

Celebrating Our School Community

We were absolutely delighted to welcome so many visitors to our Open Evening on Tuesday. It was the busiest Open Evening we have had for many years, and the feedback from families was amazingly positive. Visitors spoke warmly about our new building, our curriculum and, most importantly, our students. A huge thank you goes to all of the staff and students who supported the evening. Our student helpers clearly enjoyed themselves and represented both you, their families, and our school fantastically. We were very proud of them. If you know families with children in Year 6 who were not able to attend, please let them know that we are offering open morning tours over the next two weeks. Families can book by telephoning the school office or through our website, and we would be delighted to show them around.

October also marks the beginning of Black History Month. This year's theme is "Honouring Our Communities", which invites us to recognise the people, stories and contributions that shape and strengthen Black communities across Britain. This is an important opportunity for students to learn, reflect and celebrate. Over the course of this month, we will share more with you about the activities taking place in school as part of our Black History Month programme.

Finally, we would like to remind all families to check whether you may now be entitled to claim free school meals for your child. The eligibility rules have changed, so families in receipt of Universal Credit may now be able to apply. If this applies to you and you have not yet made a claim, please contact our school office team, who will be happy to support you with the process.

Thank you, as always, for your continued support. It has been a very positive week for our school, and we are grateful to everyone who helped us show Islip Manor High School at its best.

Ms Marion Budd
Headteacher



DATES FOR YOUR DIARIES

Monday 5th October - Friday 16th October

Tuesday 6th October

Wednesday 7th October

Friday 9th October

Friday 9th October

Monday 12th October - Friday 16th October

Monday 12th October - Wednesday 14th October

Friday 16th October

Open Morning Tours for Year 6 Families (9.15am)

A Level Physics UK AEA Centre for Fusion Energy Trip

Year 9 Inspire Trip to Natural History Museum & Lyceum Theatre

Year 9 Rescheduled End of Year Event (Walking Tour)

Somali Achievement Awards 2026

Jamie's Farm Residential Trip

Year 11 Period 6

Wear Red to Show Racism The Red Card

Ready to Learn: Our Line-Up and Transition Routines

We are teaching students consistent routines for lining up and moving to lessons. Why? Hundreds of children move around the school at the same time. Calm, orderly transitions help them move safely, avoid crowded corridors and arrive ready to learn.

What happens at line-up? In the morning, before Period 3 and before Period 5, students always join their form group first. Years 7–10 line up on the Astro, while Year 11 lines up under the central playground canopy. Students stand alphabetically in single file and stop talking when the whistle blows.

How do they get to lessons? When a class is called, its students step out of their form group and form a new line with their teacher. They follow their teacher along the designated route, walking one behind another. Inside the building, they keep left on staircases, leave corridors clear and, when waiting for a classroom, line up along the wall.

Please discuss these routines with your child and encourage them to follow staff instructions during transitions. Thank you for your support.

Student training slides: [IMHS student line-up & transition training](#)



Year 10 Explore London's Iconic Landmarks

Our Year 9 students enjoyed a fantastic walking tour of London, visiting some of the capital's most iconic landmarks. The trip took us through Trafalgar Square, Buckingham Palace, Big Ben, the London Eye and St Paul's Cathedral, with some great glimpses of The Shard and Tower Bridge along the way.

This was a particularly special trip as it was the postponed rewards trip from Year 9, and thankfully, the weather was very much on our side this time.

Our students were fantastic throughout the day. They represented the school brilliantly, and the trip provided a wonderful opportunity for the year group to spend time together, strengthen friendships and simply enjoy a day out in London.

It was a brilliant day filled with sightseeing, laughter and plenty of walking! We look forward to seeing where our next trip takes us...



Future Stars Make History and Start the New Season Strong

Our Future Stars Sixth formers had an incredibly busy summer, straight after making history as the first ever British team to win EYBL Super final in any given age category. Our young Londoners have achieved this historic title by beating International Basketball Academy (Italy) in the final of the U-23 tournament 88-76.

