

*The Pegasus
Has Landed*



DUKE'S
ALDRIDGE ACADEMY

PEGASUS

Issue 10: Spring 2023

Inspire to Excel

THE NATURAL HISTORY
MUSEUM TRIP

On Monday 30th January The EAL HUB made the much-anticipated visit to the Natural History Museum in South Kensington. The students roamed the museum for several hours and particularly enjoyed seeing the insects exhibition; exploring the rich diversity of mammals in the Mammals Gallery and learning about the different time periods dinosaurs lived in, all before heading to the Picnic Area on the lower ground floor to eat their packed lunch. The Museum was a fun filled and inspirational day out for our young people.



YEAR 9 UPDATE

This term year 9 have had some fantastic opportunities from travelling to Paris in February, taking part in a number of workshops including Humanutopia, diving into House challenges and being part of programmes in school such as Skills for Success and Bright Futures. We have a new group of year 9's starting their Duke of Edinburgh journey and many individuals taking part in interventions in English, Maths and Science.

Thank you to anyone who is a year 9 tutor, teaches year 9 or has supported the year group this term. Your work and support is greatly appreciated. It's been a busy term so it's now time for a break. Rest up and we shall see you soon for the Summer term.

Year 9 Team



CONGRATULATIONS

to those who participated in our House Spring Basket competition.

The baskets have been judged and the results are as follows:
1st place - Tull House
2nd place - Byrne House
3rd place jointly - Wallis and Adkins

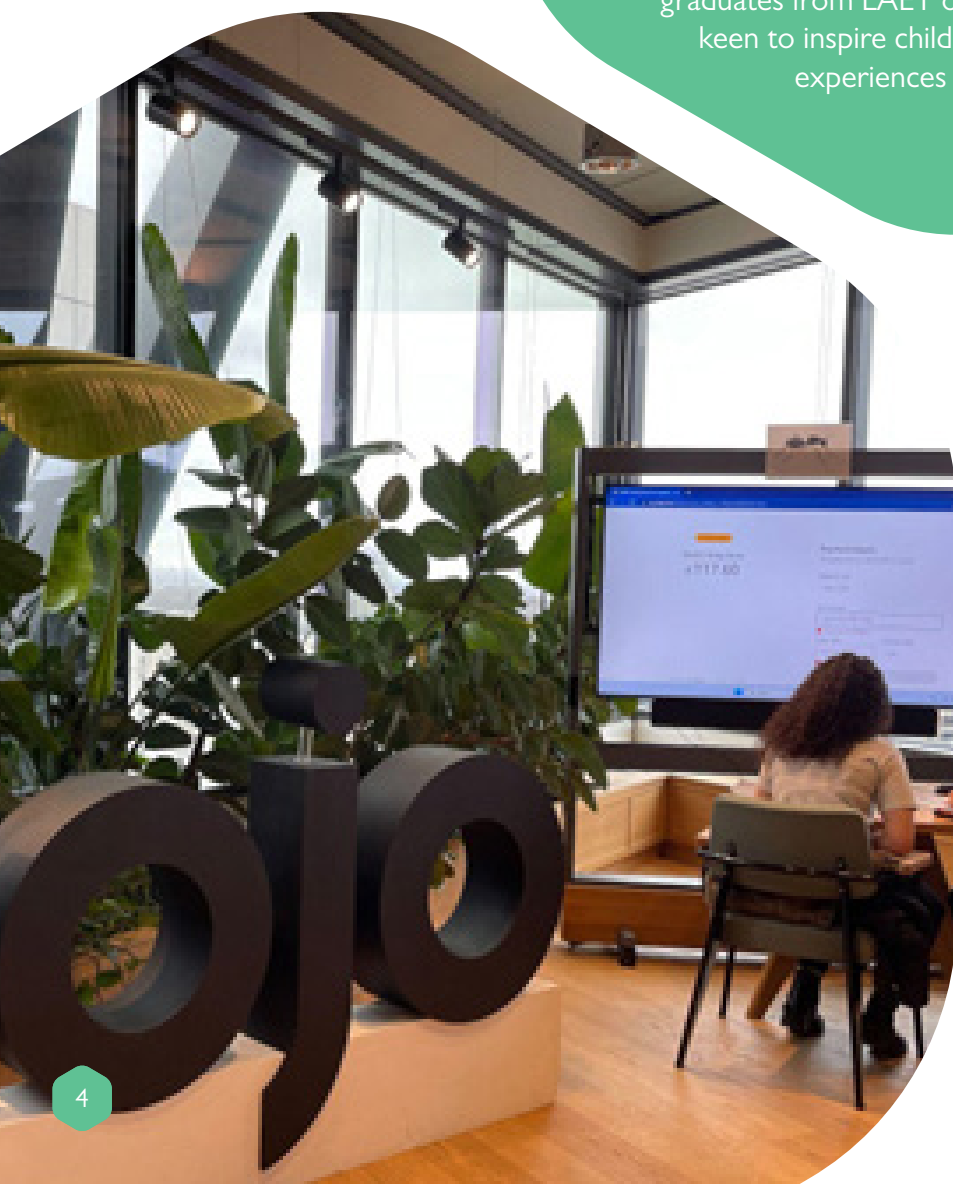
Chrysalis East is a donor-funded outreach project based at LAET, aiming to support pupils in Tottenham primary and secondary schools to choose ambitious future pathways and achieve the grades required.

Through our programme, pupils have a chance to deepen their knowledge of the curriculum and widen their horizons by learning beyond the syllabus, accessing early careers guidance and inspiring visits. We have dedicated Partnership Teachers in English, Maths, the Sciences and Primary who work with your children's teachers to create this bespoke offer. All of our programmes are supported by year 12 and 13 LAET students and Chrysalis East Teaching Fellows, recent graduates from LAET or local schools who are keen to inspire children with their recent experiences of university.



