



Carshalton Boys Sports College

NEWSLETTER

'Safeguarding the rights of others is the most noble and beautiful end of a human being.' Khalil Gibran

February 2025

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

3-9
FEB
2025

Headlines

Dear Parents, Carers, Students, and Staff,

As we navigate the darker winter months, I continue to be immensely proud of our students, dedicated staff, and supportive families. Maintaining positivity and striving for greatness during this time can be challenging, but our school community continues to shine brightly. This edition of the newsletter highlights some of the incredible work happening across our curriculum. From the thought-provoking subjects of Citizenship, Psychology, and Philosophy, Religion, and Ethics (PRE), to the creative and technical realms of Engineering, Construction, Product Design, and Food Technology, our students are excelling in diverse areas.

We are also proud to celebrate the History department's focus on Holocaust Memorial Day this half-term. Through powerful school assemblies, they have raised awareness of this pivotal event in modern history, fostering reflection and understanding among our students.

In addition, our school has been actively involved in Children's Mental Health Week 2025, with this year's theme, *'Know Yourself, Grow Yourself.'* Students and staff have worked together to promote mental health awareness, and you can find more information about this important initiative here: [Children's Mental Health Week](#).

We were also delighted to welcome visitors from Taiwan, an enriching experience that created cherished memories for both our students and their Taiwanese peers. A huge thank you to everyone involved in organising this unique and inspiring event.

The past few weeks have also seen important milestones, including Year 11 and Year 12 Parents' Evenings. These events are a vital part of strengthening the partnership between students, families, and the school. We extend our gratitude to all parents, carers, and students who attended, as well as our site and admin teams for their invaluable support in making these evenings a success.

This half-term has been packed with exams, mock assessments, and practical sessions, including Food Technology mock exams and Product Design NEA practical days. We are incredibly proud of our students' hard work and engagement, and we thank our staff for their dedication in supporting these activities.

As we approach the half-term break, we encourage our students and families to take this opportunity to rest, recharge, and focus on wellbeing. For our Year 11 and Sixth Form students, this is also a time to lay the foundations for the next important stage of their education. We hope they use the break wisely to reflect, plan, and prepare for the challenges and opportunities ahead.

Please keep an eye out for communications about upcoming intervention and study sessions during the break. Many of our staff will be offering support to help students stay on track and continue their progress.

Wishing you all a restful and enjoyable half-term break. We look forward to welcoming everyone back refreshed, recharged, and ready for the exciting term ahead.

www.carshaltonboys.org

@carshaltonboys

WE BELIEVE KNOWLEDGE IS POWER, BLACK LIVES MATTER, LOVE IS LOVE, FEMINISM IS FOR EVERYONE,
NO HUMAN BEING IS ILLEGAL, BE GENTLE WITH THE EARTH, BE THE BEST VERSION OF YOURSELF, BE REALLY KIND



Be Really Kind

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Information
Evening
Resources Are
on our Website
[HERE](#)



Vape Campaign



Sound Lounge CBSC Music Concert

Highlights From the Spring Term 1:

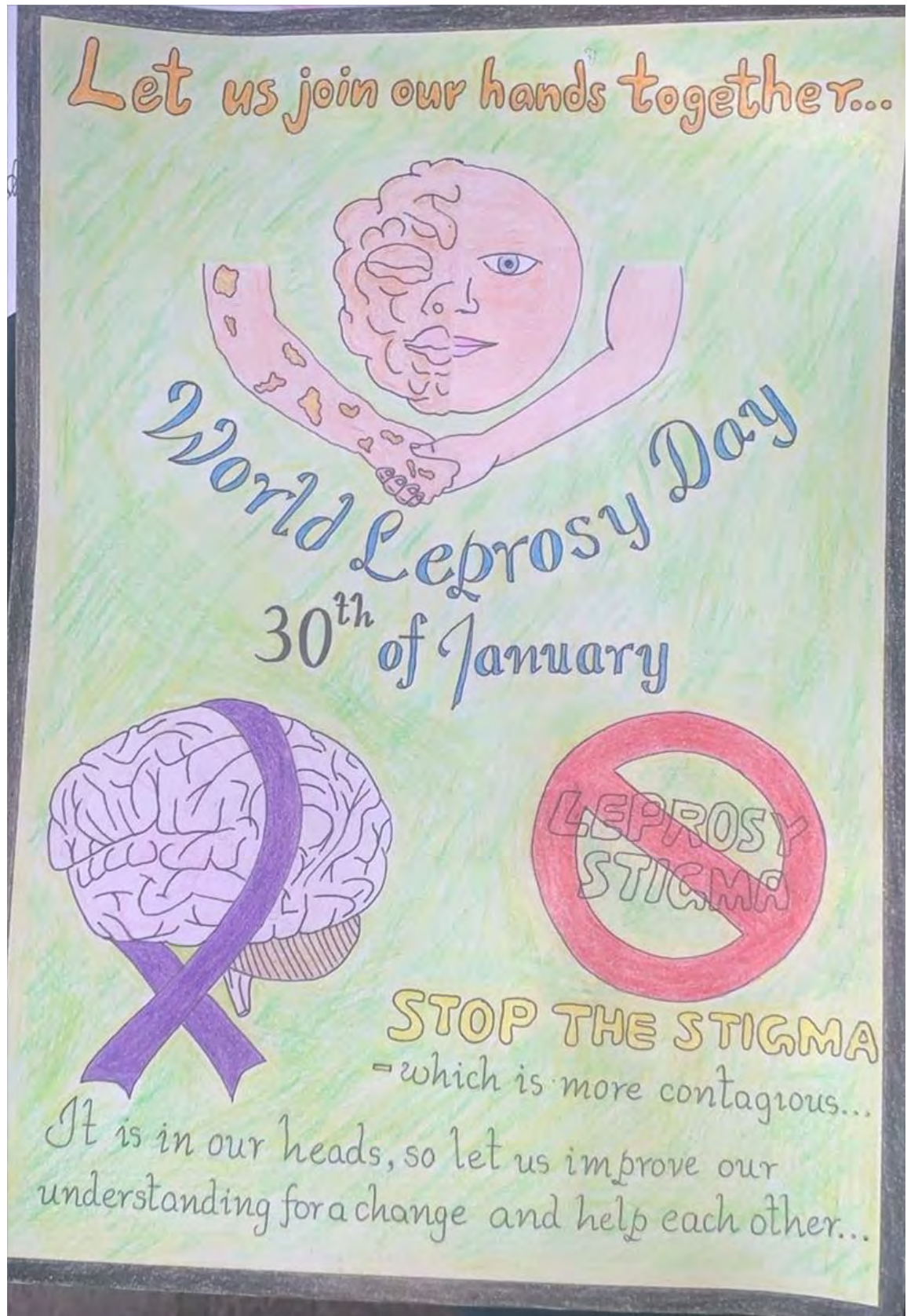
- School reports sent home
- Year 11 Parents Evenings
- Jack Petchey Speak Out Event
- Stage Ed Year 11 Workshops - English & Drama Event
- Chinese New Year Celebrations
- Taiwanese Students Visit
- Maths Challenge
- Sixth Form Criminology Exams
- Children's Mental Health Week - 'know yourself grow yourself'
- Amazing Enrichment Clubs
- Food Mock Exams
- Year 11 Product Design NEA Sessions
- National Apprenticeship Week
- Year 13 PE Oral Exams
- CARE Trip to Jamie's Farm
- Year 12 Parents Evening
- Holocaust Remembrance Day
- Year 11 Mock Exams
- Year 12 Media Trip - Harry Potter Studios
- Brilliant Club Graduation
- Austria Ski Trip Leaves for the Half Term
- Student POWER meetings
- Year 11 Business Studies Pitches



Celebrating Success

Arjun (7R) participated in an art competition conducted by Unlimit Health and was awarded first prize in the year group 11-13. He was invited to the parliament on Tuesday, the 28th of January, to receive the award at the House of Lords, London. How amazing is that?!

Well Done Arjun!





Year 8 to 9 Pathways

Head of Year: Mr Wadman
Pastoral Support Officer: Miss Awolope
LeadershipYear08@carshaltonboys.org

We would like to make you aware of initial details regarding your child’s pathways process for GCSE or Level 2 courses which are commencing in September 2025. This is the process in which pupils decide which subjects that they would like to continue to pursue at GCSE, or Level 2 qualification.

Over the last few months, your son has been receiving information regularly about the process and about the optional courses available. This has been during tutor times and through assemblies.

We would now like to make you aware of some key dates between now and the summer term:

Date	Detail
Tuesday 25 February 2025	KS4 subject guides and media clips to be shared online via the school website
Friday 7th March 2025	Directions & Destinations Day - pathways focus
Thursday 13 March 2025	Y8 into Y9 Pathways Meeting 5pm
Thursday 27 March 2025	Year 8 Parents’ Evening
Friday 28 March 2025	Pathways Selection Portal Opens
Monday 7 to Monday 21 April 2025	Easter Break
Wednesday 23 April 2025	Deadline for the submission of the ‘Y8 into Y9 Pathways’ choices
June 2025	Pathway choices confirmed

Further details on the processes involved in submitting pathways choices, will be shared on Thursday 13 March 2025 at the face to face ‘Pathways Meeting’.