This feat was followed by preparation for competition in the Future Stars International Tournament, which took place at Brunel University between 28th to 31st August.

We organise the event as a showcase to provide unrivalled experience and exposure to our Sixth Form Sports Academy students allowing them to compete against top International talent such as Alba Berlin and the U18 England National team on home soil.

Our academy have build on this experience and success of the previous season by starting their current years competition by winning 6 out of 7 games so far this season in all competitions so far this year, including Senior Men's competition. Notable performances have included David Oyelaja contributing 37 points per game.

For more information on our Future Stars programmes please contact echambers@futurestars.eu



Race Equality at Islip Manor High School - Weekly Update

Black History Month 2026: Honouring Our Communities

This October, we are proud to recognise Black History Month and celebrate the achievements, experiences and contributions of Black people throughout history and within our own community. Our student assembly, **"Honouring Our Community,"** will explore three important groups: those who came before us, those serving our communities today, and our students—the generation that comes next. Students will learn about inspirational figures including Warsan Shire, Dr Beverley Bryan, Dr Martin Luther King Jr, Steven Bartlett and C. L. R. James, alongside hearing the stories and achievements of members of our own staff community.

The assembly will also connect Black History Month to our school values, encouraging students to **be Curious** by discovering stories they do not yet know, **show Courage** by speaking up against prejudice and discrimination, **be Confident** in their identity and achievements, **be Creative** in celebrating and sharing their talents, and **Collaborate** by making a positive contribution to their community. Students are left with an important reflection: Who do you want to honour, what are you proud of, and what do you want your contribution to be?

We will also be taking part in **Wear Red Day on Friday 16th October**, supporting Show Racism the Red Card and standing together against racism. Please look out for further information about how students can take part.

Find Out More – Black History Month

For families who would like to continue exploring and celebrating Black History Month at home, there are a range of **online Black History Month events, talks, exhibitions and activities** available for adults, children and families. **Please use this [link](#) to explore upcoming online events and this [link](#) for Ealing events.**



Race Equality Leads:

Angela Miller (Parent Ambassador and teacher), Marie Dennis (Inclusion Manager and Assistant Headteacher) & Matt Haresnape (Senior Deputy Headteacher)

Year 7 Parent Zoom

October 6th at 7.00pm on

zoom



As Parent Ambassadors we would like to work closely with parents and carers to strengthen our partnership between home and school .

How can we promote the idea of working in partnership?

How does our home and school agreement work?

How can your child be a part of this partnership?

Please email amiller@islipmanorhigh.org.uk and you will be sent a zoom link

Post 16 Route Planner

Please find [linked](#) the post 16 route planner which contains the comprehensive information your child will need in making decisions about their next steps.

Ealing post-16 route planner



London Borough of
Ealing



MiSST Saturday Music School at Dormers Wells High School

MiSST (Music in Secondary Schools Trust) are offering free instrumental lessons for Islip Manor High School students as part of their Saturday Music School. This programme provides high-quality tuition in violin or flute, ensemble playing, and musicianship, delivered by specialist tutors. Private instrumental lessons are normally charged anywhere from £40-£50 per hour, therefore this is an opportunity not to be missed.

Places will be allocated on a first-come, first-served basis to ensure fairness and clarity for families. The lessons take place at Dormers Wells High School every Saturday.

Please complete the form below to register your child's interest. Once submitted, we will confirm if a place is available and share further details about timings and weekly expectations.

Parental consent is required for participation and for the sharing of contact information with MiSST and Dormers Wells High School for safeguarding and communication purposes.

<https://forms.gle/7e6ugqztjRywdfi4A>





West London
NHS Trust

Emetophobia Workshop

Emetophobia is also known as a sick or vomiting phobia. It can affect everyday life including: eating, attending school, getting on transport or socialising.