Here are just a few of the highlights from the last term:

- Students from Duke's, Gladesmore and LAET visited Fintech firm, Dojo, for a Women in Tech Workshop.
- Geographers from Duke's attended the Green Careers Conference at LAET, where they heard from a number of employers who work in sustainability; from investment firms, engineers, wildlife conservation, journalism and Greenpeace and law.
- Some Year 7 pupils have been attending Breakfast Reading Club looking at a number of different stories. The last session was held after school at LAET where pupils choose their favourite book
- 20 Year 11s have been attending maths booster classes to support them in achieving the best grades possible in their GCSEs.
- Selected Year 10s have been attending English classes to stretch their learning and bring a deeper appreciation of literary texts and greater confidence to discuss their thoughts.
- Year 10s from Duke's also came to LAET for a London-wide Maths Fest held by the Advanced Mathematics Support Programme (AMSP) where teams of students competed in high level mathematical tasks.
- And finally, Filip in year 11 has been rehearsing with students from LAET and Highgate on a play written last year by an LAET student for the National Theatre that will hopefully be performed at the Edinburgh Fringe Festival this summer.



TIKTOK TO INTRODUCE 60 MINUTE TIME LIMIT FOR TEENS

Within a few weeks, all accounts belonging to a user under the age of 18 will automatically be set a daily 60-minute screen time notification.

They will be notified of this in the app and be required to type in their password to make an active choice to continue using TikTok. Users will however be able to disable this limit if they want to, unless Family Pairing settings have been put in place to stop this happening.

WHAT IS TIKTOK?

TikTok is one of the most popular social media apps among young people – we're always hearing about it in the schools we visit.

It is a social media platform where users can create videos, sharing these either publicly or privately. On TikTok you can like, comment, store and share content that appears on your homepage or discover page.

There is an in app chat function and a "Live" feed where you can scroll through and comment on live content.

Head to the UK Safer Internet Centre to find out more information about TikTok and its online safety features.

“

This builds on a prompt we rolled out last year to encourage teens to enable screen time management; our tests found this approach helped increase the use of our screen time tools by 234%.

”

WHAT IS TIKTOK'S NEW ONLINE SAFETY UPDATE FOR YOUNG PEOPLE?

Last year, TikTok reinforced its digital wellbeing page to include screen time summaries and breaks.

They also started notifying users aged 13-17 when they spent 100 minutes on the app, and invited them to consider switching off once this limit had been reached.

Yesterday, TikTok announced that they would be changing this limit to 60 minutes, so that young people will be notified of their consumption of the app 40% sooner.

The setting is designed to allow young users to have more control of how much time they spend on the app.

It will build awareness around screen time management: TikTok say they will also be prompting young users to set a limit for themselves if they decide to opt out of the 60 minute limit but still spend more than 100 minutes using the app in a day.

In addition, all users under the age of 18 will be sent a message to their inbox weekly, detailing a roundup of their screen time.

RECOGNISING THE SIGNS

We know that a common concern of parents and carers is that they wonder whether their child may be spending too much time in front of their screens.

If you are worried about the amount of time your child spends on their devices there's lots you can do to help.

Have conversations and help your child to recognise how going online makes them feel and the importance of taking a break when they need to.

There are particular signs which can help your child to recognize if they have been spending too much time on their devices.

Some signs you may see include (but are not limited to):

- being distracted and struggling to focus
- feeling tired or sleepy
- feeling unusually emotional or upset

If your child uses TikTok, this new update could be a great starting point in having an open and honest conversation.

Another useful tip is to help remind them of the things they love to do offline; this will encourage a healthy mix of online and offline activities. For further advice around screen time and healthy balance for your family, you can head to our Help and Advice page.

WHAT IS TIKTOK'S NEW ONLINE SAFETY UPDATE FOR FAMILIES?

Last year, we wrote about how TikTok's Family Pairing was launched to help parents and carers support their child in browsing TikTok in a safer way.

Should you enable Family Pairing, your account will be linked to your child's and will provide more information about their time spent in the app.

TikTok have now updated the Family Pairing so that parents and carers can set a time limit which their child will not be able to override. Parents and carers can also use Family Pairing to disable notifications for their child.

If you are considering making a change to parental controls that will affect their privacy, try to explain your decision making and feelings to your child calmly so that they are more likely to listen and understand.

Copyright: Childnet

SCHOOL NEWS

STUDENT LEADERSHIP TEAM

Following an application process that began in October 2022 a group of 13 students has now formed our Duke's Student Leadership Team. The team meet weekly on a Thursday morning before registration and so far their work has included meeting with the school catering manager to look at menus, rearranging some of the furniture in the Purple Diner and voicing concerns to the principal and senior leadership team.

All members of the Student Leadership Team are proud to be a part of such an important group. They have also become part of a recruitment panel used to interview prospective members of staff at the Academy.

We will be looking to grow the Student Leadership Team in the coming months and very excited for new projects coming soon.

PEER MENTORSHIP SCHEME

Alongside our Student Leaders we also now have a committed group of Peer Mentors at Duke's. This group of students was trained in restorative approaches and peer mediation during the autumn term 2022.

The students in this group are used to mediate between students or groups of students who might be experiencing issues or conflicts.

The idea is that students in the team will help students themselves to come to harmonious solutions to issues or pressures they may be facing. All members of the Peer Mentor group are incredibly supportive and caring individuals. Well done to the Peer Mentor team for a great start to the scheme!

HARINGEY YOUTH SUMMIT - FEBRUARY 2023

A group of students from Duke's represented us at the Hope in Haringey Youth Summit in February 2023. The students involved in creating our 'Student Charter' presented their work to a packed auditorium at the Spurs stadium. They presented beautifully and were able to take questions from the audience on the work we have done at Duke's looking at our rights and responsibilities are young people.

