

ACS PARENTS NEWS

Monday 25 March - Friday 29 March - Issue #23



Photo: Mr Gerard McKenna BSc(Hons) NPQH

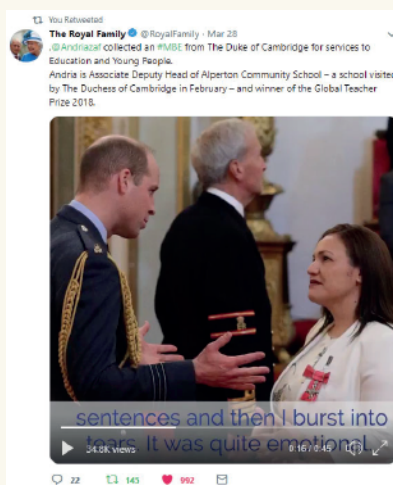
MESSAGE FROM THE HEADTEACHER

Dear Parents and Carers,

We are now approaching a crucial time of the year for students who will sit their terminal examinations in the summer. Students in Year 11 and Year 13 should be revising for at least four hours every evening. They should also be revising for at least six hours on Saturday and Sunday. It is important for students to break their revision into chunks and take frequent and regular breaks.

It is also very important that they get a good night's sleep – all the evidence suggests that retention of information is better if your brain is well rested. We all know how distracting mobile phones are – so please do not allow your child to have access to their phone in their bedroom at night. Of course, healthy food and exercise are also important ingredients for success!

Our art teacher Andria Zafirakou collects an MBE from The Duke of Cambridge



Our art and textiles teacher Andria Zafirakou collected an MBE from The Duke of Cambridge last week for her services to Education and Young People. Andria is our Associate Deputy Headteacher and is also the recipient of the Global Teacher Prize 2018.

Ms Zafirakou said it was a "wonderful surprise" to receive the honour and that she is delighted to see that the teaching profession is finally being recognised and celebrated. "I do not see this as an honour I have done all by myself. I see this as something I am receiving on behalf of my school community."

Alperton Sixth Form students win the Global Micro-Tyco competition

We are delighted to announce that Alperton Community School have won the 1st place in the Micro-Tyco 2019 challenge! A massive congratulations to all students who took part in the competition. This is an incredible achievement and the pupils should be really proud of the impact their funds will make. As with previous years, we look forward to invitations for our students to attend power hours delivered by CEOs of various companies in Deloitte offices in central London and we look forward to many of our students being offered work experience placements through the ASPIRE programme with Deloitte.

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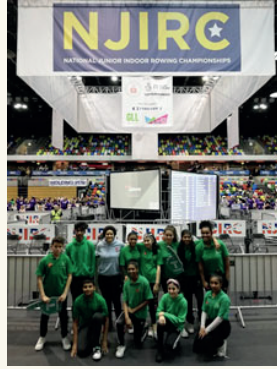
RESPECTFUL

The word 'respect' comes from two Latin words: 're' meaning 'back' and 'specere', meaning 'to look'. The meaning of our modern word has developed from an idea of looking back at, regarding, or considering someone or something. Today, the word means 'to value someone highly for what they say or do' or 'to treat people politely and thoughtfully, to show we value them.' At Alperton we always treat each other with respect and value the work done by every member of our community. One of the best ways to demonstrate this is through the little interactions as we go through our day: smiling and saying good morning, asking people how they are, saying please and thank you with a smile. These are all ways of showing that we value someone, and the work they do for us.

Alperton students take part in the National Junior Indoor Rowing Championship

On Friday 15th March, twelve students competed at the National Junior Indoor Rowing Championship at the Copper Box Arena. It was a big event with hundreds of students - some novice and some very experienced - competing from Y7-13. Our team came with personal targets - a set number of metres they wanted to row for

their year level time limit - and every student surpassed their target! A big thanks to Coach Lawrence and a big congratulations to the rowing team: Sajidah Afif, Aliyah Anderson, Mohamed Cherabi, Vandna Divecha, Alina Gabor, Mehul Mohan, Jay Patel, Sadaf Samadi, Priyanka Samji, Muzaina Shah, Hollie Walmsley and Kunjan Yogendrakumar.



Exciting weekend for our Duke of Edinburgh students training for their Bronze and Silver awards

On Saturday and Sunday the 16th and 17th of March, our Duke of Edinburgh Bronze (7) and Silver (16) students, along with two sixth form volunteers, braved the wind and rain of rural Buckinghamshire to hone their camp craft skills. The group took part in a walk to the campground, setting up tents, building shelters in the bush, making fires, roasting marshmallows, cooking over camp stove, rock climbing and much more! It was a fun weekend and everyone enjoyed the experience. Many thanks to all the volunteer staff involved, especially Ms Edwards the coordinator, and all the best to the students in their pursuit of their Bronze and Silver awards.



Are you worried about how your child is coping with preparations for their exams?

YoungMinds provides some excellent guides and information for parents and carers about how you can support your child.

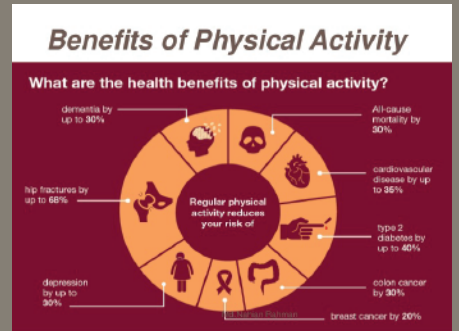
YOUNGMINDS
Supporting Your Child During Exam Time

If you're worried about how your child is coping with exams at school, here is our advice and information on where you can get help.

GETTING ACTIVE

Moving more and sitting less has many benefits, including reducing the risk of many diseases. Let's stay active ACS!

Have a look at the poster below to learn more about the benefits of being active!



Words of the Week

WORDS OF THE WEEK
 ACADEMIC WORD LIST

WEEK BEGINNING

01 April 2019

- consequence
- construct
- consume
- credit
- culture

Dates for your Diary

ALL	Tuesday 2 April - All students Celebration Assemblies
ALL	08 April - 22 April All students - Easter Holiday
12 13	Thursday 25 April - Year 12 & 13 Year 12 & 13 Parents Evening
7	Thursday 2 May - Year 7KLNQPR Year 7KLNQPR Parents Evening
7	Thursday 9 May - Year 7STVWXY Year 7STVWXY Parents Evening
8 9 10	Thursday 16 May - Year 8,9,10 Year 8, 9, 10 Steps to Success Evening