Ealing MHST are offering a free parent/carer workshop where you can learn more about Emetophobia and how to support it.

6th October ~ 12:30-1:30pm ~ ONLINE

What will we talk about?

- What is emetophobia?
- The role of the fight, flight, freeze response
- How to identify emetophobia
- What keeps emetophobia going?
- Strategies to support my child



How do I sign up?

Use the QR Code/link below:



<https://forms.cloud.microsoft/e/SwRA7kF4Ka>



Promoting hope & wellbeing **together**



ELP
Ealing Learning Partnership



FATHERHOOD. WELLBEING. COMMUNITY.

STRONGER FATHERS, HEALTHIER FAMILIES

Mental Health and Wellbeing for SEND Communities in Ealing

Dads make a difference! ❤️

FUNDED BY



West London NHS Trust

IMPLEMENTED BY



The Voices for SEND Support Network



DATE
WEDNESDAY
7TH OCTOBER 2026



VENUE
Acton Gardens Community Centre
Unit A Munster Court, London, W3 8UU



TIME
11:00 AM
- 4:00 PM



WHO IS THIS FOR?
Fathers, parents, carers and families of children and young people with SEND.



WHAT'S THE FOCUS?
Supporting fathers, strengthening families, and promoting mental health and wellbeing for SEND communities in Ealing.



WHAT TO EXPECT?

- ✓ Expert talks and real life experiences
- ✓ Interactive Q&A
- ✓ Practical guidance
- ✓ Peer support
- ✓ Local services and support
- ✓ Health Testing available (facilitated by the Healthy Ealing Team)



REFRESHMENTS
Tea, coffee, Somali tea, water, light snacks and a lunch option (halal available).

Free Event!



SUPPORTING FATHERS
BUILDING CONFIDENCE



STRENGTHENING FAMILIES
CREATING CONNECTIONS



HEALTHIER MINDS
STRONGER COMMUNITIES

TOGETHER, WE CAN BUILD BRIGHTER FUTURES FOR OUR CHILDREN AND FAMILIES.



GET IN TOUCH

✉ info@voicesforsendsupportnetwork.org.uk

☎ 07856 083703

🌐 voicesforsendsupportnetwork.org.uk

Let's support each other for a stronger tomorrow. ❤️

LIKE, SHARE AND SPREAD THE WORD!

EALING PARENTING SERVICE

FREE PARENTING WORKSHOPS AUTUMN TERM 2026

Tues 15th
SEPT

Employment, Retraining & Benefits

*Delivered by Surria Ali & Thankaraj Karuakarun
- Family Community Work Coaches
via MS Teams 10am-12pm*

Tues 22nd
SEPT

Fathers Group - title TBC

*Delivered by Derek Willis - Ealing Parenting Service
via MS Teams 10am-12pm *men only session*

Tues 6th
OCT

Introduction of Internet Safety

*Delivered by Hayley Jones - SAFE West Team
via MS Teams 10am-12pm*

Tues 20th
OCT

Fathers Group - title TBC

*Delivered by Derek Willis - Ealing Parenting Service
via MS Teams 10am-12pm *men only session*

Tues 10th
NOV

Understanding Your Teenager

*Delivered by Sabrina Meakins - SAFE Counselling
via MS Teams 10:30am-12:30pm*

email parentingserviceadmin@ealing.gov.uk to register or for more info



EALING PARENTING SERVICE

FREE PARENTING WORKSHOPS AUTUMN TERM 2026

Tues 24th
NOV

Contact

*Delivered by Contact Ealing
via MS Teams 10am-12pm*

Tues 24th
NOV

Fathers Group - title TBC

*Delivered by Derek Willis - Ealing Parenting Service
via MS Teams 10am-12pm *men only session*

Tues 1st
DEC

Domestic Abuse, Parenting & You

*Delivered by Pat Chapman - SAFE West
via MS Teams 10am-12pm*

Tues 15th
DEC

Fathers Group - title TBC

*Delivered by Derek Willis - Ealing Parenting Service
via MS Teams 10am-12pm *men only session*

email parentingserviceadmin@ealing.gov.uk to register or for more info





Community
Sports
Trust

Realising Potential
Include, Innovate, Inspire



Ealing SEND-Friendly Multi-Sports

Take part in a range of fun sports activities, make new friends and learn new skills at our SEND-friendly multi-sports sessions!