Several groups of students attended the event including our Student Leadership Team, our Peer Mentors, The House Captains, Year Council and the Student Charter Group themselves. Overall it was a fantastic experience for all students who attended. You can see a brief round up of the conference by clicking on this link:

<https://www.youtube.com/watch?v=sp6shwbAWYM>

FIRST GIVE - CHARITY INITIATIVE

Since the Autumn Term 2022 students in Year 7 have been taking part in the 'First Give' Charity Initiative. Students in year 7 have been working in their tutor groups to research and learn about the charity sector.

Each tutor group had to come up with a London based charity that they could see themselves supporting and plan events or ideas that would raise money or awareness. The project ended in a 'Grand Final' which took place on the 24th March. All year 7 students watched each tutor group present their favoured charity to a panel of judges.

It was a closely fought contest but in the end 7R won with their presentation on 'Hope in Haringey'. This meant that the charity was awarded a £1000 prize!

A fantastic achievement for all involved.

DUKES VS. WOODSIDE CHESS TOURNAMENT

Chess.com had over 1 Billion games played in February alone, and Duke's is experiencing a similar chess boom! As a result, I organised our first inter-school tournament vs Woodside Academy.

The tournament was a round-robin format on a 5:2 timer with both schools fielding teams of 6 players, which I selected based on previous tournament results and membership on my Wall of Shame (achieved by beating me 3 times). Players were awarded 1 point for a win, 0.5 points for a draw and 0 for a loss. Jaydiene tirelessly kept score on the IWB whilst Ayomikun filled in as a referee.

Woodside had already participated in 3 tournaments and has some very highly rated players, and as a result took an early lead of 8 points to 2, with Yaromyr and others falling victim to first-game jitters. However, the next time I looked at the scoreboard we had caught up! Mert, Yaromyr and Abdul all won 4 out of 6 games and the final score ended up as 19 points for Woodside and 17 for Dukes: just 1 more win for us would have resulted in a draw.

Players conducted themselves with maturity and poise: it was great to see them shaking hands after each match, and even clapping Woodside at the end when I awarded their MVP, Salih, with a trophy to take home.





YOUR CHILD'S MENTAL HEALTH

Mental health includes our emotional, psychological, and social well-being.

It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life. When we talk about mental health problems, we mean conditions like:

- depression
- anxiety disorders
- post-traumatic stress
- obsessive-compulsive disorder

If you are concerned about your child's mental health talk to them.

Try not to jump to conclusions and pass judgment as this may bring an open conversation to an abrupt end. Keep the school in the loop if you think something is happening outside of school that is impacting their mental health. In addition to the school you can get in touch with a number of organisations to provide support to your child and family:

Rethink Mental Illness

www.rethink.org
Advice as well as services and support for people and their family and friends affected by mental illness.

Mind

www.mind.org.uk
information and support as well as helplines for people experiencing mental health problems and their friends and families.

Samaritans

www.samaritans.org
Round-the-clock confidential support to people going through a tough time.

SANE

www.sane.org.uk
Emotional support to people affected by mental health problems and their families and friends.

BULLYING

Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online.

If you are worried about bullying whether your child is a victim or perpetrator speak to a member of staff.

In addition to this there are a number of organisations which can provide advice and support:

- Family Lives www.familylives.org.uk (previously Parentline Plus) 0808 800 2222 - gives support and advice for parents on any aspect of parenting and family life, including bullying.
- The Child Exploitation and Online Protection Centre (CEOP) www.ceop.police.uk Provides help and advice on cyberbullying, the Centre maintains a website called Think U Know for children and young people, and parents and carers about staying safe online.
- NSPCC www.nspcc.org.uk have a free online safety helpline for parents and carers - 0808 800 5000
- PACE (Parents Against Child Exploitation) have a parent helpline that can provide advice about online safety <https://paceuk.info/for-parents/telephone-support/>

Physical – pushing, poking, kicking, hitting, biting, pinching etc.

Verbal - name calling, sarcasm, spreading rumours, threats, teasing, belittling.

Emotional – isolating others, tormenting, hiding books, threatening gestures, ridicule, humiliation, intimidating, excluding, manipulation and coercion.

Sexual – unwanted physical contact, inappropriate touching, abusive comments, homophobic abuse, exposure to inappropriate films etc.

Online /cyber – posting on social media, sharing photos, sending nasty text messages, social exclusion

Indirect - Can include the exploitation of individuals.

STOP BULLYING
STAND UP. SPEAK OUT.

MYTH: Vaping is easier on the body than cigarettes.

Not true. Nicotine has been proven to harm the developing adolescent brain, particularly the parts that control attention, learning, mood, and impulse control. Vaping can weaken the immune system and damage blood vessels.

And, vaping can damage the lungs and increase the risk of lung infections.

MYTH: Vaping helps people deal with stress and anxiety.

Taking a hit on your vape seems to clear your head and give you a temporary burst of energy, but again, that's just the nicotine talking. Nicotine can actually make your anxiety symptoms worse.

MYTH: Vaping isn't as addictive as smoking.

Cigarettes and e-cigarettes both contain nicotine, which has been proven to be an extremely addictive substance.

Nicotine triggers the release of dopamine, the feel-good transmitter that taps into the brain's reward and motivation center.

And the tricky thing is, the more nicotine you use, the more you need to feel good.

MYTH: Vaping is cool and makes you more attractive to others.

Actually, vaping can dull your youthful good looks.

Nicotine can age skin prematurely and vaping sweet flavours can increase bacteria on your teeth by 4 times, which could lead to bad breath, gum disease, and potentially oral cancer.

