

The Weekly Buzz

16 January 2023



Collage by Sid Y11

Spring Term!



Portland
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Noticeboard

Lunch Menu

W/c 16th January

Week 2 Lunch Menu

MONDAY

BBQ Chicken Casserole
Cauliflower mac & cheese (V) (gluten,milk)
Mashed Potato(V)
Broccoli (V) Sweetcorn (V)
Roasted Veg Medley (V)
Flapjack (Gluten,Sulphites)

Tuesday

Beef burger
Vegan burger (V)
Burger bun (Gluten)
Potato wedges(V) Green Beans(V) Shredded Cabbage(V)
Steamed Jam Sponge (egg,gluten,sulphites)

Wednesday

Gammon with Yorkshire Pudding (Gluten, egg, milk)
Cheesy Lentil Loaf(V) (egg, milk, may containGluten)
Roasted veg medley(V)
Roast Potatoes (V)
Roasted carrots (V)
Gravy
Rice Cakes

THURSDAY

Beef, Lentil & Sweet Potato curry
Spinach & Lentil (V)
Brown Rice (V) Sweetcorn (V)
Baked Cauliflower(V) Courgette(V)
Banoffee Pie (gluten,milk)

FRIDAY

Ham Pizza (Gluten,milk)
Veg Pizza (V)Gluten, milk)
Oven baked potato wedges (V) Crushed peas (V)Baked beans (V)
Chocolate chip cake (gluten,egg,soya)

The FUTURE of FOOD

ON THE MENU EVERYDAY

- ☆ Soup of the Day
- ☆ Salad Bar
- ☆ Fresh Fruit
- ☆ Yoghurt

See Chinese New Year Menu

Allergen Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard
MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE

Gluten-free options available each day



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CHINESE NEW YEAR

- Mushroom & Ginger Broth
- Peking Chicken on Crispy Rice Noodles
- Mushroom Mapo Tofu (V)
- Stir Fried Garlic Green Beans
- Pineapple Fried Rice
- Prawn Crackers
- Chocolate & Matcha Chinese Sponge

Plus: Salads
Fruit
Yoghurt

*Friday's
Menu*



The FUTURE of
FOOD



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DATES FOR DIARY

WHOLE SCHOOL ASSEMBLY - TUES 7 FEB, REGENT HALL

LOWER SCHOOL CHAMBER CONCERT - TUES 7 FEB, PP HALL

**GCSE MUSIC PERFORMANCE EXAMS - TUES 28 & WED 29
MAR**

GCSE PERFORMANCE EVENING - THUR 30 MAR, PP HALL

**HOUSE SWIMMING GALA - FRI 10 MAR, QUEEN MOTHER
SPORTS CENTRE (VICTORIA)**

'GREASE' - WED 22 & THURS 23 MAR, JW3

**YEAR 6-8 CREATIVE ARTS SHOWCASE, THURS 25 MAY, RADA
STUDIOS**

SUMMER CONCERT, THURS 22 JUNE, RADA STUDIOS

SPORTS DAY, FRI 23 JUNE, PERIVALE

CELEBRATION DAY, THURS 29 JUNE, REGENT HALL & GPS

More details to come



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THE PPS PARENTS NETWORK
INVITES ALL PPS PARENTS
& CARERS TO A

☀️ COFFEE MORNING!

WEDS 18/01/2023

08.30AM-10.00AM

GPS BUILDING DINING HALL
143 GREAT PORTLAND STREET
LONDON W1W 6QN

**A NICE OPPORTUNITY TO MEET
OTHER PARENTS. NO NEED TO
RSVP. SEE YOU THERE!**

**ANY QUESTIONS PLEASE
CONTACT: JO FRANCIS-BAUM
AT JOANNAFB@ME.COM**



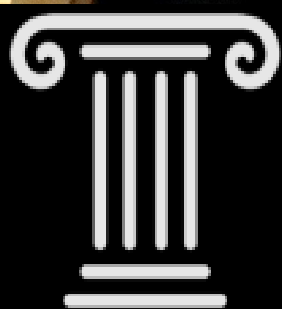


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Parents, please join us at our

Whole School Assembly 2023



Tuesday 7th February

10.30am—11.30am

Regent Hall (275 Oxford St, W1C 2DJ)

No need to RSVP. See you there!



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Lower School Chamber Concert

Tuesday 7th February 2023

PPS Hall, 5:00-6:30pm

Refreshments provided





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WINTER WELLBEING

With low temperatures and shorter days, the winter months can be difficult. Here are a few suggestions on how we can look after our wellbeing and feel better during this time of year.

Ms Florea



Noticeboard

BEATING THE WINTER BLUES

For some, cold temperatures and lack of sunlight can lead to feelings of sadness and even seasonal affective disorder. These 7 steps may help lift your spirits and ease you out of the doldrums that can affect you during the long winter months.



