

A Busy Week of Visitors, Learning and Looking Ahead

It has been a very busy week at Islip Manor High School, and a real pleasure to welcome so many visitors into our school. Every morning this week, we have been showing families of Year 6 children around the school as they make their secondary school choices for next year. The feedback has been overwhelmingly positive, particularly about the way our students have welcomed visitors into lessons and spoken so confidently about their learning. We are very proud of them. We were also pleased to host an after-school meeting for headteachers from our local primary schools. This gave us the opportunity to show them around our new building and to explore the partnership work we can continue to develop together. We are keen for as many young people as possible in our local community to benefit from our wonderful new premises and the opportunities they provide.

This week has also been full of trips and visits designed to enrich students' learning beyond the classroom. Our A Level Physics students enjoyed a visit to the UKAEA Centre for Fusion Energy on Tuesday, while Year 9 students visited the Natural History Museum followed by a theatre production on Wednesday. Year 9 students are also out again today on their rescheduled reward trip, enjoying a walking tour of London after last year's event had to be postponed because of the extreme heat. These experiences really help bring the curriculum to life and create memories that students will carry with them.

Looking ahead, next Friday we will be inviting students and staff to wear red as part of our Black History Month work and to show our shared commitment to equality, respect and belonging. Students may wear non-school uniform wearing something red, or add a red item to their school uniform. No payment or donation is required. This is an opportunity for us to reflect on the importance of challenging racism and making sure every student feels safe, respected and proud of who they are.

Next week will also be exciting for some of our Key Stage 3 students, who will be taking part in a week-long residential at Jamie's Farm, learning about the difference between city and country life. I am sure we will have some heart-warming photographs to share afterwards. We are also looking forward to Thursday's MiSST Play Day, where our young musicians in Years 7 and 8 will be off timetable for the day, working with students from other local schools to prepare a performance.

Reflecting on this week and looking ahead to next, it is lovely to see so many examples of the wider curriculum in action. Trips, visits, residential, performances and partnership events all help students to deepen their knowledge, develop their confidence and see how learning connects to the world beyond the classroom. These opportunities are an important part of what makes school memorable, and we are very grateful for your support in helping students make the most of them.

Ms Marion Budd
Headteacher



DATES FOR YOUR DIARIES

Monday 12th October - Friday 16th October
Monday 12th October - Friday 16th October
Monday 12th October - Thursday 15th October
Friday 16th October
Monday 19th October - Thursday 22nd October
Monday 19th October
Tuesday 20th October

Open Morning Tours for Year 6 Families (9.15am)
Jamie's Farm Residential Trip
Year 11 Period 6
Wear Red to Show Racism The Red Card
Year 11 Period 6
Year 10 Interform Basketball
Year 9 Interform Basketball

Attendance matters: learning, friendships and a sense of belonging

At Islip Manor High School, every school day brings opportunities to learn, build confidence and spend time with friends. Being here helps students stay connected, take part in school life and make progress—because we are **#strongertogether**.

Each day of absence means **five lessons missed**, alongside conversations, shared experiences and support from teachers. Although **90% attendance may sound high**, across a 190-day academic year it means **19 school days missed—almost four school weeks and a staggering 95 lessons**. If each lesson lasts an hour, that is **95 hours of learning missed**.

Regular attendance helps students build on their learning, strengthen friendships and feel part of our school community. We celebrate strong attendance, improving attendance and the effort students make to overcome difficulties. Every step forward matters.

Families play a vital role by encouraging daily routines, talking positively about school and letting us know early when something makes attendance difficult. If your child is struggling, please contact their form tutor or our attendance team so we can work together to support them.

We miss you when you are not here.

#strongertogether



Conduct Curriculum: Restorative Conversations, the PRM and Moving Forward

At Islip Manor High School, our Conduct Curriculum helps students develop the skills needed to build positive relationships and take responsibility for their actions. This term, students have been learning about **restorative conversations, Positive Resolution Meetings (PRMs)** and the importance of moving forward positively after a disagreement or behavioural incident.

Students explored what it means to be restorative—repairing harm, rebuilding relationships and learning from mistakes rather than focusing solely on punishment. They discussed how restorative approaches encourage empathy, accountability and stronger relationships within our school community.

The session introduced students to the **Positive Resolution Meeting (PRM)**, a short conversation between a teacher and a student that takes place after an issue has arisen. The purpose of a PRM is to understand what happened, rebuild trust, agree clear expectations for the future and ensure that both the student and teacher can move forward positively. Students learned that these conversations are most effective when everyone feels listened to and respected, following the principle of **"connect before correct."**

Finally, students considered how to move forward successfully after a restorative conversation. They were reminded that every day is an opportunity for a fresh start, that agreed actions should be followed consistently, and that positive changes in behaviour should be recognised and celebrated. By embracing restorative approaches, we aim to help every student learn from challenges, strengthen relationships and continue to thrive as part of our school community.