VAPING

'Vaping' is the term used for inhaling vapour through an E-Cigarette or other electronic vaping devices. The device operates by heating a pod of liquid that turns into vapour. This liquid usually comes in different flavours. In the UK, you must be 18 years old to legally buy vape products.

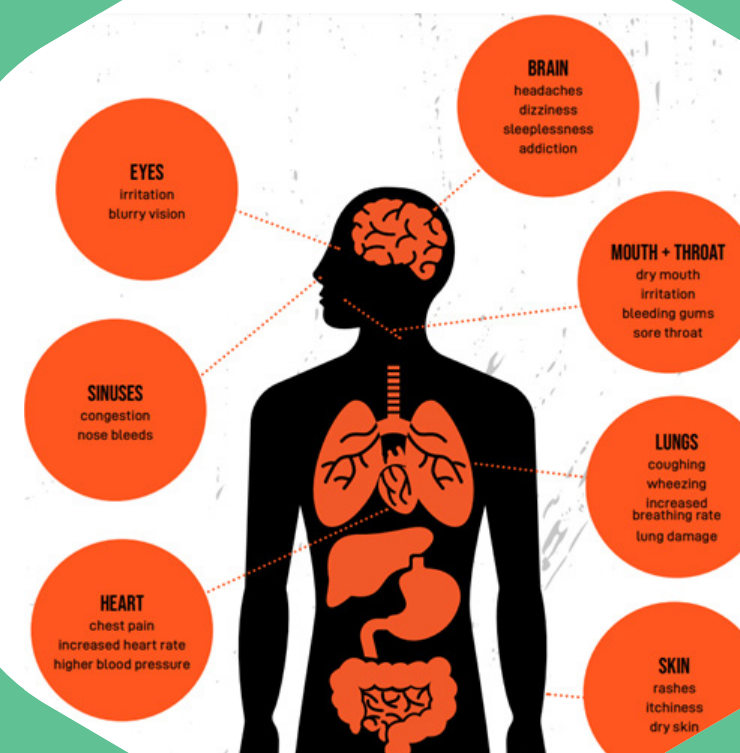
It is a huge misconception, to think vaping is healthier than smoking cigarettes – this is not true as most vape products contain nicotine which is a highly addictive substance.

It is beneficial for vaping companies to use addictive substances as it helps them to increase their sales and profits.

Some people argue that there are vape products available with no nicotine content, this is true, however, these are also unsafe. These products still have chemicals in them which can irritate the lungs e.g. diethylene which is a chemical that is used in anti-freeze!

Vaping is becoming increasingly popular among teenagers, and it's hardly surprising with the glamorous advertisements and social media posts that show young people positively promoting these products.

A challenge for young people is that vaping has become a craze, and there may be some peer pressure to 'fit in'. It is important that you are around friends that you feel comfortable saying 'no' to, or if you are feeling uncomfortable that you are able to leave the situation and speak with a trusted adult.



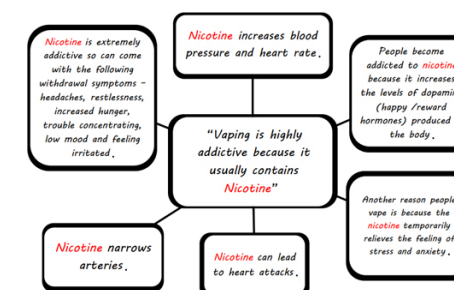
NEW NATIONAL VAPING GUIDANCE FOR SCHOOLS RELEASED BY ACTION ON SMOKING AND HEALTH

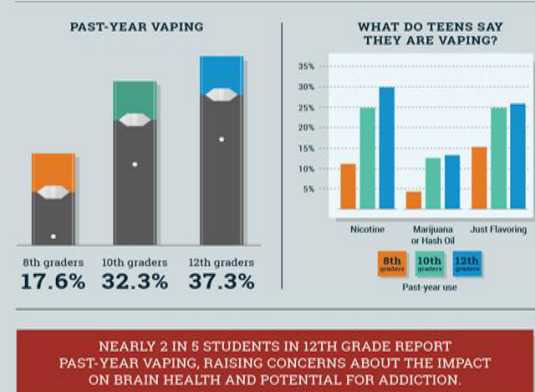
In response to requests for help, Action on Smoking and Health (ASH) has released new national guidance for schools, to support staff in developing their policies around vaping, which is available online.

The guidance has been developed with advice from teachers with expertise in safeguarding and health education, and is designed to support the implementation of evidence-based school policies.

The new guidance contains valuable information to support schools as they navigate changing attitudes and behaviours. The headline message is that vaping is not for children and that while it can help people quit smoking, if you don't smoke don't vape. However, the guidance also points out that most children who try vaping, have also tried smoking, and vaping is far less harmful than smoking. As well as curriculum headlines, the briefing includes facts on smoking and vaping, questions to inform wider school policies and ethos, and links to helpful resources. The guidance sits alongside a more extensive ASH youth vaping briefing for local authorities, schools and parents which is also available online: For more information see:

www.ash.org.uk/about-ash.





UK HEALTH EXPERT RAISES ALARM AT VAPING ‘EPIDEMIC’ AMONG TEENAGERS

One of the UK’s leading respiratory doctors has raised the alarm about the exploding popularity of vaping among teenagers, saying that without urgent regulation a generation could end up with long-term addictions and lung damage.

Dr Mike McKean, vice-president of policy for the Royal College of Paediatricians and Child Health, said vaping was becoming an “epidemic” among teenagers even though it is illegal before the age of 18. If its rapid growth maintains the same trajectory, almost all children will vape within five years, he said.

He estimated that prevalence could now be as high as 15%, after NHS figures for 2021 showed that 9% of 11- to 15-year-old children used e-cigarettes, up from 6% in 2018, and a figure which rises to 18% for 15-year-olds. Meanwhile, 2022 figures for Scotland showed levels at 10% for 15- to 16-year-olds.