WHAT ARE YOU GRATEFUL FOR?

Give thought to what you are grateful for... a beautiful snowy day, friendships, hot apple cider.



LET YOURSELF INDULGE IN LITTLE THINGS

Participate in activities that bring comfort, warmth and peace.



ENJOY THE SUNLIGHT

Natural light helps to alleviate the winter blahs.



GET ENOUGH SLEEP

A lack of sleep can take a toll on your mood - aim for 7-9 hours each night.



STAY ACTIVE

A daily 30-minute walk may help prevent depression, so get out there!



ENGAGE IN SOCIAL ACTIVITY

Even a small amount of social engagement can help you feel energized.



ADJUST HOLIDAY EXPECTATIONS

Don't let visions of perfection spoil everything. Appreciate and enjoy what you do have.



Information reviewed by
Stephanie H. Felgoise, PHD, ABPP,
Department of Clinical Psychology,
Associate Dean for Academic
Integration in the School of
Professional and Applied
Psychology, Department Chair and
Director of Clinical PsyD Program



Noticeboard

Literacy is not just about doing well in English.

Literacy covers four areas that can be transferable across all subjects. These are: **listening, speaking, reading and writing**. The basic skill of **listening** often goes unnoticed, but when affected, it impacts the whole process of learning and the higher level skills.

There are **many reasons why students don't listen or don't focus in lessons**: tiredness, hunger, emotional issues within or outside of school, lack of motivation to learn, distractions. Today I wanted to share some strategies that help to get our students back on track and take charge of their learning. These are, in a nutshell: **self-care and self-respect, taking charge of one's learning/seeing the Big Picture, organisation, resilience, metacognition**. Today I will address **self-care** and **organisation**.

7 Tips to Help You Concentrate Better

by @Inner_Drive
www.innerdrive.co.uk

Eat Breakfast 1

Students who eat breakfast score better on attention and memory tests. Cereals that are rich in complex carbohydrates are good as they fuel your brain.

Exercise at Lunchtime 2

A study by researchers at Bristol University found that a 45 minute workout at lunchtime significantly improved people's concentration, mood and ability to do their job.

Worry About it a Little More 3

In certain situations, a bit of stress may make you perform better. The extra worry releases adrenaline which increases the intensity of your focus.

Don't Think Don't 4

Attempts at thought suppression make you think about the thing you want to avoid more and distract you from the task at hand.

Drink Some Water 5

If you are just 1% dehydrated your concentration drops dramatically. Students who take water into an exam have been found to outperform their thirsty peers.

The Great Outdoors 6

Those who take a walk in green space return feeling more focused than those who have a break walking in urban areas.

Pictures of Nature 7

No green space near you? No problem. Studies have found that those who look at photos of nature, especially those with water in them, feel the same sort of benefits.



Noticeboard

Word-Attack Strategies

Word-attack strategies help students decode, pronounce, and understand unfamiliar words. They help students attack words piece by piece or from a different angle. Model and instruct students:

- **Sound out the word**
- **Look for chunks in the word (morphology)**
- **Check the history of the word: (etymology)**
- **Connect to a word you know**
- **Visualise it**
- **Find rhyming words**
- **Put it in a sentence**

Literacy Corner

image

Spelling family: - ed words

Meaning: **Like someone who is not put off when they encounter a problem.**

my word: **undeterred**

Rhymes with: **inferred**
preferred

How many beats: **un-de-terred**

the origin of my word:

un **de** **terr** **ed**

not down from, off, away terra- land, Earth describes a quality of something

Use in context (3 sentences):

Undeterred by difficulty, Seby swam 10 more lengths.

In 1572 Louis, undeterred by previous disaster, raised a small force in France.

The robber was undeterred and continued with the burglary.

synonyms

tireless
unstoppable
fearless
indomitable



Noticeboard

INCHWORM or GRASSHOPPER? Do you know your cognitive style in maths?

Inchworm – the formula, sequential thinker

On first seeing the problem or task:

- Focuses on parts and details
- Looks the relevant formula or procedure
- Constrained focus – one method

Solving the problem:

- Works in serially ordered steps– forward
- Uses numbers exactly as given
- More comfortable with paper and pen to document methods

When finished:

- Unlikely to check or evaluate answers
- Any check done uses the same method again
- May not understand method/procedure – work mechanically



- The inchworm method is when you work out the math problem step by step, just like following a recipe.
- Seeing the details and using documenting procedures.

If you are an inchworm, you need to learn from the grasshopper how to:

- Explain your methods
- Document your methods
- Accept algebra

Are you an
inchworm or a
grasshopper?



Noticeboard

This week we are showing you some strategies to improve your maths performance. An influential author Steve Chinn (with a huge success in addressing problems with maths and dyscalculia among students in schools), has landed on two distinct maths thinking styles: **inchworms** and **grasshoppers**. These are extremes at the ends of a continuum. The most capable maths thinkers are skilled at moving between the two styles when solving problems. Try to answer both questions on the read arrows.

