PARENT NEWSLETTER

FRIDAY 15TH MAY 2026

Revision, Reflection and Preparing for What's Next

We've been really pleased with the success of our Year 11 "Soft Start" morning revision sessions in the canteen over the past few weeks. It's been lovely to see students coming into school early, working together and using the time positively before their examinations begin each day. Thank you to all the staff who have supported with these sessions — giving up additional time to help students feel calm, confident and prepared really does make a difference.

Year 11 students have now moved onto our Deep Learning examination timetable. Students are attending school each day for lessons 1, 2 and 3, taking part in focused revision sessions led by their teachers before continuing their independent study at home in the afternoons. We're very proud of the mature and responsible approach students are taking during this important time. Students entitled to free school meals are able to collect lunch from the canteen during breaktime before leaving site.

Alongside this, subject leaders have been spending time this week visiting lessons within their departments as part of our ongoing work to reflect on the quality of teaching and learning across the school. These learning walks, alongside students' end-of-year assessment outcomes, help us to identify what is working particularly well and where we can continue refining and improving the curriculum for our students.

Meanwhile, our Year 10 students are beginning to prepare for their own end-of-year Pre-Public Examinations — an important experience as they get ready for Year 11 next year. These are a significant set of examinations for students and are designed to help them understand the expectations and routines of the GCSE exam period. To support with preparation, after-school revision sessions begin next week and we strongly encourage students to attend.

Thank you, as always, for your continued support.

Ms Marion Budd
Headteacher

DATES FOR YOUR DIARIES

w/c Monday 18th May	GCSE/GCE Public Exams
Monday 18th May - Wednesday 20th May	Year 10 Period 6 (3.15-4.00pm)
Wednesday 20th May	Lyric Theatre Trip Years 9 & 10
Monday 25th May - Friday 25th May	May Half Term
w/c Monday 1st June	GCSE/GCE Public Exams
w/c Monday 1st June	Year 7, 8 & 9 End of Year Assessment
w/c Monday 1st June	Revision Week: Year 10 & 12

PE Department Highlights

KS3 & KS4 PE

We have now moved into our summer sports programme, with students across both Key Stages taking part in:

- Rounders
- Cricket

Students are focusing on developing their striking and fielding skills, as well as teamwork, communication, and tactical awareness.

Due to the demolition of the old school building, we will not have access to the field for the next couple of years. Unfortunately, this means we are currently unable to deliver athletics within the PE curriculum. As a result, some classes will continue activities from the autumn and spring terms within the sports hall, including:

- Badminton
- Basketball

These activities will allow students to continue developing their physical skills and fitness in an indoor environment.

BTEC Sport – Year 10

Our Year 10 BTEC Sport students have recently completed their coursework for Component 1. This unit focused on how participants prepare for physical activity, including the importance of facilities, equipment, and warm-ups in sport and exercise.
As part of the assessment, students were required to plan and lead a warm-up session lasting approximately 10–15 minutes for a group of participants, which was also filmed for assessment purposes. The students demonstrated excellent leadership, communication, and organisational skills throughout the task. Students will begin work on Component 2 during the autumn term.

GCSE PE – Year 11

Our Year 11 GCSE PE students have now completed both their coursework and practical assessments. As part of their coursework, students designed and evaluated a six-week exercise programme and were assessed in three different sporting activities.
Students are now fully focused on preparing for their written examinations.
Year 11 students studying BTEC Sport have already completed their final written examination, while GCSE PE students will sit both of their written papers over the coming weeks.

We would like to wish all students the very best of luck in their final exams and congratulate them on all of their hard work and commitment throughout the course.

Mr Gadd
Subject Leader for PE

Race Equality at Islip Manor High School - Weekly Update

Descendants Achievement Awards nominations

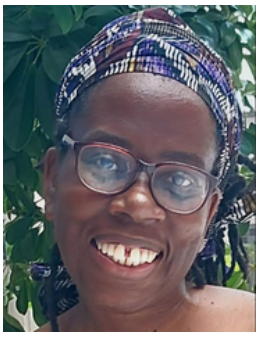
Staff are currently busy finalising our Year 11 and Year 13 nominations for this year's **Descendants Dr John Roberts QC CBE Achievement Awards.**

The Descendants Awards are a prestigious annual celebration of the achievements of young people of African and Caribbean heritage across Ealing. The awards recognise students who have excelled in a wide range of areas, including academic achievement, resilience, the arts, sport, STEM, entrepreneurship and leadership. This year marks the 21st anniversary of the awards, with the ceremony due to take place on Saturday 11th July 2026 at the DoubleTree by Hilton Hotel, Ealing Common.