GCSE Geography: Exploring Our Changing World

As we progress through this term, our Year 10 and Year 11 Geography students are engaging with two key components of the AQA GCSE Geography curriculum: **The Changing Economic World and Urban Issues and Challenges**. These are fascinating and highly relevant topics that help students understand the complexities of global development and the challenges facing cities in the 21st century.

The Changing Economic World

This topic explores global inequalities in development and the strategies that can be used to close the development gap. Students are learning about:

- Measuring development (e.g. GNI, HDI, literacy rates)
- Causes of uneven development, such as historical factors, conflict, and debt
- Strategies to reduce the development gap, including fair trade, investment, aid, and tourism
- Case study focus: Nigeria – a newly emerging economy (NEE), its changing industrial structure, role in the global economy, and impacts of development
- The UK economy in the post-industrial era, with a look at changes in employment patterns, transport infrastructure, and regional economic disparities

We encourage students to make links between what they learn in class and current global events, particularly regarding trade, inequality, and international development.



Urban Issues and Challenges

Urbanisation is one of the key challenges of our time. This unit explores the causes and consequences of rapid urban growth, both in high-income and low-income countries.

Topics include:

- Urbanisation trends globally and the rise of megacities
- Opportunities and challenges of urban growth in LICs and NEEs
- Case study focus: Rio de Janeiro – a city in Brazil, looking at housing, services, employment, and managing urban growth
- Urban change in the UK, focusing on a major city such as London or Bristol, and how regeneration is transforming urban environments
- Sustainable urban living, with examples of eco-friendly transport, energy use, and waste management strategies

Students are encouraged to consider the human and environmental impacts of rapid urbanisation and explore possible solutions for creating more sustainable cities.

If you have any questions or would like more information about your child's progress in Geography, please don't hesitate to contact us. We're proud of the enthusiasm our students are showing and look forward to building on this solid foundation as we prepare for the summer exams.

Thank you for your continued support.

Warm regards,

Miss Thomas

Subject Leader of Geography



Key Stage 4 English Update

It has been a busy and productive term for our Key Stage 4 students, who are continuing to build the knowledge, confidence and skills they need for their AQA GCSE English examinations.

Year 10 students are currently studying Unseen Poetry alongside the Power and Conflict poetry anthology. They are exploring the themes, ideas and messages within a range of poems, while developing their ability to analyse how poets use language, structure and form to create meaning. In English Language, students are developing their persuasive writing skills, learning how to use vocabulary, rhetorical devices and structure effectively in preparation for their AQA Spoken Language assessment.

Year 11 students are now turning their attention towards their upcoming PPE examinations. They are revising Shakespeare's Macbeth and The Strange Case of Dr Jekyll and Mr Hyde, strengthening their knowledge of characters, themes, context and writers' methods. They are also preparing for AQA English Language Paper 1, developing their ability to retrieve information, analyse language and structure, evaluate a writer's choices and produce engaging creative writing.

We are really pleased with the hard work and commitment our students are showing as they continue to develop the skills that will support them throughout their GCSEs and beyond.



Race Equality Parent Zoom

Dear Parents ,

We have our next meeting in November on zoom.

Date 24th November at 7:00 pm

Our meetings are an opportunity for parents to meet to look at how to support the school with our drive to address identified inequalities in educational outcomes for a target group of children in line with the guidance of London Borough of Ealing .

We have a committed group of parents who have been supporting the school to look at how we implement behaviour policies to support learning , reduce the time spent out of class and redress the balance in terms of educational outcomes .

Please email amiller@islipmanorhigh.org.uk if you have any questions .

A link will be forwarded shortly for those who wish to attend .

Look forward to seeing you in November .

Angela Miller

Parent Ambassador

Race Equality at Islip Manor High School - Weekly Update

Wear Red Day – Standing Together Against Racism

On Friday 16th October, students and staff at Islip Manor High School are invited to wear red to show our shared commitment to equality, respect and belonging.

As part of our Black History Month celebrations, students may wear **non-uniform with something red, or add a red accessory to their school uniform. No payment or donation is required.**

The day provides an opportunity to reflect on how we can challenge racism and help everyone feel safe, respected and included. Parents and carers can support this by talking with their children about respectful language, challenging prejudice and seeking help from a trusted adult if they experience or witness racism.