Grasshopper – the relational, holistic thinker



- The grasshopper method is when you look at the problem and get the big picture and then solve it.
- Good at overviewing and estimating.

On first seeing the problem or task:

- Overviews, puts together, is holistic
- Looks at numbers and facts to estimate answer

Solving the problem:

- Range of methods selected according to problem
- Often works back from trial answer
- Adjusts, breaks down and builds up numbers looking for easy number combinations
- Good understanding of numbers, operations and their interrelationships
- Performs calculations mentally and rarely documents – answer oriented

When finished:

- Likely to appraise and evaluate the answer
- Checks by different method



If you are a grasshopper, you need to learn from the inchworm how to:

- Interrelating numbers and operations, e.g., seeing 9 as 1 less than 10, seeing 5 as half of 10
- Overviewing any problem, for example, reading it to the end before starting and getting a feel of what the answer should be
- Appraising your answer

Do you know
how to improve
your learning?



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ENGLISH LANGUAGE

SURGERY

EVERY TUESDAY FROM
1.15PM IN ROOM 42

GOT A BURNING QUESTION ABOUT ONE OF YOUR ENGLISH LANGUAGE PAPERS? STILL CAN'T QUITE PIN DOWN Q4?

DROP IN AND DISCUSS ANY ELEMENT OF YOUR LANGUAGE PAPERS OR REFLECT ON YOUR MOCK EXAMS WITH MRS WOLFE MURRAY. PLEASE COME PREPARED WITH A SPECIFIC QUESTION OR ELEMENT THAT YOU WOULD LIKE TO GO OVER.

SEE YOU THERE!





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News



F45 Enrichment

Well done to all participants who were put through their strength and resistance and cardio-vascular paces at F45 Oxford Circus and worked hard through to the end. A very successful session!



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The PPS Parents Network presents

Ice Skating trips to Somerset House / December 2022





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Year 6 & 7



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Year 8



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Year 10 & 11

MOËT & CHANDON





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Nicky Y10 Hybrid

Art



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Oil paintings—Bella Y11



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Year 6 Anagram Portraits

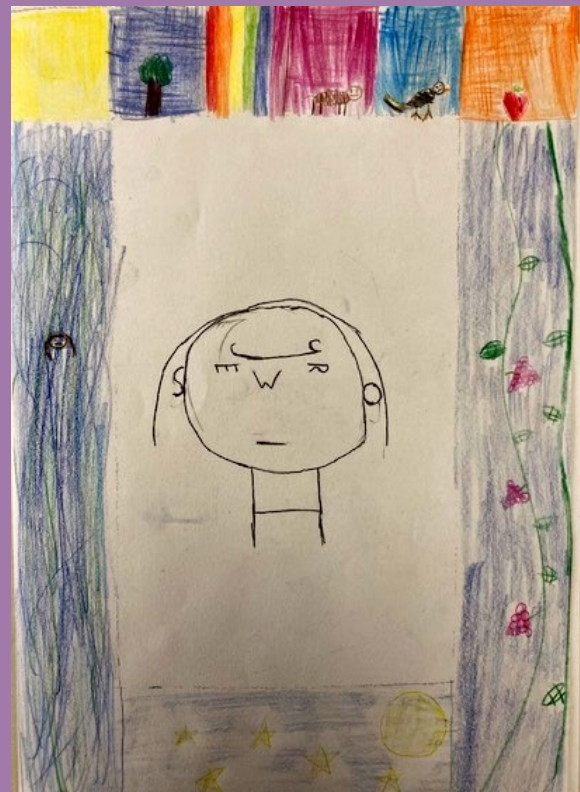


By Beatrice, Eesa,
Mohamed, Roman,
Talía and Rosie



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CHARITY

Last Wednesday, we started a course of 5 sessions to participate in charitable activities.

We were visited by 2 speakers from non-profit charities and we had a Zoom call with London ZOO



CHARITY - THE MEANING OF THE WORD: from late Old English, "benevolence for the poor" also "Christian love in its highest manifestation," from Old French *charité* "(Christian) charity, mercy, compassion; alms; charitable foundation" (12c.), from Latin *caritatem* (nominative *caritas*) "costliness; esteem, affection," from *carus* "dear, valued" (from PIE **karo-*, from root **ka-* "to like, desire").



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ENRICHMENT

OUR PRESENTERS

Ruth- London ZOO



**Jenny- Elderly
and Disabled
Charitable Trust**



**Muhammad-
Charity Begins
At Home**





CHARITY



LONDON ZOO

BACKGROUND

Since 1826 the Zoological Society of London (ZSL) has been on a mission to protect and conserve the world's wildlife and their habitats.

