

A busy half term before a well-deserved break!

As we reach the end of our first half term of the academic year, I would like to thank students and staff for all of their hard work and commitment to learning over the past seven weeks. It has been a very busy start to the year, and there is plenty to celebrate.

A particular well done goes to our Year 11 students, who have been working hard preparing for their first set of Pre-Public Examinations, which begin in the week commencing 9th November. We hope that these sessions have supported students in beginning to plan their own independent work in the coming weeks. Thank you to all the staff who have put in additional time to support students with this preparation. We hope Year 11 students will enjoy some rest over half term whilst also finding time to continue their revision.

There have also been some fantastic enrichment activities this week. On Monday, our Year 10 students enjoyed an inter-form basketball competition, while last night we held a brilliant Year 7 and 8 disco. Thank you to all the staff who gave up their time to organise and support these events. A special award for resilience must surely go to Miss Jones and Miss Yahaya, who accompanied our Year 13 Biology students on a field trip to Kew Gardens today, on what must be one of the wettest days of the year! I hope everyone managed to stay reasonably dry (but I doubt it!).

We have also had a concern raised about difficulties some families are experiencing with the WisePay app, which is used to pay for school meals and other items. We are following this up with WisePay. If you have experienced problems or would like to share feedback, please email admin@islipmanorhigh.org.uk. This will help us understand whether the difficulties are affecting individual families or are more widespread, so that we can raise these concerns effectively with the provider.

Finally, I hope all families enjoy some well-deserved rest and relaxation over the half-term break. A reminder that school reopens on Monday 2nd November at 8.35am.

Thank you, as always, for your continued support, and have a lovely half term!



Ms Marion Budd
Headteacher

DATES FOR YOUR DIARIES

Monday 26th October - Friday 30th October
Monday 2nd November - Friday 6th November
Wednesday 4th November
Wednesday 4th November
Thursday 5th November
Friday 6th November

Half Term
Year 11 & 13 Revision Week
Year 9 Drama Lion King Trip - Lyceum Theatre (12-7pm)
Year 7 Boys' Football vs Brentside (Away 3.15-5.15pm)
Year 13 Biology London Zoo Visit
Flu Vaccinations - All Year Groups

Stronger Together: celebrating Tatiana's attendance

Congratulations to Tatiana in Year 11, who has now received her attendance prize for achieving **100% attendance during the summer term**. She has continued this brilliant achievement with **100% attendance so far this academic year!**

Tatiana says her mum makes sure she comes to school each day, but she also knows what she would miss by staying at home: her friends and her lessons. Even on cold, wet mornings, these give her good reasons to get into school.

Her experience reflects our **#StrongerTogether** message. Alongside learning, school offers friendship, shared experiences and a sense of belonging. Every student is a valued part of our community, which is why we say: **"We miss you when you're not here."**

Well done, Tatiana, and thank you to her mum—and all our families—for supporting students to attend regularly and make the most of school.



KS4 History: When your childhood becomes an exam question

When I was at school, the Second World War felt like the finishing line for history. Hitler was defeated, the war ended, and anything after that was presumably somebody else's department. I suspect quite a few parents will remember something similar. These days, however, our GCSE historians carry on well beyond 1945. Rather inconsiderately, the exam board has decided that events from some of our lifetimes now count as history. I try not to take this personally.

Our Year 11 students are currently studying Superpower Relations and the Cold War, exploring how the United States and the Soviet Union went from allies against Nazi Germany to rivals capable of destroying one another, and most of the rest of us, with nuclear weapons. From the division of Germany and the construction of the Berlin Wall to the Cuban Missile Crisis, students examine how disagreements over ideology, power and security shaped the world after 1945.

There is plenty here to get your head around. Why build a wall to stop your own people leaving? How did putting missiles on an island bring the world so close to nuclear war? And how could a war be described as "cold" when so many people died in the conflicts associated with it? These questions require students to look beyond what happened and explain why people made the decisions they did, and what happened as a result.

They also help make sense of the news. The Soviet Union broke apart in 1991, within the lifetimes of many parents reading this, and Ukraine became an independent country. Understanding that history, alongside the role of NATO and the legacy of Soviet control in Eastern Europe, gives students important background to Russia's invasion of Ukraine. The Cold War does not explain everything about the conflict, but its consequences did not conveniently disappear when the textbook chapter ended.