TEEN VAPING ON THE RISE

Recently, the rise of teen vaping has been highlighted. Headteachers report that children as young as ten have acquired illegal and unregulated vaping products, despite UK laws to prevent those under 18 from buying such products.

Medical professionals and campaigners are worried about the lack of research regarding the effects of vaping on the long-term health of children and young people and are calling for tighter rules regarding the packaging and advertising of vapes.

Teaching staff have also raised concerns about the symptoms of addiction displayed by students in the classroom and during break times, and the potential impact it may have on their learning.


















HOW TO QUIT VAPING














Talk to your doctor or another health care professional about how to quit vaping. Get free, personalized support from an expert. Call 1-800-QUIT-NOW or 1-877-44U-QUIT to talk with a tobacco cessation counsellor. You can also chat online using the National Cancer Institute’s LiveHelp service.












SIGNS THAT YOUR TEEN IS VAPING

- Unusual items in their things
- Sweet smells
- Changes in taste or more thirsty
- Shortness of breath
- Nosebleeds
- Changes in their behaviour

SCHOOL NEWS

WEEK TWO		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
MAIN #1		Beef Burger with Paprika Wedges, Mixed Salad & Coleslaw		 Chicken Korma with Rice, Broccoli & Naan Bread 		 Roast Chicken, Roast Potatoes, Carrots, Cabbage & Gravy		 Chilli Con Carne with Rice Sweetcorn and Nachos		 NEW Fish & Chips with Garden Peas			
			Spicy Bean Burger with Paprika Wedges, Mixed Salad & Coleslaw		 Lentil Dahl with Rice, Broccoli & Naan		 Vegetable Parcel with Roasted Vegetables		 Mexican Vegetables Rice Sweetcorn and Nachos 		 Veggie Roll with Chips with Chips & Garden Peas		
HANDHELD			Cheese Paninis		Chicken Wrap		Sausage Roll		Bagel Pizza		Chicken Wings & Wedges		
		BOWLED OVER		Pasta Kitchen		Noodle Street		Rice Bowl		Pasta Kitchen		Egg Fried Rice	
MODERN BAKERY				Chocolate Orange Cake 		Pineapple Upside Down Cake		Orange and Lemon Sponge 		NEW Apple Pie with Cream		Chocolate Brownie	
		SUPER SPUDS		SOUP STATION		MENU KEY		ALLERGIES					
DON'T FORGET ABOUT OUR BAKED POTATOES WITH A VARIETY OF TOPPINGS FOR YOU TO CHOOSE FROM!		COME AND TRY OUR HOME-MADE SOUPS, AVAILABLE DAILY!		 - IM VEGAN!  - ADDED PLANT POWER		PLEASE SPEAK TO A MEMBER OF STAFF IF YOU HAVE AN ALLERGY AND NEED TO KNOW WHAT'S INSIDE OUR FOOD DISHES. THEY WILL ADVISE YOU OF YOUR AVAILABLE CHOICES.							
													

WEEK THREE		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MAIN #1		 Crunchy Crouton Mac & Cheese with Sweetcorn & Mixed Salad		 Peri-Peri Chicken with Spicy Rice & Coleslaw		 Sausage with Mash Potato, Seasonal Vegetables & Onion Gravy		 Tandoori Chicken Stuffed Naan with Bombay Potatoes & Green Beans		 Fish, Chips & Garden Peas or Baked Beans	
MAIN #2		 Boston Bean Mac & Cheese with Sweetcorn & Mixed Salad		 BBQ Quorn with Spicy Rice & Coleslaw		 NEW Vegan Sausage with Mash Potato, Seasonal Vegetable & Onion Gravy		 Sweet Potato, Chickpea & Spinach Curry with Rice & Green Beans		 Vegetarian Sausage with Chips & Garden Peas or Baked Beans	
HANDHELD		Cheese Toasties		Selection of Paninis		Jamaican Patties		Chicken Wrap		Chicken Wings & Wedges	
BOWLED OVER		Pasta Kitchen		Sweet Chilli Noodles		Pasta Kitchen		Noodle Street		Egg Fried Rice	
MODERN BAKERY		NEW Cornflake Tart		Fruit Sponge		Apple Crumble with Custard		Bread Pudding with Custard		Banana Loaf	
SUPER SPUDS		DON'T FORGET ABOUT OUR BAKED POTATOES WITH A VARIETY OF TOPPINGS FOR YOU TO CHOOSE FROM!									
SOUP STATION		COME AND TRY OUR HOME-MADE SOUPS, AVAILABLE DAILY!									
MENU KEY		 - IM VEGAN!  - ADDED PLANT POWER									
ALLERGIES		PLEASE SPEAK TO A MEMBER OF STAFF IF YOU HAVE AN ALLERGY AND NEED TO KNOW WHAT'S INSIDE OUR FOOD DISHES. THEY WILL ADVISE YOU OF YOUR AVAILABLE CHOICES.									
 caterlink feeding the imagination											