WHAT WE DO

With two Zoos, an Institute of Science and over 50 conservation projects worldwide, ZSL uses ground-breaking scientific innovations to fuel life-changing conservation.

WHY WE DO THIS?

During our research we came across the harrowing statistic that the world's wildlife has declined by 52% in the past 40 years. This led us to think; what if wildlife continued to decline at the same rate? Within our lifetime we could end up living in a world without wildlife. It was this thought that formed the basis of our campaign.



ELDERLY AND CHARITABLE TRUST

INTRO: The Elderly & Disabled Charitable Trust UK is a charity dedicated to supporting older and disabled individuals throughout the city. Our charity runs a Befriending service for the elderly and disabled over 65 years. During COVID we have been Connecting people in their communities with digital devices.

WHAT WE DO Our mission is to draw on the natural capacity for friendship we as human beings possess, to break down barriers that isolate and limit us. We work hard to brighten up people's days, offer a range of services designed to bring a smile to people, encourage a more socially and physically active lifestyle, and offer much-needed human contact. Supporting and improving mental wellbeing through providing and developing a range of activities and services. Raising awareness of the power of supportive friendships.

Our core values are:

- To promote wellbeing
- To strive for excellence
- To treat people fairly and with respect
- To keep volunteers and individuals safe



ENRICHMENT

CHARITY BEGINS AT HOME

INTRO: The United Kingdom is home to over 65 million people, stemming from all backgrounds. Out of these 65 million, the BBC reports that around 4.6 million need regular food assistance. This staggering number often includes our neighbours, colleagues and friends and must not be forgotten.

WHY WE DO THIS?

Operating as the UK registered charity for the last seven years, we have worked closely with those less fortunate.

WHAT WE DO Food, Clothes, Shelter, Support
Charity begins at home acknowledges the great work being done by UK based charities internationally, but hopes to fill a national and local gap. As well as those needing food assistance, there are thousands of vulnerable people without a home. Women, children, ex-soldiers and elderly are struggling on our doorsteps and Charity Begins at Home hopes to serve them all. We hope to support these vulnerable members of our community through our work by making things little less difficult.



CHALLENGE

Our challenge was to raise awareness for ZSL as an international wildlife conservation charity who work in 50 countries around the world. We needed to make people realise that ZSL are more than just two zoos, they are world leaders in science, conservation and education who deserve your support and donations just as much as any other charity.

CHALLENGE

I am seeking trustees who are serious about making a difference, our charity runs a Befriending service free of charge as we are a non profit. I need skilled trustees, who are able to do accounts, fundraising on our behalf
Check out our new website
www.elderlyandcharitabletrustuk.com

CHALLENGE

We don't rely on any staff and everything is delivered by volunteers. If you would also like to contribute to the running of the charity please get in touch.



VeloPark Enrichment

I'm thrilled to write to you and say that our first-ever trip to the Lee Valley VeloPark was a huge success! Despite the cold, wind and rain, our students put in a brilliant shift and the level of cycling on display was astonishing.

Whether it was our Year 7s, who were making calls like a Pro Tour team as they shuffled their leaders and held a paceline for the first time ever, our Year 9s and 10s, who got stuck in and pushed each other to hold their groups, and the brilliant Ms Silcocks who was our Road Captain on the day – everyone came together in the spirit of road cycling and showed excellent teamwork, camaraderie, focus and energy! Sadly, the only photos I have of the team are in the tunnel waiting to hit the track, but I did also include my Stravagram so you can get an idea of the course.

With the world-class facilities and equipment we get to use, the group can look forward to another Road Circuit session next week, followed by two sessions of mountain biking and a session on BMX to round out the half-term.

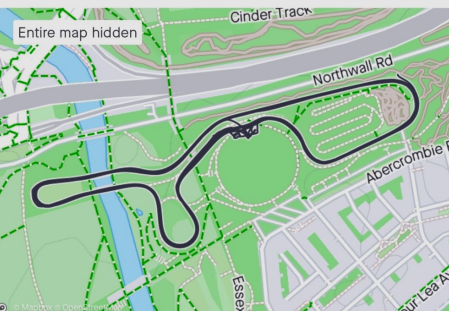
I'm massively excited!

Mr Tasić



VeloPark Laps With The PPSers #1

Distance 11.51 km Elev Gain 97 m Achievements 56





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HUGE CONGRATULATIONS

TO LANA IN YEAR 11 WHO PASSED HER **GRADE 3**
ABRSM PIANO **JUST** BEFORE **THE CHRISTMAS**
BREAK.