Thank you for helping us build a school community where every student feels valued and proud of who they are.



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 13th 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

Noodle Nation: Theme Day & Prize Giveaway!

Olive Dining is bringing **Noodle Nation** to our school canteen on **Tuesday 13th October**, with a special theme day and a chance for students to win **one of three £10 Wagamama gift cards!**

Students who purchase a **Meal Deal** on the day will be invited to pick a scratch card from the display box at the till and scratch it straight away to see if they have won. Winners simply need to show their winning card to a member of the Olive Dining team to arrange their prize.

We look forward to students enjoying the theme day. Good luck to everyone taking part!



Ealing Gets Digital

Learn Connect Get Online



Monday 19 October 2026
11am – 3pm



Ealing Council
South Atrium,
Perceval House,
14–16 Uxbridge Road,
Ealing, W5 2HL



Scan me!

Scan the QR
code to
register or
drop in on the
day to find out
more.

A fun, **free** and interactive event.

Come along to learn digital skills and explore a range of digital support on offer across the borough.

Join a variety of 30 minute interactive, digital sessions throughout the day on topics like:



Staying
safe online



Using the
NHS app



How AI can help
in everyday life



Get free
data SIM
cards.



Light
refreshments



Experience
Virtual Reality



Device Donation Point

Bring along your unused devices to be securely recycled.



London Borough of

Ealing





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LEARN
Practical tips
for everyday life



PLAN
Make informed
choices



GROW
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for your future



STARTS
Monday 12 October 2026
10:00am – 1:30pm



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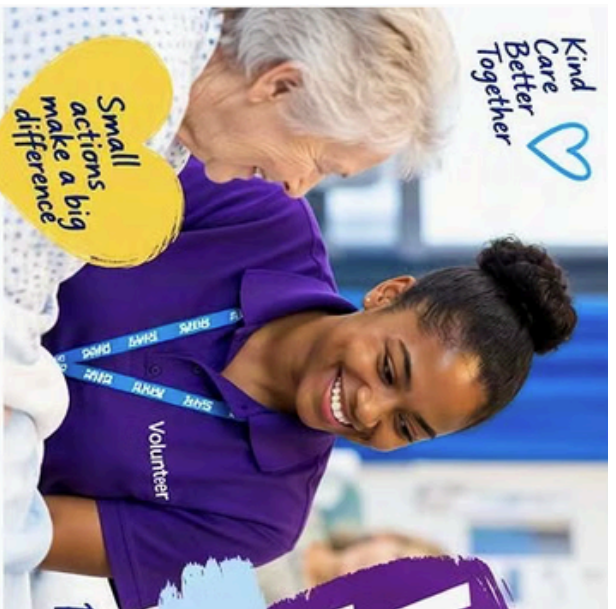
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knowledge.
Real progress.*

*A brighter
tomorrow starts
with you*



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Care
Better
Together

Small
actions
make a big
difference



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Make a difference at
Chelsea and Westminster Hospital

People like you help make care better

West and North London
HEALTH AND SOCIAL CARE
SKILLS ACADEMY

Chelsea and Westminster Hospital
NHS Foundation Trust

NHS

Explore & Inform Session

Discover our volunteering opportunities
this October



Tuesday 7 October 2026



2:00 PM – 3:00 PM
(One-hour session)



Via Microsoft Teams
(Online)



Scan the QR code
to register

Sign up today!

Volunteering opportunities include:



Ward Helper Volunteer

Support patient wellbeing, mealtimes and non-clinical tasks on our wards. Gain valuable patient contact and insight into working in a hospital.

Be part of brighter days



Outpatient Support Volunteer

Support our outpatient services, including appointment reminder calls and helping patients navigate their visit.

Help patients
on their journey

Why volunteer with us?



Make a positive difference to patients



Gain valuable experience within the NHS



Develop communication, teamwork and problem-solving skills



Meet new people and work alongside hospital teams



Learn more about healthcare services and the hospital environment



Travel information



We welcome applications from people who live within a maximum of **40 minutes** travel time from the hospital.

Your time
can make a difference



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369 Fulham Road, London SW10 9NH

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| Excel

| Respect

| Together



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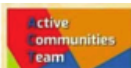
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- All Travel covered & lunch provided
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- End of programme performance on the Lyric stage!