If you have any queries in the meantime, please contact the school.

Useful link

<https://www.carshaltonboys.org/page/?title=Year+8+Into+Year+9+Pathways+Process&pid=110>





Year 11 Update

Head of Year: Miss Torpey
Pastoral Support Officer: Ms Garcia & Miss Ellen
LeadershipYear10@carshaltonboys.org



Year 11 Gold Ties



The final Year 11 Information Evening is on Tuesday 1st April, from 17:00 to 18:00. This is a great opportunity to meet with the Year 11 Leadership Team to discuss the final push and preparation before the start of exams. You will receive updated predictions, results and resources.

If you have any questions please contact

leadershipyear11@carshaltonboys.org

Please find information about upcoming exams on our website [HERE](#)

Year 11 Results Day Thursday 21st August 2025 Times TBC

Results will be available for collection from school in person times TBC on **THURSDAY 21st AUGUST 2025**.

UNCLAIMED RESULTS will be posted to your home address.

If you wish for someone else to collect your results, we must have the nominated person in writing, signed by the child. Students can hand this to the exams team

Please make sure that the school office has the correct address. 6th form enrolment interviews take place shortly after this, details TBC

We will update any changes on the News Page on the Website [HERE](#)



Directions & Destinations 2025

Our annual careers event 'Directions and Destinations Day' will take place on 7th March 2025.

Students in Year 7, 8, 9, 10 & Sixth Form will be off timetable on this day, and participate in a range of careers related activities. Year 11 Students will have a bespoke study plan.



Parents/Carers should have all received our initial communication about this. Each year group has slightly different plan for the day, so if you have multiple children across different year groups, it is important that you read your letters carefully.

Students will not have access to catering on site on this day. Students who receive free school meals, will get information closer to the time about their vouchers for this day.

Workshop forms for Year 9,10 and 12 were distributed last week. **The, deadline for return Wednesday 12th February.** Workshops are allocated on a first come, first serve basis. Where forms are not returned, students will be allocated to workshops by their Head of Year.

Year Group specific details will follow shortly.

In the meantime, If you have any questions about a specific year group activity, please contact your child's year team.

- Year 7 Leadershipyear07@carshaltonboys.org
- Year 8 Leadershipyear08@carshaltonboys.org
- Year 9 Leadershipyear09@carshaltonboys.org
- Year 10 Leadershipyear10@carshaltonboys.org
- Year 11 Leadershipyear11@carshaltonboys.org
- Sixth Form Leadershipsixthform@carshaltonboys.org

Group	Event Details	Times
Year 7	Careers workshops	10am - 1pm
Year 8	Career workshop & careers exhibition	10am - 1pm
Year 9	Students attend ONE selected workshop and careers exhibition	10am - 1pm
Year 10	Students attend ONE selected workshop and careers exhibition	10am - 1pm
Year 11	Bespoke revision session - see communications for individual plans	10am - 12pm
Year 12	Students attend TWO selected workshop and careers exhibition	10am - 1pm
Year 13	Event Leaders and attend careers exhibition	10am - 1pm



National Apprenticeship Week



NATIONAL APPRENTICESHIP WEEK

10 - 16 FEBRUARY 2025

From **10th to 16th February**, we are proud to celebrate **National Apprenticeship Week**, an excellent opportunity to highlight the value of apprenticeships and the wide range of opportunities they offer to young people.

For more information about National Apprenticeship Week, visit the Government website [here](#).

At Carshalton Boys, we are committed to ensuring our students are well-informed about their future pathways. Throughout the week, we will be sharing apprenticeship resources and guidance via **Unifrog**, our careers platform. Additionally, we will be raising awareness through tutor time sessions, PSHE lessons, and our annual **Directions and Destinations Day** in March 2025, where students can explore a variety of career and apprenticeship opportunities.

If you have any questions about apprenticeships or careers at CBSC, please don't hesitate to contact us at pcowell@carshaltonboys.org. We are also happy to arrange impartial careers advice meetings for your child. Please note, **all students** will have the opportunity to meet with our careers advisor before they leave CBSC as part of our ongoing commitment to their future success.