WELL DONE, MR HILL



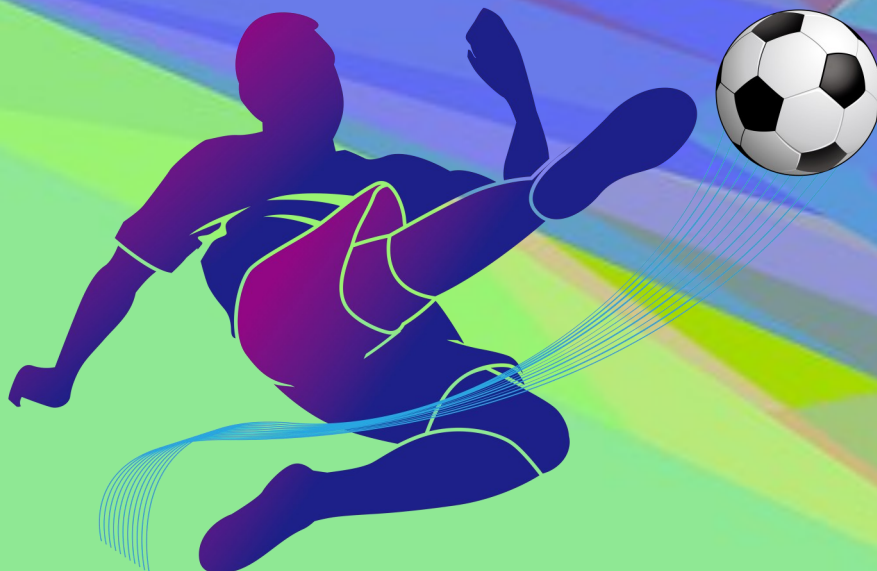


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Sports report

Spring Term 2023 Fixtures

The Spring Term fixtures are now published and have been posted onto Firefly. In addition to these inter-school matches pupils will have the opportunity to take part in inter-house sports competitions, which will include rugby/tag rugby, cross country, swimming, and basketball. The PE department would like to wish all the pupils who represent the school and their house this term, the very best of luck!



U12 Boys

Date	Sport	Vs	Venue	Start Time
12/1/23	Touch Rugby	Fairley House	Archbishop's Park	2-3.00pm
17/1/23	Rugby	Ibstock Place	Away	2.15pm
19/1/23	Basketball Y7&8	Fairley House	Away (The Regal)	2-3.00pm
24/1/23	Basketball	North Bridge House Hampstead	Away	2.00pm
31/1/23	Rugby	Maida Vale	Regent's Park	2.00pm
7/2/23	Rugby	North Bridge House Hampstead	Regent's Park	2.00pm
9/2/23	Swimming	Westminster Gala	Queen Mother SC	12-3.00pm
21/2/23	Rugby	Kew House	Regent's Park	2.00pm
23/2/23	Basketball	North Bridge House Canonbury	London Met	4.00pm
7/3/23	Rugby	North Bridge House Hampstead	Regent's Park	2.00pm
21/3/23	Football	Thames Christian College	Falcon Park	2.15pm
23/3/23	Tag Rugby	North Bridge House Canonbury	Regent's Park	2.00pm

U13 Boys

Date	Sport	Vs	Venue	Start Time
12/1/23	Touch Rugby	Fairley House	Archbishop's Park	2-3pm
16/1/23	Rugby	Ibstock Place	Away	2.15pm
19/1/23	Basketball Y7&8	Fairley House	Away (The Regal)	2-3pm
23/1/23	Football	Thames Christian College	Away (Falcon Park)	2.15pm
30/1/23	Rugby (Y7&8 x2)	Maida Vale	Regent's Park	2pm
9/2/23	Rugby	North Bridge House Hampstead	Regent's Park	2.00pm
9/2/23	Swimming	Westminster Gala	Queen Mother SC	12-3.00pm
20/2/23	Rugby	Kew House	Regent's Park	2.00pm
27/2/23	Rugby	Harrodian	Away	4.10pm
2/3/23	Basketball	North Bridge House Hampstead	Away	2.00pm
6/3/23	Rugby	North Bridge House Hampstead	Regent's Park	2.00pm
13/3/23	Basketball	North Bridge House Canonbury	TBC	2.00pm
14/3/23	Tag Rugby	North Bridge House Canonbury	Regent's Park	2.00pm
20/3/23	Rugby	Harrodian	Away	4.10pm

Sports report

U14 Boys

Date	Sport	Vs	Venue	Start Time
20/1/23	Rugby	Ibstock Place	Away	2.15pm
23/1/23	Basketball	North Bridge House Hampstead	Away	2.00pm
27/1/23	Rugby	Harrodian	Away	2.15pm
30/1/23	Rugby (Y7&8 x2)	Maida Vale	Regent's Park	2.00pm
6/2/23	Rugby	North Bridge House Hampstead	Regent's Park	2.00pm
9/2/23	Swimming	Westminster Gala	Queen Mother SC	12-3.00pm
24/2/23	Rugby	Kew House	Regent's Park	2.00pm
27/2/23	Football (Y9&10)	Fairley House	Away	2.00pm
10/3/23	Rugby	North Bridge House Hamstead	Regent's Park	2.00pm
16/3/23	Football	Thames Christian College	Falcon Park	2.15pm
20/3/23	Basketball (Y9&10)	Fairley House	The Regal	2.00pm
27/3/23	Tag Rugby	North Bridge House Canonbury	Regent's Park	2.00pm