This is one of the reasons I think history matters so much. Students learn to question claims, examine evidence and recognise when someone is presenting a rather selective version of the past. Useful skills when revising for an exam, certainly, but also when scrolling through a phone full of people who are very confident they know exactly who is to blame for everything.

There is also a slightly peculiar thought to leave you with. In a few decades, our Year 11 students may have children of their own sitting in a history classroom, learning about the events happening around us today. What we experience as news may become their revision homework. They may well ask their parents what they remember, what people thought, and why governments acted as they did.

So, if your child asks you about the fall of the Berlin Wall or the end of the Soviet Union, do share what you remember. You are providing valuable first-hand historical evidence. I appreciate that being described as a historical source is not necessarily what you wanted from the school newsletter.

Mr Rebbitt

Head of History



PSHCE: Our First Half Term

As we settle into a new school year, it has been wonderful to see our students developing the confidence, knowledge and skills they need to thrive, both in and beyond the classroom. This half term, PSHCE (Personal, Social, Health, Citizenship and Economic) education has explored everything from friendship and emotional wellbeing to healthy choices, personal safety and preparing for adult life.

Year 7: Starting Strong

Our newest students have focused on settling into secondary school, building positive friendships and setting personal goals. They have explored positive thinking, managing worries, dental hygiene and personal safety, helping them develop confidence, resilience and independence.

Year 8: Health and Wellbeing

Students have investigated the links between physical and mental health, including exercise, sleep, dental care and the science of the brain and hormones. They have also reflected on self-esteem, confidence and how everyday choices influence wellbeing.

Year 9: Mental Health and Wellbeing

Year 9 has explored managing strong feelings, coping with disappointment and recognising when support is needed. Students have compared healthy and unhealthy coping strategies and considered the risks associated with gangs and making safe decisions.

Year 10: Healthy Choices, Independence and Wellbeing

Students have examined healthy lifestyles, body image, aesthetic procedures and important health-related decisions, including blood, organ and stem cell donation. Lessons have encouraged critical thinking and informed decision-making.

Years 11–13: Lifelong Wellbeing

Our older students have explored resilience, exam pressure, mental health support, sleep, substance addiction and sexual health. Year 12 has focused on independence and thriving in post-16 education, while Year 13 has considered leaving home, recreational drug safety, safer travel and the value of constructive criticism.

Celebrating Black History Month 2026

Across all year groups, we have celebrated Black History Month through the theme Honouring our Communities. Students discovered inspirational Black role models connected to Brent, including pilot Rasheed Graham, ballet star Elijah Peterkin, performer Donna-Louise Bryan and pharmaceutical scientist Kayisha Payne. Older students also explored the contributions of Diane Abbott, the first Black woman elected to the House of Commons and, after 39 years, the longest serving female MP. Through these lessons, we aim to help every student make informed choices, support others and build a positive future. We look forward to continuing this important work next half term!



Growing in Confidence: Year 7's Unforgettable Week at Jamie's Farm

Last week, 12 brilliant Year 7 students enjoyed a memorable residential visit to Jamie's Farm in Wiltshire. This registered charity offers children the opportunity to experience life on a working farm, combining practical activities with opportunities to build confidence, develop resilience and discover new strengths.

Throughout the week, students embraced a range of activities, including farming, caring for animals, cooking and wood chopping. Swapping screens for fresh air and outdoor adventures gave them the chance to try something different, take on responsibility and enjoy spending time together.

The wonderful farm staff helped make the experience special, alongside some unforgettable animal characters: Chris the horse, Jeffery the goat, and Ella and Maggie the dogs. Getting to know the animals and helping to care for them was a rewarding part of farm life.

Our students worked hard all week, ate well and slept soundly after full days of activity. Each student challenged themselves in their own way, whether by tackling an unfamiliar task, persevering when something felt difficult or taking a step outside their comfort zone. It was wonderful to see their confidence grow as they discovered skills they did not know they had.

There was so much to be proud of: their willingness to get involved, the support they offered one another and the determination they brought to new challenges. Beyond the practical skills, the week showed students how much they can achieve through teamwork, patience and a willingness to give things a go.

Thank you to everyone at Jamie's Farm for such a welcoming and inspiring experience, and to our students for making the most of this wonderful opportunity. They returned with lasting memories and plenty to celebrate—and we cannot wait to return next year for more adventures!