Useful Links

- <https://naw.appawards.co.uk/>
- <https://unifrog.ivent-pro.com/events/apprenticeshipfair/login>
- <https://nationalapprenticeshipweek.co.uk/>
- <https://www.bbc.co.uk/bitesize/careers>
- <https://www.gov.uk/government/news/national-apprenticeship-week-2025-website-and-toolkit-launched>
- <https://bigassembly.org/>



CMHW2025

HERE4YOU

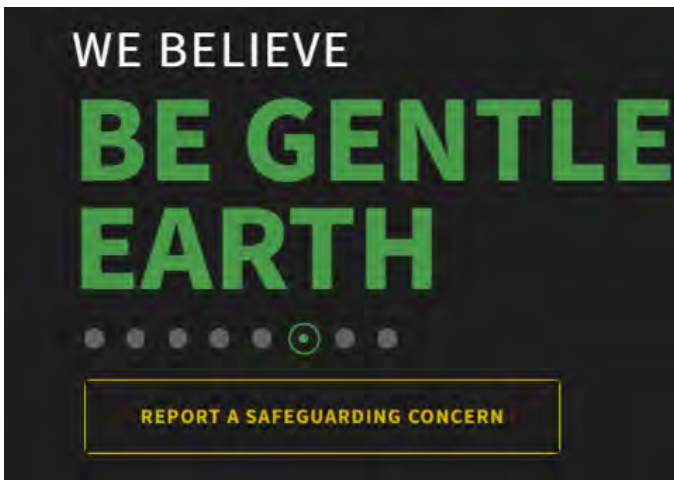


This year, to mark [Children's Mental Health Week](#), we have been working hard to raise awareness and support the wellbeing of our young people. Through dedicated assemblies and tutor time/PSHE activities, we have encouraged open discussions and provided students with tools to help them navigate their mental health.

We have also shared a survey on Bromcom to gather student feedback and ensure their voices are heard on this important topic. Your input is invaluable in helping us tailor our support and resources to meet the needs of our school community.

Below, we have included some key resources for young people and families to support children's wellbeing. If you have any questions or would like further support for your child, please don't hesitate to contact their Year Team or give the school a call.

Additionally, if you have any safeguarding concerns, please use the [CBSC Report It Sort It](#) button on our website. Your vigilance helps us maintain a safe and supportive environment for all.





CMHW2025

HERE4YOU



TIPS FOR FAMILIES

1 Encourage journaling
Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection
When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.
Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual
Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4 Practice mindfulness
Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5 Communicate
Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You Website HERE](#)



CMHW2025

HERE4YOU

TOP TIPS FOR CHILDREN AND YOUNG PEOPLE

1 Be curious about your emotions
 You're fascinating! Take notice of your emotions and thoughts, either as they come up or maybe later on that day. You can use techniques like meditation or journalling to help you make sense of what is going on inside of you.

2 What matters most
 Our values are often what make us tick, so reflect on what really matters to you. Are you ambitious, funny, kind, creative? Similar to Riley, our beliefs can evolve as we grow older and have new life experiences. If you're feeling lost or confused, take a moment to think about what drives you. It may help you understand yourself better and make choices that feel right for you.

3 Feedback, feedback, feedback
 Other people we know can often see things about us that we miss. Sometimes these can be areas for us to develop and sometimes they can be our strengths. Either way it's great to have a friend, family member or teacher that can help us with our blind spots.

4 Get creative expressing yourself
 Creativity can often help us express emotions and show parts of ourselves that are sometimes hidden. If you are feeling blue like Sadness, painting might help. If you are feeling bright and happy like Joy, song and dance could be the creative outlet for you. Whether it's painting, music, dance, drama or something else, find your creative outlet and share it with others.

If you're a young person struggling with any kind of mental health worries, reach out in a way that suits you. From speaking to someone or grabbing some info, to webchat or text, there's people ready and waiting to help [Here4You Website HERE](#)



EWP - Webinars



Education Wellbeing Service

Education Wellbeing Service

Upcoming Events For Secondary Parents
Spring/Summer Term 2025
Supporting your teenager's mental health webinars

- 4TH OR 6TH FEB** Social Media & Gaming: What Parents Need To Know
- 24TH FEB** Managing Exam & Assignment Stress For Parents Of Young People In Years 11-13
- 26TH OR 27TH MAR** Exam And Assignment Stress Management For Parents Of Young People In Years 7-10
- 24TH OR 30TH APR** Parenting Teenagers: Conflict And Communication
- 7TH OR 9TH MAY** Supporting Your Teenager With Emotional Difficulties And Self-Harm

[CLICK HERE TO BOOK](#)

We also provide free 1:1 early help support programmes for young people to support with anxiety or low mood. Speak to your school to find out more.

