke of Edinburgh Meeting, PPS Hall
4.00-5.00pm	GCSE Design Club, Ms Birtles, B1
4.00-4.45pm	GCSE Computing Club, G11

Thursday 23 May

12.45-1.30pm	Portland Place Choir, Ms Boyle, R1
12.45-1.30pm	Brass ensemble, Mr Bentley, R2
1.00-1.30pm	KS3 Book Club, Library
1.00-1.30pm	Weight Training Club, Sports Dept
1.00-1.30pm	Netball Shooting Club, Sports Dept
4.00-5.00pm	Chamber Choir, Ms Boyle, PPS Hall
3.45-4.30pm	Soul Band, Mr Bentley, R2
3.45-4.30pm	GCSE Classical Civilisation, G31
3.45-5.00pm	Mandarin Beginners/Advanced, R35
3.50-5.00pm	Rounders Club, Regents Park

Friday 24 May

12.45-1.30pm	String Ensemble, Ms Boyle, R1
12.45-1.30pm	Jazz Band, Mr Hill, R2
1.00-1.30pm	Textiles Club
4.00-6.15pm	LAMDA, Lessons, PPS Hall
	Y10 Visit to DLD College

TERM DATES:

SUMMER TERM 2019

Term Starts	Wednesday 24 April
Half Term	Mon 27 May – Fri 31 May
End of Term	Friday 5 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

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Thanks for reading!

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at www.portland-place.co.uk/*

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