Dancing, Friendship and Fun at the Year 7 and 8 Disco!

What a fantastic evening we had at our Year 7 and 8 School Disco! It was lovely to see students enjoying themselves, building friendships and sharing the dance floor, with excitement and laughter throughout the evening.

A huge thank you to all the staff who helped make the event a success, whether working behind the scenes, supervising, lending a hand or popping in for a quick boogie! We are also grateful to the two parents who generously volunteered their time to sell snacks and support the evening.

Events like these give students the chance to celebrate together beyond the classroom, strengthen friendships and create happy memories of school life. Thank you to everyone who helped make it such a special occasion.



Exploring Biodiversity at Kew Gardens

Our A Level Biology students braved the stormy weather to complete ecology fieldwork towards their practical endorsement at the stunning Kew Gardens. Despite the challenging conditions, students showed determination and enthusiasm as they sampled biodiversity and put their classroom learning into practice.

The visit provided a valuable opportunity to study ecology beyond the classroom, exploring the variety of living organisms within an environment and gathering data through practical fieldwork. Working outdoors helped students appreciate both the importance of careful sampling and the challenges of collecting scientific data in changing weather conditions.

With Kew Gardens providing an inspiring backdrop, it was a memorable opportunity to develop their practical skills and deepen their understanding of biodiversity. Well done to all our biologists for their resilience and commitment throughout the visit!



Year 10 Interform Basketball Returns: Victory for 10S!

Monday 19th October saw the return of Interform Basketball for Year 10. Interform competitions have been a well maintained tradition in the year group and are incredibly positive for their holistic development.

Well done to all the Year 10 forms who took part in the competition! It was fantastic to see such enthusiasm, teamwork and determination from everyone involved.

The students showed great sportsmanship, supported one another and brought plenty of energy and competitive spirit to the games.

Massive congratulations to 10S, our worthy winners! 🏆



Working Together: SEND Partnership Meeting

Thank you to the parents and carers who joined our SEND Partnership Zoom meeting on Tuesday. The session offered a valuable opportunity to share views and explore how we can strengthen links between families and the school.

Feeling supported at school meetings

Parents highlighted the value of bringing a family member or support worker to school meetings. Having someone alongside them can help with taking notes, remembering points they wish to raise and feeling confident to contribute to discussions about their child.

This feedback reinforced the importance of ensuring everyone feels heard and supported, helping families and staff work together effectively.

Keeping families informed

It was lovely to hear that parents read the newsletter regularly and appreciate fresh, interesting content that keeps them informed and connected to school life.

We look forward to continuing these conversations at future evening meetings and welcoming more parents and carers to share their views.

Race Equality at Islip Manor High School - Weekly Update

Black History Month: Learning, Reflecting and Celebrating Together

As we approach the end of this half-term, we bring our Black History Month celebrations to a close. This week, all year groups joined assembly via Zoom, concluding the month with the theme "Honouring Our Community". We celebrated the contributions of Black people and encouraged students to recognise the stories and achievements within our own school community.

Lessons in English have been a particular highlight this year. KS3 students explored Benjamin Zephaniah's poem *The British*, considering how its recipe metaphor celebrates the different cultures that shape Britain. Through discussion and writing, students reflected on identity, belonging and the importance of treating everyone equally. KS4 students explored the experiences of Black people in medical research, including Henrietta Lacks, examining questions of consent, fairness and recognition. They used their research to develop persuasive speeches calling for ethical and fair treatment.

Within our Specialist Resource Provision (SRP), students have been learning about living people of African heritage and their contributions to our shared culture and society. Last week's lesson focused on Dwayne Fields, the Chief Scout, and his work to make adventure more accessible to young people. Students learned about the WeTwo Foundation, which provides opportunities for young people from disadvantaged backgrounds to take part in life-changing expeditions.

Families interested in learning more can visit the WeTwo Foundation website. Thank you to the staff who have brought these lessons to life and to our students for their thoughtful contributions. We look forward to continuing to celebrate Black history and achievement throughout the school year.



Race Equality Leads:

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

Help Make Our Community Safer – Have Your Say!