WEEK ONE		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MAIN #1		BBQ Chicken with Wedges, Mixed Salad & Coleslaw		Meatballs in Tomato Sauce with Spaghetti, Green Beans & Sweetcorn		 Roast Chicken with Roast Potato, Broccoli, Carrots & Gravy		Beef Lasagne with Garlic Bread and Salad		 Fish & Chips & Garden Peas or Baked Beans	
		Vegan Burger with Wedges, Mixed Salad & Coleslaw		Vegan Meatballs in Tomato Sauce with Spaghetti, Green Beans & Sweetcorn 		 Ratatouille with Roast Potato, Broccoli, Carrots & Gravy		Vegetable Lasagne with Garlic Bread and Salad		Mexican Vegetable Parcel with Chips, Garden Peas or Baked Beans 	
HANDHELD		Jamaican Patties		Chicken Wrap		Sausage Roll		Cheese Panini		Chicken Wings and Wedges	
		Rice Bowl		Vegetarian Noodle Street		Pasta Kitchen		Sweet Chilli Noodles		Egg Fried Rice	
BOWLED OVER		Marble Sponge		Coconut and Cherry Cake with Custard		Summer Fruit Crumble 		Carrot Cake		Lemon Sponge 	
MODERN BAKERY											
SUPER SPUDS		SOUP STATION		MENU KEY		ALLERGIES					
DON'T FORGET ABOUT OUR BAKED POTATOES WITH A VARIETY OF TOPPINGS FOR YOU TO CHOOSE FROM!		COME AND TRY OUR HOME-MADE SOUPS, AVAILABLE DAILY!		 - IM VEGAN!  - ADDED PLANT POWER		PLEASE SPEAK TO A MEMBER OF STAFF IF YOU HAVE AN ALLERGY AND NEED TO KNOW WHAT'S INSIDE OUR FOOD DISHES. THEY WILL ADVISE YOU OF YOUR AVAILABLE CHOICES.					
											

ENGLISH FACULTY

ACCELERATED READER

Lots of sweet treat rewards, signed books and meet and greets with Chris Bradford awarded this term.

As a group year 7 and 8s have taken almost 5,000 quizzes and read 4.7 million words. We now have 4 word millionaires – still a long way behind our pre covid alumni but we're heading in the right direction. Don't forget students can take a quiz at home until 5.30 Monday to Friday.

“

I really like Accelerated Reader. I like getting the points and it really makes me feel like I'm achieving something – and I like winning!

”

Ella in 7J



THE LIBRARY OPENING

Ms Kinlead joined the school as Librarian in January 2023 and has introduced some changes. The library has had a small revamp, introducing lots of newly released fiction and a graphic novel section which is very popular with students. The library has on display a wide range of books available to borrow. Students have been really excited and are reading for pleasure. The new books include a range which reflect the experiences and backgrounds of the students which they find relatable and interesting.

The student librarian recruitment campaign has been very successful and the library has recruited 16 committed student librarians so far. They have been helping out in the library during break and lunchtime, they enjoy working with the library team and learning lots of new skills.

Students have been recommending their favourite books to each other and the library has promoted these recommendations including a 'Book of the Week'. The addition of new board games, puzzles, chess sets and scrabble have been very popular and are used by students every day!

Ms Kinlead is planning to start a book club open to all year groups very soon.

ENGLISH FACULTY



BOOK WEEK 2023 AT DUKE'S

We had an amazing Book Week lead by the library team this year. Lots of events were hands on: creating reading journals, book marks, book folding and origami. On Wednesday we had a visit from well-known author, Chris Bradford. Year 7s were fortunate to see The Bodyguard Show and learn a few tips for providing security! In the afternoon Chris presented The Young Samurai show to the year 8s who had the opportunity to see his precious samurai sword and listen to his inspirational talk on this series. The event was so popular that all of his books are now out on loan from the library! Chris also signed and presented books to year 7 and 8 Accelerated Reader winners. We also had a £1 book sale of brand new books. Prizes were awarded across all year groups. It was fantastic to see the library so busy before, during and after school. Overall it was a really successful week and we look forward to next year when we include the character dress up day.

I really enjoyed being part of the book group

Ella in 7J

Well done to the year 7 Bibliobuzz book club. On Friday 24th March they attended the awards ceremony at Alexandra Palace with our librarian, Ms Kinkead. Students had the opportunity to read all six books and vote for their favourite book. It was a fun day for all. Students attended an author workshop, beatbox sessions, photobooth dressing up and book mark making.



Year 8 Visit to Shakespeare's Globe

Twenty-five year 8 students had a fantastic visit to the Globe Theatre on the Southbank. They were just about to sit their assessment on The Tempest so this was a fantastic opportunity to see a live production.

Originally, we were disappointed to be allocated "groundling tickets". This is an up close and personal way to interact with the characters and usually great fun. However, the thought of standing for the whole production on a wet and windy March afternoon was not a pleasant one. Luckily, we managed to get seats in The Gentleman's boxes. Ishaq actually sat where Queen Elizabeth II sat when the Globe first opened! Teja in 8H said the trip was "excellent and good fun".

The production was well staged with an exciting set and we even managed to meet Alonso on the way to the toilet. None of the students had ever been to the Globe and several students had never been to that part of London so the trip was worth the long journey on the 149. Many thanks to Mrs Shevkat and Mr Carrington for giving up their time after school.



BOOK WEEK 2023

COMPETITIONS

Get involved!

UGLIES

ALL EVENTS IN THE LIBRARY

Mon 27th Feb - Fri 3rd March

PRIZES!

ALL week Book reviews.

Write a letter to your favourite author. Book Quiz (PRIZES GIVEN)

Monday Book Quiz, Origami bookmark making—after school

Tuesday £1 Book Sale over both lunchtimes and after school

Design a reading journal—after school session

Wednesday Author Chris Bradford.

(Y7 & Y8) Signed Book sale and lunch in the library for AR winners

Bookmark design competition closes.

Thursday School Closed

Friday Book sale in the library lunchtime and after school, book folding workshop after school session.

Bookmark design competition winners announced.

PARIS TRIP-THE MAGIC POWER OF TRIPS

And finally, after two years from my last article about the Magic Power of Trips, our first post pandemic, post-Brexit trip abroad successfully took place last February. It was long due and owed to our students who, after two years of pandemic, were longing for getting out and visiting a foreign country they had never been to. Therefore, 35 students (year 9, 10 and 11) had the great opportunity to spend 4 days in France (17th- 20th of February).