**'I felt better having a routine,
something to aim towards, the
performance made me feel like I
achieved something I feel really
proud of. This is the happiest I've
been in a long time!'**
- Participant, 2024

MORE INFO

07377557920
participation@lyric.co.uk



OCTOBER LADIES INDOOR EXERCISE



Sri Guru Ravidass & Sri Guru Singh Sabha Gurdwara

LOCATION Sri Guru Ravidass Gurdwara, Western Road, UB2 5JT

DAY	TIME	ACTIVITY
MONDAY	12:00-1:00pm	Ladies Gentle Exercise
	1:00-2:00pm	Ladies Gentle Exercise



LOCATION Sri Guru Singh Sabha Gurdwara, Park Avenue, UB1 3AG

TUESDAY	1:00-2:00pm	Ladies Gentle Exercise
WEDNESDAY	1:00-2:00pm	Ladies Cardio & Gentle Exercise
THURSDAY	1:00-2:00pm	Ladies Gentle Exercise



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OCTOBER MANOR HOUSE CAFÉ ACTIVITIES



Manor House Café, The Green, Southall UB2 4BJ

DAY	TIME	ACTIVITY
MONDAY	9:45-11:30am	Knitting & Crochet
	11:30-12:30pm	Let's Talk
TUESDAY	11:30-12:30pm	Dholki, Dance & Giddha
WEDNESDAY	10:00-12:00pm	Knitting & Crochet
THURSDAY	9:30-10:30am	Gentle Stretch & Yoga
FRIDAY	10:00-12:00pm	Knitting & Crochet



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OCTOBER RECREATION PARK ACTIVITIES

Recreation Park, Southall, UB2 5PE



DAY	TIME	ACTIVITY
MONDAY	9:30–10:30am	TGO & Gentle Exercise
TUESDAY	9:30–10:30am	Fun, Fab & Fit Exercise
WEDNESDAY	9:30–10:30am	TGO & Gentle Exercise
THURSDAY	9:30–10:30am 10:30–11:30am	Flex and Tone Exercise Mindful Movers Walking Group
FRIDAY	9:30–10:30am 10:00–11:30am 10:30–11:30am	Fitness First Exercise Canal Walk & Exercise–Fast Pace Wellbeing Social Run
SATURDAY	9:30– 10:30am 10:00–11:00am 1:30–2:30pm 2:30–3:30pm	TGO & Gentle Exercise Martial Arts Children's Football & Games Family Fun Activities
SUNDAY	10:00–11:00am	Walk & Talk



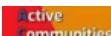
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Walking is one of the best exercises. Make a
habit of long walks.



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OCTOBER OUTDOOR ACTIVITIES



DAY	TIME	ACTIVITY	LOCATION
TUESDAY	6:00–7:00pm	Game4Padel	Parkside Yards, UB1 1GH
WEDNESDAY	9:00–10:00am 11:30–12:30pm	Women Warm & Tone Up Exercise Canal Walk & Gentle Exercise	Southall Park Havelock Rd, UB2 4QA
FRIDAY	9:00–10:00am	Warm & Tone Up Exercise	Southall Park
SATURDAY	9am onwards 10:00–11:00am 10:00–11:00am 1:00–2:00pm	Park Run Let's Play Tennis Let's Play Tennis Children's Games	Southall Park Southall Park, Tennis Court Wolf Fields Park, UB2 4JS Jubilee Gardens
SUNDAY	10:00–11:00am 10:00–11:00am 5:00–7:00pm	Let's Play Tennis Let's Play Tennis Volleyball	Wolf Fields Park, UB2 4JS Southall Park, Tennis Courts Southall Park



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OCTOBER HOLY TRINITY CHURCH ACTIVITIES



Holy Trinity Church, Uxbridge Road, Southall, UB1 3HH

DAY	TIME	ACTIVITY
MONDAY	9:30–10:30am	Yoga & Gentle Exercise
	1:00–2:00pm	Cardio & Gentle Exercise
TUESDAY	10:30–11:30am	Mind – Talk Session
	11:30–12:30pm	Gentle Exercise
THURSDAY	9:30–10:30am	Yoga- Women Only
	1:00–2:00pm	Cardio & Gentle Exercise
FRIDAY	1:00–2:00pm	Cardio & Gentle Exercise



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OCTOBER ONLINE ACTIVITIES



DAY	ACTIVITY	TIME
MONDAY	Resistance Band Training	7:10–7:45pm
TUESDAY	Light Weights & Wellness	11:00–11:30am
	Weights Workout	6:30–7:30pm
WEDNESDAY	Positive Thinking: Meditation	9:30–10:15am
	Midweek Power Moves	11:00–12:00pm
	Intermediate Cardio	7:10–7:55pm
THURSDAY	Meditation for Beginners	7:30–8:15am
	Balance & Cardio	11:00–11:30am



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