To view further event details and descriptions, and to book on to any of the webinars, please scan the QR Code or follow the link to our Eventbrite collection.

[Link HERE](#)





Holocaust Memorial Day 2025

HOLOCAUST MEMORIAL DAY 27 JANUARY

This year's Holocaust Memorial Day theme is 'For a better future'. This theme reminds us that understanding history is essential to creating a world free from hatred, prejudice, and violence.

Every year on the 27th January we remember the victims of the Holocaust and reflect on its lessons to build a better future. At Carshalton Boys this is outlined in our Holocaust Assembly and within our lessons in History on the Holocaust.

This Holocaust Memorial Day marks the 80th anniversary of the liberation of Auschwitz-Birkenau, the largest Nazi concentration camp complex. Auschwitz-Birkenau was liberated by the Soviet Red Army on 27th January 1945. It also marks the other genocides across the world since the Second World War.



The inscription '*Arbeit macht frei*' was made by metalworkers supervised by Jan Liwacz. They deliberately inverted the letter "B" as a subtle act of defiance. (Auschwitz-Birkenau, Museum: 2025)

It has been said that '*The road to Auschwitz was built by hate, but paved with indifference*' (Kershaw. I: 2012). At Carshalton Boys students in Year 9, have the opportunity to learn about the Holocaust. Students learn about the historic roots of antisemitism stretching back over 2000 years. They learn about the persecution that Jewish people faced in employment, housing, and in culture. One key area studied is that antisemitism was not born with Adolf Hitler and the Nazi Party.

As part of our studies, we focus on the choices that people made which led to the Holocaust. Historians have calculated that approximately 250,000 people were active participants in the murder of 6 million Jewish people. Classes learn about the choices that ordinary people made in Germany and other countries which created the environment for the Holocaust.

We also focus on the resistance shown by Jewish people, this took many forms. *The Diary of Anne Frank* which conveys the life of an ordinary teenage girl, a life that the Nazis wanted to remove all traces from existence. The Jewish partisan fighters who fought against the Nazi war machine, often with their bare hands. The resistance inside the camps itself and the very act of survival.



Holocaust Memorial Day 2025

The 80th Anniversary will be the last time that many Holocaust survivors gather together to remember the past. As the number of survivors continues to decrease year on year it is important that their testimonies are recorded and not forgotten.



King Charles III spoke at a Jewish community centre in Krakow ahead of becoming the first British head of state to visit Auschwitz, where he attended a commemoration event to mark the 80 years since its liberation. He said 'the act of remembering the evils of the past remains a vital task'.

Helen's Story

Helen was only twelve years old when the German army arrived at her home. She was one of around only 750 people to be liberated from the Łódź Ghetto, out of 250,000 people sent there. Her mother and brother survived with her, but her father was murdered at Chelmno.

Helen Aronson was born Helen Chmura in Pabianice, Poland, on April 24, 1927. She grew up in a Jewish family with her parents and two siblings. In 1939, when Helen was 12, the Nazis invaded Pabianice, imposing immediate terror on Jewish residents. Helen's family was forced into the town's ghetto in 1940, living in overcrowded conditions and working as slave labour.

In 1942, the Pabianice ghetto was liquidated, and Helen, her mother, and brother were transported to the Łódź Ghetto, where they faced starvation, disease, and constant fear. Helen's brother narrowly survived a hospital evacuation by hiding in a chimney. By 1944, most Jews in Łódź were deported to extermination camps, but Helen's family survived due to her brother's role working for the German army.

In January 1945, the Russian army liberated the city. Helen recalled the overwhelming relief upon hearing they were free. Tragically, Helen's father had perished after volunteering to accompany orphaned children to Chelmno, where they were murdered.

After the war, Helen moved to England, marrying and raising two daughters. She initially kept her story private but later shared it widely through testimony and community events. Helen remains dedicated to preserving the memory of those who perished.