Our accommodation out of Paris, Château de Grande Romaine, proved to be an idyllic place to stay, in the middle of the French countryside, away from the hustle and bustle of big cities such as Paris and London.

The students made us proud on numerous occasions, especially when they started playing football with students of other schools on the accommodation premises, when all Dukes' students played hide and seek and 'guess the murderer game' together.

Students were open and curious when exposed to all the beautiful artefacts at the Louvre and showed sense of responsibility during our time in France.

Once back, some yr9 students asked me **'Where next, Miss?'**.

It took us only a couple of weeks to find inspiration for another foreign trip (as if all the post-Brexit administration work for the Paris Trip had not been enough!).

This time for 53 students in year 7 and 8 who, in July this year, will have the opportunity to experience French culture in one day, in Boulogne-Sur-Mer on the Northern coast of France. They will be visiting a French market and will buy food in French to then visit a chocolate factory as well as a snails' farm.



EXPRESSIVE ARTS & TECHNOLOGY FACULTY

JUNIOR SIGNATURE ART PRIZE 2023

Also in March we were lucky enough to receive a performance by 'Voices of the Holocaust' Theatre Company of their play 'Kindness: A legacy of the Holocaust'. The play was written by Cate Hollis and Mark Wheeler and used actual words from a Holocaust survivor; Susan Pollack MBE. The play was performed to the whole of year 10 and all students got to experience the power and importance of this emotional production.



CHICKENSHEDED THEATRE COMPANY

As with previous years we're delighted to continue our partnership with Chickensheded Theatre Company. A number of different drama classes have been working with students and workshop leaders from Chickensheded during the Autumn term. We're very much looking forward to seeing what they can continue to create in the future. Many thanks to chickensheded for all the work you do with us!



HAMILTON THEATRE TRIP

In February 2023 a group of year 10 drama students attended the Education Matinee performance of 'Hamilton'. What a fantastic experience. Not only did the students get to watch an absolutely excellent piece of theatre they were also treated to a demonstration of some of the backstage and technical aspects of the show. All students who attended the trip agreed that it was a fantastic performance.



EXPRESSIVE ARTS & TECHNOLOGY FACULTY

Haringey Young Musicians Tottenham is open to all! If you would like to participate in the programme, please sign up using the QR code below.



**HARINGEY YOUNG MUSICIANS
TOTTENHAM**



**SCAN HERE
TO SIGN UP**

or contact HMS@Haringey.gov.uk





HARINGEY YOUNG MUSICIANS CONCERT - DUKE'S ALDRIDGE ACADEMY

What a performance! The Music Department congratulates all Duke's Academy students involved in the end of term Haringey Young Musicians concert. It was a truly thrilling spectacle with high calibre performances throughout. The partnership between the Music Department and the borough continues to go from strength to strength with now over 50 Duke's students participating on a weekly basis. To date, students have performed in a variety of prestigious London venues including the Royal Albert Hall and King's Place.

“When I first got on stage it was scary but when I started performing I really enjoyed it. Haringey Young Musicians really helps me develop my knowledge of music because I have learnt lots of new chords and songs to play

”
Bailey Brooks 10V

“The concert was nice and it was good to see people smiling in the audience and happy with the songs we chose. Since joining, I have made new friends and they helped me to improve on the violin. I'm looking forward to doing more concerts and earning more music badges.

”
Meryemana Yalcinkaya 7T

MATHEMATICS, BUSINESS & ICT FACULTY

PI DAY 2023

At Duke's Academy on the 14th March all students celebrated the important and mysterious number pi in Maths' lessons. Activities included making colourful pi chains where each coloured chain link represents a decimal place or a digit, completing a pi word challenge or a pizzle (a pi puzzle) as well as learning how to calculate the area and circumference of circular shapes. Students watched videos on the history and meaning of pi. The trivia activity was punctuated with applause and shouts of victory along the Maths corridor. At lunch time students took up the challenge of reciting the digits of pi. It was an outstanding effort on all students who participated. The overall winner was Arjol Kociu who memorised an incredible 170 digits of Pi. Sirine Nedjaa (150 digits) came in second place and Ademide Adeyemi in third place. Congratulations to all who participated in the competition. Everyone received a Kipling's pie, a Pi Day postcard as well as a reward pencil.



“
My favourite
part was
winning a
Mr Kipling's
pie
”

“
I had so
much fun
while learning
about Pi
”

“
I've learnt that pi
is the relationship
between the
circumference and the
diameter of a circle
”

“
The problems
were difficult
however not
all of them
”

“
There was a
fairly good amount
of teamwork
”
Daniel Fulga.

UNITED KINGDOM MATHEMATICS TRUST

Well done to years 9&10 students on another successful year of UKMT results. 1 Gold, 5 Silvers and 11 Bronze certificates were achieved by our students in the February 2023 challenge.

The UK Mathematics Trust is a well-established maths challenge aiming to advance the education of young people in mathematics. It encourages mathematical reasoning, precision of thought and fluency in using basic mathematical techniques to solve interesting problems. Our top achieving years 7&8 students took part in the 2022 Junior Mathematical Challenge. I am delighted to say that twenty-one students achieved one of three certificates (Gold, Silver, Bronze).



YEAR 10 MATHS FEST 2023

The Advanced Mathematics Support Programme's annual year 10 maths fest took place on 30/03/2023 at The London Academy of Excellence, Tottenham.

The Duke's year 10 Maths team enjoyed the challenges which combines mathematical, communication and teamwork skills. Working individually, in pairs and as a group, they put their logic and algebra skills to the ultimate test against other schools.

PHYSICAL EDUCATION DEPARTMENT

SPORTS!

The spring term is always a whirlwind in the PE department with Athletics events and approaching exams.

Duke's Academy took a small but talented group of pupils to the Annual Lee Valley Indoor Athletics competition at the beginning of the term to compete against the best athletes in Haringey and were not let down with performances.