We are very proud of the success Islip Manor students have enjoyed in recent years, with our students winning one of these prestigious awards in each of the past eight years. This is a fantastic achievement and reflects the talent, determination and character of our students.

The awards have recognised many impressive young people from across the borough over the years. Recent winners have included students celebrated for excellence in STEM, leadership and overall outstanding achievement, including the Lord Paul Boateng Award.

We look forward to sharing details of this year's Islip Manor nominees in future parent newsletters and celebrating their achievements with the wider school community.



Race Equality Leads:

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

School Uniform Deposit Scheme at

Kevins Schoolwear

Between 1st May 2026 – 31st July 2026 we are operating a pre-order deposit scheme on purchases over £80.

How it works:

- **Bring your child in-store for a uniform fitting.**
- **Pay a minimum, non-refundable 20% deposit.**
- **We will hold your order until fully paid, no later than Saturday 15th August 2026.**

  (After this date, all items will be returned to stock)
- **If you find upon collection that your child requires another size, no problem, we will happily change this for you.**

Please enquire in-store for further details.

HOLIDAY YOUTH CLUB

5 DAYS OF FREE ACTIVITIES FOR 11-15 YR OLDS

WHEN?

HALF TERM
Tue 26 – Fri 29
May 2026
10am - 2pm

WHAT?

- Gaming
- Arts & Crafts
- Board Games
- Chill with friends
- Sports and more!

Interested? Sign up!

lfoster@islipmanorhigh.org.uk
Lukefoster@ymcaspg.org

Location

Islip Manor High School
Eastcote Lane
Northolt UB5 4HP

YMCA ST PAUL'S YOUTH PROJECT

NHS
West London
NHS Trust

Ealing Mental Health Support Team

WORKSHOPS FOR PARENTS/CARERS

SUMMER TERM 2026

Over the Summer term, Ealing Mental Health Support Team will be running a variety of workshops for parents and carers of children who attend a school in Ealing.

If you would like to sign up to one of our workshops, please do so on the below website or scan the QR code.

https://docs.google.com/forms/d/e/1FAIpQLSfE1pRxV0RNcK3VmiRWqbzpTQotfSMsEaOdkhhtR-_teAqXGw/viewform

If you have any questions, please do email us on:
Ealing.mhst@nhs.net

AN INTRODUCTION TO AUTISM IN ADOLESCENTS

This workshop supports parents/carers of **secondary**-aged children. It aims to introduce parents to the changes and impact of adolescence within autism, equipping parents with strategies to promote positive mental health among autistic teenagers.

Date: 18th May 2026
Time: 1pm-2pm

SUPPORTING APPROPRIATE TECHNOLOGY USE IN CHILDREN

This workshop supports parents/carers of **primary**-aged children. It introduces parents to strategies in managing and promoting healthy technology use in their child/young person.

Date: 28th May 2026
Time: 12pm - 1pm

HOW TO HELP YOUR CHILD WHEN THEY ARE EXPERIENCING LOW MOOD: FOR SECONDARY STUDENTS

This workshop is aimed at parents/carers of young people attending Secondary school who would like to learn more about how to manage low mood in young peopl

Date: 12th June 2026
Time: 1:30pm - 2:30pm

BEHAVIOURS THAT CHALLENGE

This workshop is aimed at parents/carers of children attending Primary and Secondary. The workshop introduces how and why behaviours may occur in children with a range of needs, and how to support positive behaviours in children.

Date: 22ND June 2026
Time: 12pm-1pm

TRANSITION TO SECONDARY SCHOOL

This workshop is designed for parents who want to confidently support their child's transition to secondary school, offering practical strategies, reassurance, and guidance to help families navigate this important milestone with ease.