U15 Boys

Date	Sport	Vs	Venue	Start Time
18/1/23	Rugby (U15/16)	Harrodian	Away	2.15pm
1/2/23	Basketball	North Bridge House Hampstead	Away	2.00pm
2/2/23	Rugby (U15/16)	Maida Vale	Regent's Park	2.00pm
8/2/23	Rugby (U15/16)	North Bridge House Hampstead	Regent's Park	2.00pm
9/2/23	Swimming	Westminster Gala	Queen Mother SC	12-3.00pm
23/2/23	Rugby	Kew House	Away	2.00pm
27/2/23	Football (Y9&10)	Fairley House	Away	2.00pm
1/3/23	Basketball	North Bridge House Canonbury	Seymour Centre	2.00pm
8/3/23	Rugby (U15/16)	North Bridge House Hampstead	Regent's Park	2.00pm
16/3/23	Rugby	Harrodian	TBC	2.30pm
20/3/23	Basketball (Y9&10)	Fairley House	The Regal	2.00pm
22/3/23	Tag Rugby	North Bridge House Canonbury	Regent's Park	2.00pm

U16 Boys

Date	Sport	Vs	Venue	Start Time
18/1/23	Rugby (U15/16)	Harrodian	Away	2.15pm
2/2/23	Rugby (U15/16)	Maida Vale	Regent's Park	2.00pm
3/2/23	Basketball	North Bridge House Canonbury	Moberly Centre	2.00pm
8/2/23	Rugby (U15/16)	North Bridge House Hampstead	Home	2.00pm
9/2/23	Swimming	Westminster Gala	Queen Mother SC	12-3.00pm
22/2/23	Rugby	Kew House	Away	2.00pm
8/3/23	Rugby (U15/16)	North Bridge House Hampstead	Regent's Park	2.00pm
10/3/23	Basketball	North Bridge House Hampstead	Away	2.00pm

Year 6/7 Girls

Date	Sport	Vs	Venue	Start Time
18/1/23	5-a-s f'ball, 2 x Y7&8's	North Bridge House Canonbury	Sobell Centre	4.15pm
19/1/23	Sports Hall Athletics	Westminster Champs	Moberly Centre	12-3pm
26/1/23	Basketball (Y7&8)	Fairley House	Away (The Regal)	2-3.00pm
31/1/23	Football	Maida Vale	Regent's Park	2.00pm
7/2/23	Badminton (Y7&8)	North Bridge House Canonbury	Away (Britannia LC)	4.00pm
9/2/23	Swimming	Westminster Gala	Queen Mother SC	12-3.00pm
21/2/23	Football	North Bridge House Hampstead	Regent's Park	2.00pm
27/2/23	Basketball	North Bridge House Canonbury	London Met	4.00pm
28/2/23	Netball	Thames Christian College	Caius House	2.15pm
6/3/23	Netball (Y7&8)	St James	Away	4.10pm
13/3/23	Netball	Thames Christian College	Battersea SC	2.15pm

Year 8/9 Girls

Date	Sport	Vs	Venue	Start Time
16/1/23	Basketball (Y9&10)	Fairley House	Away (The Regal)	2-3.00pm
18/1/23	5-a-s f'ball, 2 x Y7&8's	North Bridge House Canonbury	Sobell Centre	4.15pm
19/1/23	Sports Hall Athletics	Westminster Champs	Moberly Centre	12-3pm
20/1/23	Football (Y8)	St James Tournament	Away	1-2.30pm
26/1/23	Netball Y9/10)	St James B	Away	4.10pm
26/1/23	Basketball (Y7&8)	Fairley House	Away (The Regal)	2-3.00pm
30/1/23	Basketball	North Bridge House Canonbury	Away (London Met)	4.00pm
7/2/23	Badminton (Y7&8)	North Bridge House Canonbury	Away (Britannia LC)	4.00pm
9/2/23	Swimming	Westminster Gala	Queen Mother SC	12-3.00pm
20/2/23	Football (Y9)	North Bridge House Hampstead	Regent's Park	2.00pm
23/2/23	Football (Y8)	North Bridge House Hampstead	Regent's Park	2.00pm
1/3/23	5-a-s Football (Y9&10)	North Bridge House Canonbury	Sobell Centre	4.15pm
6/3/23	Netball (Y7&8)	St James	Away	4.10pm
9/3/23	Netball (Y9)	Thames Christian College	Battersea SC	2.15pm
13/3/23	Football Y9)	Maida Vale	Regent's Park	2.15pm