There were outstanding wins for Joel Maize in Year 10 in the blue ribboned 60m sprint and Kamarion Gordon in Year 8 continued his dominance in the borough comfortably winning the 200m. Kamarion represented the county after his fine performances in Year 7 and will be expecting to do the same once this summer's athletics starts.

There were also top 3 finishes for Year 10 students: Keyanna Innis and Jennifer Birabil in the 60m and 200m and Zeeshan Khan in Year 9. Our Year 8 boys also ran up a year group to come second in the 200m relay supported by Zeeshan.

Our Year 10 and 11 Pupils also competed in the Haringey Borough Badminton tournament with 8 other schools in the local area. The girls finished a very respectable 3rd and the boys narrowly missed out on a top 3 finish in a very competitive boys section.

In Football there was a comfortable win for our very talented Year 7 football team against Park View and a combined Year 9 and 10 Girls football team came 3rd in an event arranged by Tottenham Hotspur at New River Sport Centre.

It is at this time of Year that the focus in the PE department shifts towards the looming Year 11 exams and we welcome a moderator for our GCSE PE pupils when we return after Easter before Exams and coursework deadlines begin in May. On the whole the Year 11s have shown a fantastic attitude to their work and continue to chip away at their coursework to complete it to a high standard and we wish them all the best for the next couple of months.

Mr T Green

ASK OUR STAFF

Name: Emine Arzu Shevket



One interesting fact about yourself:

1-I lived in Cyprus for a few years and during that time, at the age of 56 (I was by far the oldest in the class), I studied for a degree in Graphic Design which I achieved with Honours. This demonstrates my philosophy in life that a person can achieve anything at any age!

What do you like about Duke's?

2-Duke's is a very friendly, supportive, and inclusive school. I find the environment conducive to the children's happiness which is the strongest factor in their achievement. I see our school as a flower garden, and I am proud to be among those who are preparing these colourful flowers to bloom.

What would you like to achieve in a year's time?

3-I hope to use my knowledge and skills in art and be able to pass these onto the children so in some way I can make a small contribution to their success.

ASK OUR STAFF

Name: Mr J Rothwell

One interesting fact about yourself:

Outside of school I run a record label that reissues electronic music from the 90's and 2000's.

What do you like about Duke's?

The library - what an amazing space!

What would you like to achieve in a year's time?

I would like to have students teaching other students at DJ Club (Week 2 Tuesday after school!)

SCIENCE FACULTY

“
Connections
are very
important
”

Yigit Akan 7T

“
It's amazing how
everything is
connected somehow!
”

Ana Rocha 7T

SCIENCE WEEK 2023

The theme this year was 'Connections'.

Nearly all innovations in STEM are built on connections between people. But, as well as exploring the importance and joy in connections between people, we discovered the different ways connections appear across all areas of science.

In Science at Dukes, we had tutor activities that included discussions about how ecosystems connect with each other there was a poster competition. We submitted 4 posters to British Science week.

We had assemblies for each year group which explored connections and how much we could relate to it on a daily basis.

We also had a lesson dedicated to Science week which investigated the connection between exercise and what effect that had on our heart rate.

WELL DONE
TO ALL THE
BUDDING
SCIENTISTS
FOR YOUR
ENTHUSIASM
PARTICIPATION!

“
Science Club
helps us
understand
complicated ideas
”
Joao, 7T

“
I enjoyed the
practical and
analysing graphs
”
Ana, 7T

LAET SCIENCE CLUBS & INTERVENTION

A group of Year 7 and 9 students have had the privilege of taking part in a Science Club hosted by the staff from LAET. During Tuesday, Thursday and Friday Lunchtimes students have been participating in Practical sessions which have stretched their practical and data handling skills, as well as fuelling their curiosity in Science.

Year 7 have been researching the following Practical areas of Physics: Hooke's Law, Resistance in a wire and the Refractive Index of Lenses. The students have found the sessions engaging and fun and look forward to exploring Chemistry practical in the near future.

Years 9 and 10 have been making use of the specialist teaching to reinforce their understanding of Graph skills and mastering content ahead of commencing the GCSE specification. The students have shown appreciation of this support and will continue during the summer term.

“
Fun,
entertaining!
”
Dragos, 7K

SCHOOL TERM AND HOLIDAY DATES
FOR ACADEMIC YEAR 2023 - 2024

Autumn Term 2023		
	Starts	Ends
First Half	Monday 4 September 2023	Friday 20 October 2023
Half Term	Monday 23 October 2023	Friday 27 October 2023
Second Half	Monday 30 October 2023	Thursday 21 December 2023
Spring Term 2024		
	Starts	Ends
First Half	Monday 8 January 2024	Friday 9 February 2024
Half Term	Monday 12 February 2024	Friday 16 February 2024
Second Half	Monday 19 February 2024	Thursday 28 March 2024
Summer Term 2024		
	Starts	Ends
First Half	Monday 15 April 2024	Friday 24 May 2024
Half Term	Monday 27 May 2024	Friday 31 May 2024
Second Half	Monday 3 June 2024	Wednesday 24 July 2024

PUBLIC HOLIDAYS

Christmas Day	Monday 25 December 2023
Boxing Day	Tuesday 26 December 2023
New Year's Day	Monday 1 January 2024
Good Friday	Friday 29 March 2024
Easter Monday	Monday 1 April 2024
May Day Bank Holiday	Monday 6 May 2024
Spring Bank Holiday	Monday 27 May 2024
August Bank Holiday	Monday 26 August 2024

THE DUKE'S WAY:
INSIGHT INTO LIFE AT DUKE'S

LOOK OUT FOR OUR **PROMOTIONAL
DOCUMENTARY** VIA OUR WEBSITE



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