Metropolitan Police: Violence Against Women and Girls (VAWG) Community Survey

We would like to encourage all parents, carers and staff to take part in an important community survey being conducted by the Metropolitan Police, focusing on **Violence Against Women and Girls (VAWG)**.

The survey aims to better understand local concerns about safety, identify areas where people may feel vulnerable and gather valuable feedback to help make our community a safer place for everyone.

Why is your feedback important?

The information gathered will help the Metropolitan Police and their community partners to:

- Identify local safety concerns and areas where residents may feel unsafe.
- Recognise concerning behaviours and emerging issues affecting women and girls.
- Direct police patrols towards locations where additional reassurance and support may be needed.
- Identify environmental factors, such as poor lighting or isolated areas, that may affect feelings of safety.
- Develop targeted initiatives with local partners to address concerns and improve community safety.

Have Your Say – Complete the Survey

Your views and experiences matter. By taking just a few minutes to complete the survey, you can help shape local policing priorities and contribute to creating a safer environment for our young people, families and wider community.

Complete the survey here:

[Metropolitan Police – Violence Against Women and Girls Survey](#)

We strongly encourage our parents, carers and staff to participate and share this opportunity with others in the local community.

Working together, we can help make our community a safer place for everyone.

This survey has been shared with us by Sergeant Chrissy Harvey, Ealing Specialist Community Liaison, Metropolitan Police – Ealing Neighbourhood Team.

Career Zone

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An OnSide Youth Zone

SCAN FOR
FREE ENTRY!



Registered Charity No. 1179981

Thursday 29th October

11AM - 3PM

WEST Youth Zone
2 EdCity Walk
London
W12 7TF

Timings



11am: Open + Early Bird Prizes

12pm–12:30pm: Keynote with Development Coach Louis Howell

12:30pm–2:30pm: Explore the Career Zone and meet our employers

2:30pm–3pm: **How Did You Get There?** Career Q&A with professionals

Career Zone FAQs

Q: What is the Career Zone?

A: An opportunity to meet employers, explore careers, and discover paid jobs, apprenticeships and employability programmes - all under one roof!

Q: Do I need to know what I want to do?

A: Not at all! Come curious and explore your options.

Q: Is it free?

A: Yes! Plus, get free WEST membership for the year and free entry to WEST session that evening.

Q: Will there be freebies?

A: Of course - free headshots, snacks, merch and a prize draw.

Q: What sectors can you meet on the day?

A: Beauty, fashion, retail, creative industries, fintech, hospitality, investment management, pharmaceuticals, property development and more - plus employability programmes including The King's Trust.

Q: What should I bring with me?

A: Your curiosity, questions and a CV if you have one!

Want to know more?

Contact us via enquiries@westyouthzone.org or call 020 8149 7700.





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ACHIEVE



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Than A Team*

ICKENHAM YOUTH F.C. GIRLS **U15s** (YEAR 10)

ALL ABILITIES & POSITIONS WELCOME

PLAYERS WANTED

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OUR SERVICES

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- Digital skills training
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- Women's support groups and safe spaces
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- Youth activities and mentoring
- Food support and practical assistance
- Community workshops, events and outreach
- Volunteer training and development

Together We Can Make a Difference



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North Side, Southall,
UB2 4RQ

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FOR MORE INFORMATION, PLEASE CONTACT:

EVERY TUESDAY

TIME: 10:00 AM - 12:00 NOON

VENUE:
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39 HUNT ROAD,
SOUTHALL UB2 4QB

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FOR MORE INFORMATION, PLEASE CONTACT:

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Healthy eating & lifestyle tips