Year 10/11 Girls

Date	Sport	Vs	Venue	Start Time
16/1/23	Basketball (Y9&10)	Fairley House	Away (The Regal)	2-3pm
26/1/23	Netball Y9&10)	St James B	Away	4.10pm
2/2/23	Football	Maida Vale	Regent's Park	2.00pm
8/2/23	Netball	St James B	Away	2.30pm
9/2/23	Swimming	Westminster Gala	Queen Mother SC	12-3.00pm
1/3/23	5-a-s Football (Y9&10)	North Bridge House Canonbury	Sobell Centre	4.15pm
3/3/23	Football	North Bridge House Hampstead	Regent's Park	2.00pm
15/3/23	Football (Y10)	North Bridge House Hampstead	Regent's Park	2.00pm
17/3/23	Basketball	North Bridge House Canonbury	Moberly Centre	2.00pm



Sports report



Swimming Lessons

Pupils will be beginning their swimming lessons this term, with the girls in the pool during the first half term and the boys in the second half term. Our venue has moved to Kentish Town and the lessons will commence next week, on the 16th of January.

All pupils swimming will need to ensure they bring the correct kit, including a one-piece costume for the girls and either trunks or swimming shorts for the boys (no Bermuda or board shorts please), goggles, a swimming cap, if hair is long and a towel. We also recommend that pupils have a warm coat with them for when they leave the pool, so they can keep themselves warm whilst getting back on the bus.

Rugby Lessons

Contact rugby lessons will be getting underway this term, as will inter-school rugby fixtures. It is of paramount importance that pupils are properly attired to play and are wearing rugby approved studs, long socks, rugby shorts, their rugby shirt and have a gum shield. We advise pupils to wear base layers under these items to keep warm, as they cannot play contact rugby in their hoodies or jackets and during this term we frequently play during cold and wet weather. Some pupils opt to wear a scrum cap, although this is not a requirement and is purely optional.

Next Week's Clubs & Fixtures

- 
- Monday 16th Jan:** Y8 Rugby vs Ibstock Place, 2.15pm, away
Y9 & 10 Girls' Basketball vs Fairley House, away, 2.00– 3.00pm
Table tennis club, PPS Hall, 1.10-1.45pm
Karate Club, PPS Hall 4.00-5.00pm
- Tuesday 17th Jan:** U12 Rugby vs Ibstock Place, 2.15pm, away
Football club, Westway Sports Centre (transport provided) 3.50pm – 5.30pm
- Wednesday 18th Jan:** Running club, Regent's Park, 12.50– 1.20pm
Y7&8 Girls' 5-a-side football vs North Bridge House Canonbury, 4.15pm, Sobell Centre
U16 Rugby vs Harrodian, 2.30pm, away
Fencing club, PPS Hall, 4.00-5.00pm
- Thursday 19th Jan:** Y7&8 basketball vs Fairley House, 2.00-3.00pm, away
Y7&8 Girls' Sports Hall Athletics Westminster Champs, 12.00-3.00pm, Moberly Centre
Weight training club, PPS changing rooms, 12.50-1.30pm
Dance club, Rm 11, 12.50-1.30pm
Basketball club, Church Street Leisure Centre, 4.00-5.15pm
- Friday 20th Jan:** Y9 Rugby vs Ibstock Place, 2.15pm, away
Y8 Girls' 7-a-side Football Mini-Tournament, 1.00-2.30pm, away

Enrichment—First Half of Spring Term 2023

Activity	Staff	Room
Advanced Maths	TTO	G21
Basketball (Junior)	SRI & MMC	Offsite. Meet PE changing rooms at 1.50pm
Boxing	JKU	Offsite. Meet PE changing rooms at 1.50pm
Charity & Community	ECO	Room 24 & offsite
Climbing	WBR & BSO	Offsite. Meet in Room 1 at 1.30pm
Cooking Club	KPA	Dining Hall & Kitchen
F45 Fitness	CBY & TLA	Offsite
Fencing	LVW & FSJ	PP Hall
Filming Techniques	SSA	G31
Horrible Histories	PLE & JWO	Room 22
Local Area Investigators	KOL	Room 10
Polyglot	PZA & DFL	Room 34
PPS Enterprise	MTH & RLE	G34
Prop Making	DWO, LDE & CHU	B1
Production—'Grease'	RAL, SHI, AJU & CBO	Drama Studio & Room 1
Touch Rugby (Senior)	LST	Offsite. Meet PE Changing Rooms at 1.50pm
Velo Park	TTC & HIS	Offsite. 12.50pm lunch leave from GPS
Winter Knitting	CFL & CBI	Room 36