Date: 13th July 2026
Time: 12:30pm-1:30pm

PREPARING FOR LIFE AFTER SCHOOL: PARENTS SUPPORTING 18+

This workshop is aims to support parents seeking to better understand and support their child's transition after leaving school at 18+

Date: 21st July 2026
Time: 10:30am-12pm

Promoting hope & wellbeing **together**

Professional Support

Community Outreach

Our mission is to raise understanding and awareness in our local community, to improve access to – and experience of – local services. If you are responsible for, or have a key role in North-West London working with, ADHD/autistic children and young people, we would love to talk to you about good practice in your area or provide outreach support to your service users.

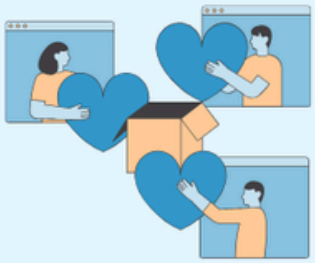
Training

We offer professional training at a competitive rate for statutory, voluntary and commercial organisations. Increase understanding and improve your service provision.

Find us @ADHDandAutism

The Centre for ADHD & Autism Support (CAAS), founded in 1996, supports, educates and empowers ADHD/Autistic individuals and their families throughout NW London.

Led and run by qualified staff with personal experience, and through talking and listening to ADHD/Autistic people, CAAS understands the issues facing service users and delivers support that makes a difference.



Centre for ADHD & Autism Support

Centre for ADHD & Autism Support

Family Services Brochure 2026

https://adhdandautism.org/

2nd Floor, Television House
269 Field End Road
Eastcote
HA4 9XA

Charity Registration No. 1193799

Support

Groups for Children

CAAS offers tailored groups for children. Let your ADHD/autistic child express themself and make friends at **Creative Club,** and support and educate their siblings in our **Siblings Group.**

Workshops

Our **Specialist Workshops** give parents the opportunity to explore different aspects of ADHD & autism, and our **Sleep Workshop** provides a greater understanding of how to support children with sleep issues. We also hold regular online **DLA** workshops for Disability Living Allowance access.

Individual Support

Our **One-to-One appointments** offer support to parents/carers neurodivergent young people in Harrow and Hillingdon.

Service Aims

Our Aims

Our family support work aims to give parents the skills and understanding they need to support their child at home and in school, and our **drop-in support sessions** are the bedrock of everything we do at CAAS. Parents and carers build relationships with others who understand their journey, and our skilled support workers are able to provide advice and guidance, offering parenting and behaviour strategies and signposting to other avenues of support. Some sessions are even themed!

All are welcome, pre- or post- diagnosis.

Email us at enquiries@adhdandautism.org

Our Courses

ADHD&Autism Parenting Boost

A supportive 6-week course designed to help parents learn strategies for building self-esteem and effective communication, problems with labelling, setting limits and boundaries, and anger management.

Understanding Autism/ Understanding ADHD

These two six-week courses focus on increasing parents' understanding of their ADHD/Autistic child/teenager and looking at how best to support them, as well as providing in-depth information.

Calm Countdown

A four-session program designed to give effective and well-researched ways to better support children with ADHD to manage their behaviour.

Drop-In For residents of North-West London

Drop-In Support

at WEST Youth Zone

For parents and carers of ADHD/Autistic children

We kindly ask that children do not attend

These support sessions offer a welcoming introduction to our services, giving you the chance to learn about the support available for you and your family, and meet other parents and carers in similar situations

When: Mondays during term time
10:30 AM - 12:00 PM

Where: WEST Youth Zone, 2 EdCity Walk, London, W12 7TF

Contact enquiries@adhdandautism.org for more info

www.adhdandautism.org | Charity Registration No. 1193799

@ADHDandAutism

North West London Integrated Care System

Centre for ADHD & Autism Support

ADHD EALING

COFFEE & CHAT!

Parents and carers of children and young people with ADHD:
Come and join us for coffee! We will be joined by:

Centre for ADHD & Autism Support

Friday 15th May 2026
10.00 - 11.30am

Supported by Ealing Parent Carer Forum

ONLINE ESOL COURSE

Action West London

Come join and learn with us

- 2 hours sessions every week online
- Entry level 1, 2 and 3
- Must be on probation and can provide Delius/CRN
- From a black and ethnic minority background

Speak to your Probation Practitioner who can refer you immediately via JitBit

Or Register now with QR code