Managing risks & staying well



**Tuesday 24th
November**

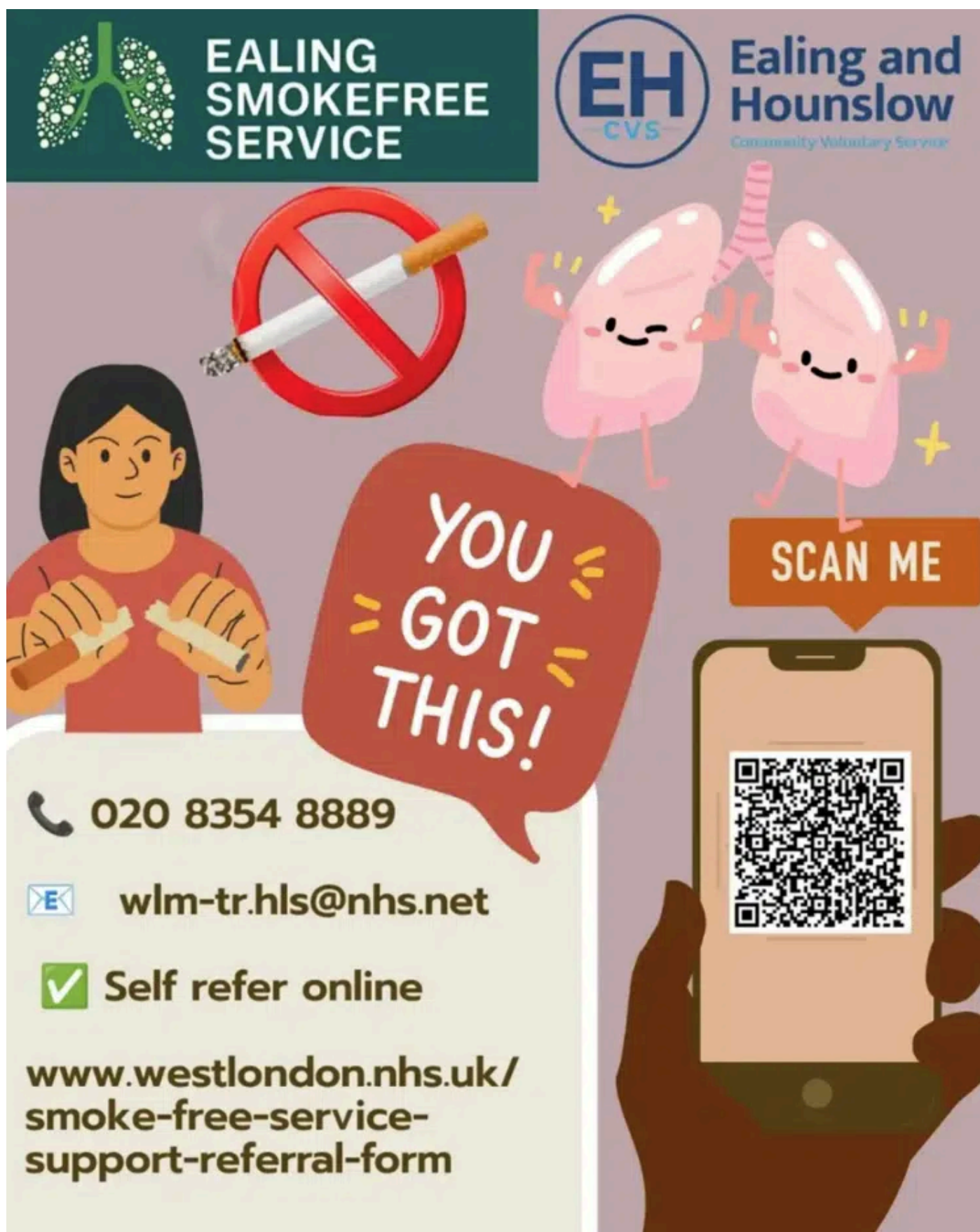


6.30–8pm

Register Here



**WORLD
DIABETES
DAY**
14 NOVEMBER



The poster features a dark green header on the left with a stylized lung icon and the text 'EALING SMOKEFREE SERVICE'. To the right is the 'EH CVS' logo and the text 'Ealing and Hounslow Community Voluntary Service'. The central illustration shows a woman in a red shirt holding a cigarette, a red prohibition sign over a cigarette, two happy pink lungs, and a hand holding a smartphone with a QR code. A large red speech bubble says 'YOU GOT THIS!' and an orange button says 'SCAN ME'.

EALING SMOKEFREE SERVICE

EH CVS Ealing and Hounslow
Community Voluntary Service

YOU GOT THIS!