Participants: 8 - 16 Years (Ratio of 1 Staff : 6 Participants)

Parents, carers and siblings welcome to attend

Dates: Wednesdays (Every Wednesday during term time)

Time: 18.00PM - 19:00PM

Location: Greenford Sports Centre, Lady Margaret Rd,
Southall, UB1 2NP

Cost: £8 per session

For more information, and to discuss your child's specific needs,
please contact Chris Tribe:

ctribe@brentfordfcst.com

brentfordfcst.com

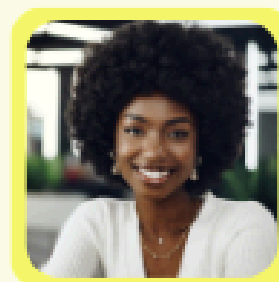


THE CYP SERVICES



Therapy for Ages 5-25+

West London & Surrounding Areas • Online



Therapy for children, young people and the adults who support them

We can support with:

- Anxiety
- Stress
- Trauma
- Neurodiversity
- Life Changes
- Relationships

... and more

Helping you understand what's happening, build on strengths and move forward at your own pace.

Flexible appointments that fit around work, school and family life.

Reduced-fee and funded sessions available*



Scan to book your free consultation or visit www.thecypservices.com



thecypservices

bacp
relational health



Registered Member 400008
MBACP

How to get started:

- ① Book a free 20-minute consultation
- ② Decide together what support feels right
- ③ Complete forms and assessment
- ④ Begin counselling



Book your free consultation

www.thecypservices.com



*Subject to eligibility and availability**



ESDEG
EDUCATION
AND SKILLS
DEVELOPMENT
GROUP



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

WRITE | SPEAK | BELONG

IDENTITY Workshops

YOUR
STORY
MATTERS



EXPLORE
CREATE
SHARE
BE YOU

CREATIVE WRITING • POETRY • SPOKEN WORD

A 6-week programme for young people from the Global Majority, including those with Special Educational Needs, exploring the theme of identity through creative writing, poetry, and spoken word.

This programme celebrates Black History Month by encouraging participants to discover their unique voices and develop their creative individuality in an inclusive, supportive environment.



EXPLORE
YOUR IDENTITY



DEVELOP
CREATIVE SKILLS



FIND
YOUR VOICE



MEET
LIKE-MINDED
YOUNG PEOPLE



STARTS
26 September 2026
(6-week programme)



TIME
2:00 – 4:00 PM
every Saturday



VENUE
**Viking Community
Centre**



WORKSHOP FACILITATOR
Nicole Reid

LIKE-MINDED
YOUNG PEOPLE
REAL
CONVERSATIONS
CREATIVE
FUTURES



TO REGISTER PLEASE CONTACT
admin@Esdeg.org.uk
or call **020 3325 2127**

LIMITED
SPACES

CELEBRATE HERITAGE | CHALLENGE STEREOTYPES | BUILD CONFIDENCE | CREATE CHANGE



PEOPLE
OPPORTUNITIES
STRONGER
COMMUNITIES

NGP COMMUNITY FORUM

Creating Better Opportunities for Young People

Join young people, residents, youth services and community organisations to explore local opportunities for young people, identify gaps in support, and discuss how we can work together to create better pathways and brighter futures.