Aimhigher

Lead: Ms Ellis & Miss Pigott
LEllis@carshaltonboys.org &
APigott@carshaltonboys.org

Westminster School Visit

Four of the top students in Year 10 were selected to apply for the Westminster Platform+ programme, which gives high-achieving pupils exposure to more advanced instruction in STEM and the Humanities at a prestigious school. All four of the CBSC applicants were accepted and have been making their way to Westminster School on Saturdays to learn with other capable students in London. One student received positive praise from the organisers and wrote this on his experience:

"I have been attending Saturday morning sessions at Westminster School with 3 other students from our school. I was very nervous to begin with, but as the room filled people seemed to talk more and we got to know each other. In the first lesson introducing Arts, Humanities, and Nationalism, I realised I was with like-minded people. Coming home I was already looking forward to the next Liberal Arts session"



Reading Scholars - University Trip

This January, nineteen students in Year 10 had the opportunity to go on a trip to Reading University and join the Reading Scholars programme. On the trip students got a tour and taste of university life while also taking the first steps towards their final project: a poster on their choice of topic. Students enjoyed getting firsthand experience of university and building study skills they could use across all subjects. One student reflected on his experience:

"We toured the campus and learned more about university life, as to inform those planning to attend university, as well as learning about Reading's own nuances (it has a campus in Malaysia!) Furthermore, we kicked off a 6 month long period during which we would assign ourselves a research question to answer by putting together a poster. Overall, the trip was, predictably very enjoyable - I found myself coming out not only more informed, but also definitely wanting to return as a university student."





CBSC DT Alumni

Product Design Alumni



Malachi Lewis, Leaver 2022

Many of our former Product Design students have gone on to achieve great things, including **Malachi**, who is now on a **design engineering internship at Numatic International**, home of **Henry** vacuum cleaners.

"I specialise in large commercial cleaning machinery and ride-on equipment, where I create engineering drawings for parts and prototypes to improve product design."

Malachi's journey after completing his **A-levels** and **GCSE product design** is a testament to the success that can come from a solid foundation in design and engineering.





CBSC DT Alumni

Sam Morris, Leaver 2017

Sam, a former CBSC student, studied both GCSE and A-Level Product Design with us before embarking on an exciting career as a Design Apprentice. His journey is a testament to the value of hard work, seizing opportunities, and the skills he developed during his time at CBSC.

After completing his apprenticeship, Sam now works for himself, but his previous role at a signage company saw him leading the LED department. In this position, he was responsible for planning suitable LED solutions for projects, calculating the necessary drivers, and ensuring the quality of LED signs produced by his team. He also gained hands-on experience operating CNC machines, which allowed him to bring his designs to life independently.

Sam's advice for anyone considering an apprenticeship is simple but powerful: **make the most of every opportunity**. When he started his apprenticeship alongside three others, Sam stood out by eagerly embracing every chance to learn new skills. While his peers were more hesitant, Sam took the initiative to master welding, soldering, glass bending, hand-finishing techniques, and vinyl application. This dedication paid off—after two years, he secured a role with one of London's largest signage companies, thanks to the diverse skill set he had developed.

Sam reflects, *“Even though it might feel like they're using you at times, you need to use them back! Take everything you can from an apprenticeship—it will pay off in the long run.”*



Sam's Career Highlights

- Working with high-profile clients such as **David Beckham**, **Taron Egerton**, and **Fumez the Engineer**.
- Having his signage featured at the **Bridge Theatre** for the production of *Guys & Dolls*.



Sam's Career Highlights

Sam still uses the **Pro Markers** recommended by Mrs. Baker during his A-Level studies for his design work today. He also continues to apply many of the skills he learned in the DT Department, including design techniques, materials knowledge, soldering, and 2D/3D modelling.

Reflecting on his time at CBSC, Sam recalls how much he valued the freedom to design and create in the DT workshop, especially during sixth form. *“I never really had a place where I could design and make anything I wanted, so I loved DT. Being in the workshop during most of my free time was incredible.”*