Clubs for Spring Term 2023

Day	Time	Activity	Staff	Location	Year Groups
Mon	12:50-13:50	Table Tennis Club	JKU	PP Hall	All
Mon	12:50-13:30	KS4 Design Drop-In Clinic	DWO	B1	10 & 11
Mon	12:50-13:45	String Ensemble	R H'white	R1	All
Mon	13:15-13:45	Chemistry Revision Club	HSI	Lab 3	10 & 11
Mon	13:15-13:45	Year 9 Science Clinic	RLE	Lab 2	9
Mon	12:50-13:45	Chinese Club	TLA	G33	All
Mon	12:50-13:45	Rock Band	DMC	R2	All
Mon	13:15-13:45	UKMT Maths Challenge	AIS	34	All
Mon	13:15-13:40	Board Games	DFL & ECO	R11	6-9
Mon	15:45-17:00	KS4 Design Drop-In Clinic	DWO	B1	10 & 11
Tues	12:50-13:30	KS3 Design Club	DWO	B1	8 & 9
Tues	13:15-13:45	Year 9 Science Clinic	RLE	Lab 2	9
Tues	12:50-13:45	PPS Choir	SHI & CBO	R1	All
Tues	13:15-13:45	Physics Revision Club	WBR	Lab 3	10 & 11
Tues	13:15-13:45	English Language Surgery	JHU	R43	11
Tues	15:50-17:15	Football Club	tbc	Regents Park	All
Tues	16:00-17:00	KS4 GCSE Art Club	LDE	Art Studio 1	10 & 11
Tues	15:45-17:00	KS4 Design Drop-In Clinic	DWO	B1	10 & 11
Wed	12:50-13:30	KS4 Design Drop-In Clinic	DWO	B1	10 & 11
Wed	12:50-13:45	Music Theory Club	ZBO	R42	All
Wed	12:50-13:50	Russian Club	PZA	R24	All
Wed	12:50-13:45	Percussion Ensemble	J Morrison	R2	All
Wed	12:50-13:50	Running Club	LST	Regents Park	All
Wed	15:45-17:00	KS4 Design Drop-In Clinic	DWO	B1	10 & 11
Wed	16:00-17:00	Fencing Club	Fencing coach	PP Hall	All
Thurs	12:50-13:45	Woodwind Ensemble	J Slack	R1	All
Thurs	12:50-13:30	KS3 Drama Club	TNO	Drama Studio	6-9
Thurs	12:50-13:50	Dance Club	CBY	R11	All
Thurs	12:50-13:50	Beginner French / Spanish	FSY	G33	6 – 9
Thurs	12:50-13:30	Weight Training Club	SRI	Boys C/ Rooms	All

**** by invitation only for KS3, Art Scholarship holders must attend**

Clubs for Spring Term 2023

Day	Time	Activity	Staff	Location	Year Groups
Thurs	13:15-13:45	Biology Revision Club	RLE	Science Lab 2	10 & 11
Thurs	13:15-13:45	Coding Club	MMC	33	6-8
Thurs	13:15-13:45	Spanish GCSE Club	CFL	G33	10 & 11
Thurs	16:00-17:00	PPS Chamber Choir	CBO	R1	All by audition
Thurs	16:00-17:00	Art Club	TMO & LDE	Art 1 & 2	All **
Thurs	16:00-17:15	Basketball Club	SRI	Leisure Centre	All until 26/1
Fri	12:50-13:45	Brass Ensemble	W Brown	R2	All
Fri	12:50-13:50	Japanese	Yekta	R24	7 – 9
Fri	12:50-13:30	KS4 Design Drop-In Clinic	DWO	B1	10 & 11
Fri	13:15-13:45	Science Exam Skills	DBL	Science Lab 1	10 & 11
Fri	13:15-13:45	KS4 Maths Club	KPA	Science Lab 1	10 & 11
Fri	13:15-13:45	KS3 Maths Club	AZE	33	6 – 9
Fri	13:15-13:45	French Bilingual Club	TLA	B3	7 – 9
Fri	15:45-17:00	KS4 Design Drop-In Clinic	DWO	B1	10 & 11

** by invitation only for KS3, Art Scholarship holders must attend

Term Dates

Academic Year 2022/2023

Autumn Term 2022

Staff Inset (closed to students)	Wednesday 31 August – Thursday 1 September 2022
Induction (new students)	Friday 2 September 2022
Term Starts	Monday 5 September 2022
Half term	Monday 17 October – Friday 28 October 2022
End of term	Friday 16 December 2022
Christmas holiday	Monday 19 December 2022 – Friday 6 January 2023

Spring Term 2023

Staff Inset (closed to students)	Monday 9 January 2023
Term Starts	Tuesday 10 January 2023
Half term	Monday 13 February – Friday 17 February 2023
End of Term	Friday 31 March 2023
Easter holiday	Monday 3 April – Friday 21 April 2023

Summer Term 2023

Staff Inset (closed to students)	Tuesday 24 April 2023
Term Starts	Tuesday 25 April 2023
Bank Holiday	Monday 1 May (school closed)
Half term Holiday	Monday 29 May – Friday 2 June 2023
End of Term	Friday 7 July 2023



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