TOPICS INCLUDE:



Education, training
and employment



Youth services
and safe spaces



Barriers to opportunity



Youth voice



Partnerships and collaboration



Tuesday 27 October 2026



11:00am – 1:00pm



Viking Community Centre

Radcliffe Way, Northolt, UB5 6HW

TO REGISTER OR FIND OUT MORE:



admin@esdeg.org.uk



020 3325 2127

THE EMPOWERHER PROJECT

PARENTINGU

Trauma Informed FREEDOM PROGRAMME

A Safe Space to Understand, Heal & Rebuild

"You are not alone. None of this is your fault."

Every Monday

10:00am - 12:30pm

12 Weeks

Greenford, Ealing

What the programme covers

Understand Relationships

Recognise healthy & unhealthy patterns, warning signs, coercive control, and emotional manipulation

Heal from Trauma

Understand emotional responses, childhood experiences, anxiety, fear & shame, and why patterns repeat

Rebuild Confidence

Build self-worth, healthy boundaries, emotional strength, and safer futures for you and your children

What are its aims?

- ✦ Help women understand the beliefs and behaviours of abusive partners
- ✦ Recognise patterns and early warning signs in relationships
- ✦ Show the effects of domestic abuse on children and family life
- ✦ Build self-esteem and confidence to improve quality of life
- ✦ Connect women to agencies and services that offer specialist support
- ✦ Break the cycle of intergenerational trauma and abuse

Guest services each week

Police

Legal & Family Services

Housing & Refuge

Therapeutic Support

Drug & Alcohol Services

Wellbeing & Self-Care

Call us

0208 930 1081

07813 607006

Email us

info@parentingu.co.uk

munaza@parentingu.co.uk

zuhra@parentingu.co.uk

Find us

Greenford, Ealing

www.parentingu.co.uk



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The Dominator & The Friend

Each week we explore one character – looking at the beliefs and behaviours that shaped him, and how a healthy, respectful relationship looks instead.

The Dominator

An abusive person...

- ✗ Shouts, sulks, glares, smashes things
- ✗ Calls you names, makes you feel ugly and
- ✗ Useless Cuts you off from friends and family
- ✗ Stops you working or having independence
- ✗ Never admits he is wrong
- ✗ Blames you for his drinking, drugs & stress
- ✗ Uses the children against you
- ✗ Controls the money
- ✗ Threatens to get his own way
- ✗ Expects you to be responsible for everything
- ✗ Expects sex on demand

The Friend

A non-abusive person...

- ✓ Is cheerful, consistent, and supportive
- ✓ Tells you that you look good and are competent
- ✓ Uses your name and trusts your judgement
- ✓ Welcomes your family and friends
- ✓ Encourages your independence and career
- ✓ Admits when he is wrong
- ✓ Is a responsible and equal parent
- ✓ Does his share of housework
- ✓ Shares financial responsibility
- ✓ Accepts your right to say no
- ✓ Takes responsibility for your mutual wellbeing

Why trauma-informed?

Our approach recognises how past experiences – including early life and relationships – can shape our emotional responses and behaviour. The programme supports women to reflect, build awareness, and develop healthier patterns in a safe, supported way.

What happens each session

1

Welcome & Icebreaker

A warm, grounding opening to settle into the space together

2

Character of the Week

We explore that week's Dominator character – his beliefs, behaviours, and the society that shaped him

3

Tactics Quiz

An interactive quiz exploring the tactics used and how they affect women's lives

4

Guest Service

A local specialist service joins to inform, support, and answer questions

5

Group Work

Small groups explore the character's beliefs and present their thoughts back to the room

6

Animation Video

A short film bringing the character to life – helping women recognise patterns they may have experienced

7

Positive Affirmations

Building self-worth and confidence through guided affirmations and reflection

8

Nurturing Reflections

Gentle exercises exploring early childhood experiences and through the eyes of the child

9

Weekly Feedback

Open, self-directed reflection – your journey, your voice, your growth throughout the programme

Every participant receives a Living with a Dominator handbook, weekly handouts, and materials to support reflection between sessions.



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