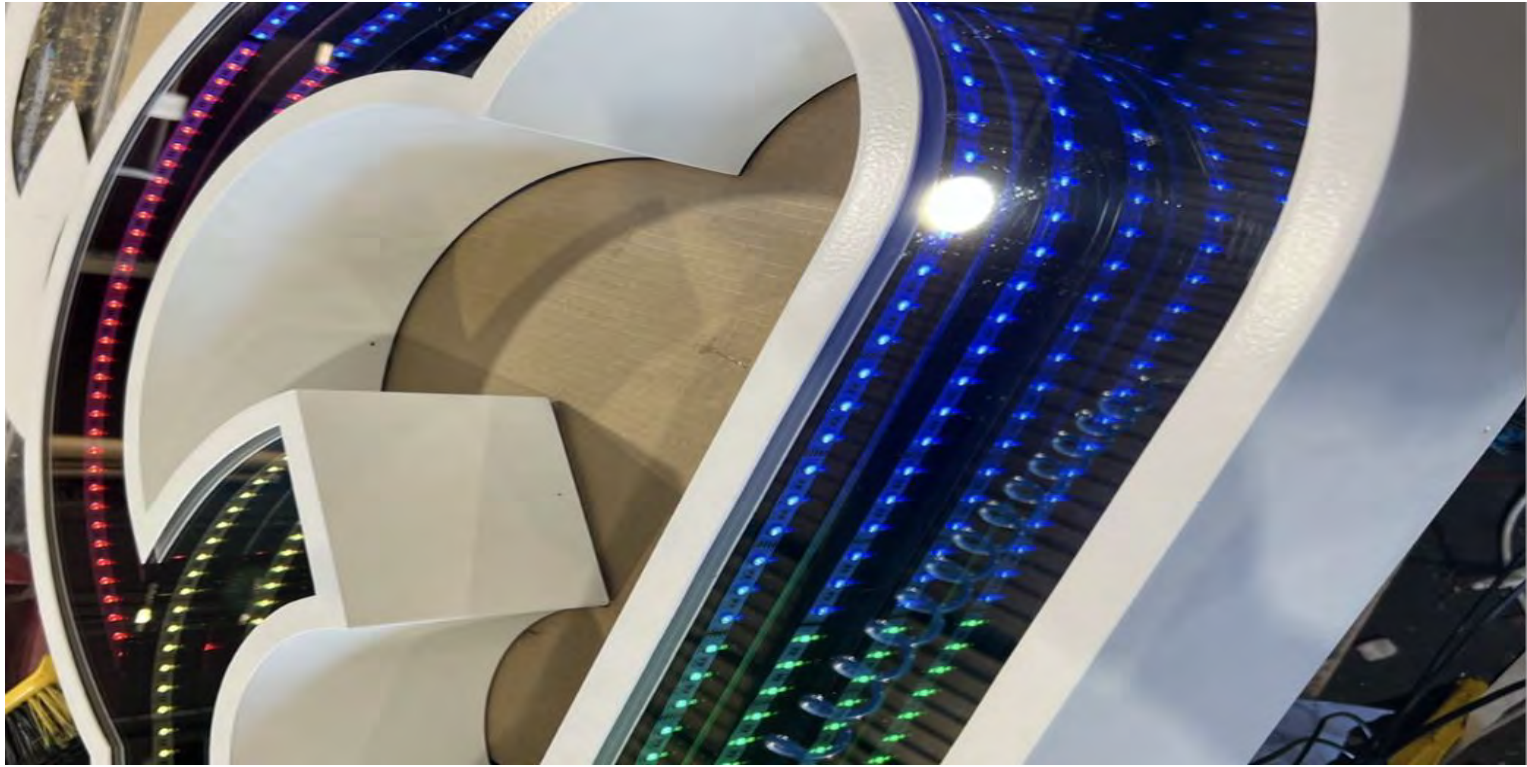
Sam remains deeply grateful for the support and guidance he received from **Mr. Brockhouse** and **Mrs. Baker** during his time at CBSC. The skills they taught him have stayed with him throughout his career, proving just how impactful a strong foundation in design and technology can be.

We're incredibly proud of Sam's achievements and the way he continues to inspire current students with his story. His journey is a shining example of how dedication, curiosity, and the right support can lead to incredible opportunities.

If you'd like to learn more about apprenticeships or careers in design, please don't hesitate to get in touch with us at CBSC.



CBSC DT Alumni





This Year in Design & Technology

Heads of Dept. Marthinus Slabber & Dominic Brockhouse
mslabber@carshaltonboys.org &
dbrockhouse@carshaltonboys.org



Construction Shed

Practical Work in Action

The Construction Shed is a dedicated space designed to provide construction students with invaluable hands-on experience. It features 24 fully equipped electrical and plumbing stations where students can practise and refine their skills. By applying theoretical knowledge to real-world scenarios, students gain insights into industry practices, preparing them for future success in the construction field.



Enrichment & Clubs

Makerspace Club - Fostering Creativity & Innovation

Open to Years 7–8, the Makerspace Club is an optional enrichment programme that sparks creativity and encourages exploration in design and technology. Students have access to tools such as 3D printers and laser cutters, allowing them to develop practical skills and pursue their interests in innovative ways. This club provides a supportive environment for students to extend their learning beyond the classroom.





This Year in Design & Technology

Heads of Dept. Marthinus Slabber & Dominic Brockhouse
mslabber@carshaltonboys.org & dbrockhouse@carshaltonboys.org



Practical Work in Action

For Year 9 students, enrichment activities include assembling IKEA furniture, giving them hands-on experience in building practical life skills. This programme is designed for students who have not chosen a Design and Technology subject but still wish to engage with the department. By tackling tasks such as assembling flat-pack furniture and learning to mend and fix items, students develop valuable skills that will benefit them throughout their lives.