SCAN ME

☎ **020 8354 8889**

✉ **wlm-tr.hls@nhs.net**

✓ **Self refer online**

www.westlondon.nhs.uk/smoke-free-service-support-referral-form



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Areas covered:



- Healthy Boundaries
- Confidence Building
- Self-Esteem
- Being Assertive
- Understanding Healthy Relationships
- Managing Anxiety and Stress



Every Thursday for 6 weeks
12th, 19th and 26th November,
3rd, 10th and 17th December
9:30 am to 11:30 am



Hanwell Community Centre, W7 1PD
 Westcott Crescent, Hanwell
 For Ealing residents only

Free Parking

Wheelchair Accessible

To register your interest call or email:
020 8575 6139 / administrator@empowering-action.org.uk
 Please note that your place will be confirmed shortly before the course starts



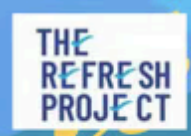
Please value your place.
 Although this course is free to you, every booked place has a cost to E.A.S.E as a charity. We therefore ask that, when you book, you commit to attending the sessions wherever possible.



Unfortunately, no children will be allowed in these sessions.




E.A.S.E. (Empowering Action & Social Esteem) Ltd
 Hanwell Community Centre
 Westcott Crescent, Hanwell, W7 1PD
 Charity No: 1098965
www.empowering-action.org.uk




FREE online parenting workshop



HELPING CHILDREN COPE WITH SEPARATION & DIVORCE

When a family breaks up, it is hard for everyone, but this is a reality many children face.

How parents handle this process and deal with any conflict has a significant impact on how their children cope with their separation.

In this workshop, we will look at practical steps parents can take to ease the impact of their separation on their children, and help them feel safe and secure amid their parents' break up.

Delivered by
Chris Kolade
Ealing Parenting
Service

Tuesday 3rd
November 2026
10am-12pm
via MS Teams

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



London Borough of
Ealing

**SUPPORTIVE
ACTION FOR
FAMILIES IN
EALING**



**EALING
PARENTING
SERVICE**

FREE**online parenting workshop**

understanding YOUR **TEENAGER**

Adolescents feel like a great mystery to their parents, often left wondering what they get up to when they close their bedroom doors once they get back from school, or simply what they are thinking

Tuesday 10th
November 2026
10:30am - 12:30pm
via MS Teams

Delivered by
Sabrina Meakins
Counsellor & Psychotherapist

The session will cover:

- ★ *Child and adolescent emotional development*
- ★ *Understanding your child better*
- ★ *Empathising with your child*
- ★ *Adolescent emotional and mental health*
- ★ *A chance to have your questions answered*

The session is aimed at parents/carers of young people aged 12-18

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



**SUPPORTIVE
ACTION FOR
FAMILIES IN
EALING**



**EALING
PARENTING
SERVICE**



SEND Parent/Carer Engagement Event

Focus on Education

Representatives from Schools, Ealing Council SEND and Inclusion Service, Health and Parent/Carer Forums will be available to listen to and work with parents.

Tuesday 3rd November 2026

10am – 1pm

Greenford Hall, Ruislip Road, Greenford, UB6 9QN

Light refreshments will be provided

Scan the QR code to register



Hosted by Ealing Council Coproduction project



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Ealing

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parent & carer
Forum



ONLINE EVENING WORKSHOP ON PIP (PERSONAL INDEPENDENCE PAYMENT) FOR PARENTS AND CARERS

What is PIP, is my child eligible and how do I apply?



Wednesday 4th November
2026 at 6:30pm



Online workshop

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TIME: 12:30 PM - 3PM

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GAMES
- LARGE GAMES
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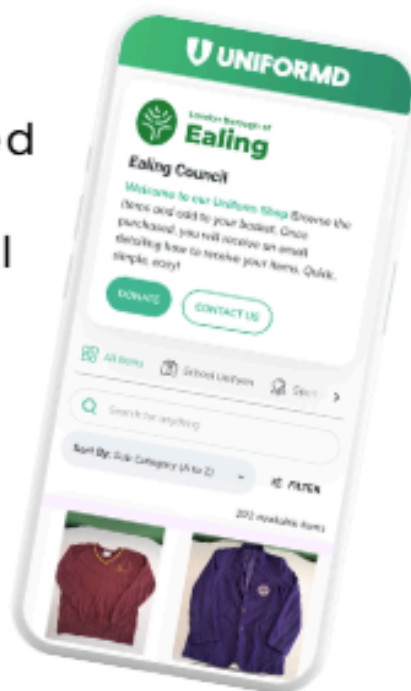
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Saturday 31 October
Last Saturday of the month
10 am - 12 noon



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For more info scan here or visit
actforealing.org/ealing-school-uniform-swap