This enrichment initiative also aligns with the school's *We Believe* principle, which emphasises sustainability and being kind to the Earth. Encouraging students to repair and reuse items fosters a mindset of environmental responsibility alongside practical proficiency.

Department Resources & Trips

The Design and Technology Department boasts an impressive array of resources to support student learning, including:

- 3 Laser Cutters
- 10 3D Printers
- 50 PCs and Chromebooks
- A Dedicated KS4/KS5 Design Room
- The Construction Shed

These resources ensure that students have access to the latest tools and technologies, allowing them to excel in both their coursework and extracurricular pursuits.

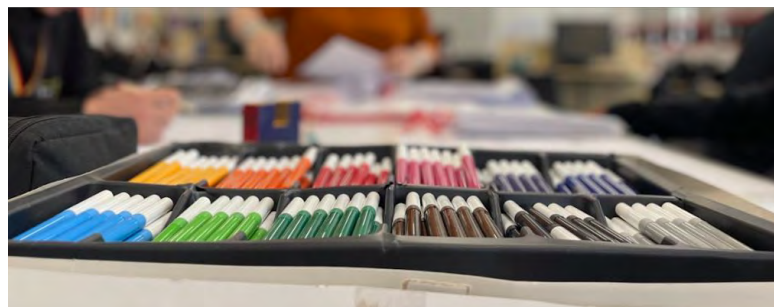
New Designers Trip Exhibition, London

One of the key trips offered is to the **New Designers Exhibition** in London. This event allows students to explore innovative ideas and real-life projects from the design world. By seeing how concepts come to life, students can relate their studies to professional practices and gather inspiration for their own work.

Mini Cooper Factory Tour Trip

Another opportunity is the visit to the **Mini Cooper Factory**. This trip provides an in-depth look at industrial production, taking students through the entire process from concept to final product. It showcases how theoretical knowledge is applied in real-world manufacturing, offering insight into techniques and methods used in mass production.

These trips aim to enhance students' understanding of the design and technology field while supporting their creative and practical development.





This Year in Design & Technology

Heads of Dept. Marthinus Slabber & Dominic Brockhouse
mslabber@carshaltonboys.org & dbrockhouse@carshaltonboys.org



More from 'The Shed' - Construction





This Year in Design & Technology

Heads of Dept. Marthinus Slabber & Dominic Brockhouse
mslabber@carshaltonboys.org &
dbrockhouse@carshaltonboys.org





This Year in Food

Head of Dept. Jackie Dean
jdean@carshaltonboys.org



We would like to say thank you to all those who have made their contributions towards ingredients costs this year - as you can see, providing ingredients ensures that all pupils cook every lesson and hopefully it takes away the stress of having to shop for ingredients on a weekly basis! If you have not yet made a contribution, we would welcome your support by doing so. As you are probably aware, the cost of ingredients has increased quite substantially and your funding ensures that we can continue to provide ingredients for the pupils to produce quality outcomes. We would also like to ask that if your child has dietary requirements that we are not aware of or need updating, that you let us know as soon as possible so that we can update our records and ensure that your child is catered for in our lessons

Year 7

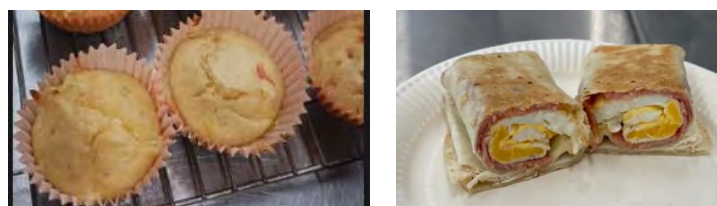
Year 7 are introduced to the Food room and learn about health and safety including how to use a knife safely when cutting and preparing ingredients. They also learn about the Eatwell Guide, where food comes from and the advantages and disadvantages of seasonal foods. We look at the different factors impacting food choices such as cost, time, cooking skills and availability. We also investigate the different cooking and cake making methods. The students cook pizza, pasta and a tomato sauce, chicken goujons, Swiss roll and beef burgers and wedges

Year 8

Year 8 have been learning about the 4C's when cooking and nutrients in our diet including how the dietary needs change at different life stages. They also investigate the different types of pastry and complete a range of practical activities that link to the theory lessons. They have been developing their knife skills, using the hob, using an air fryer, working safely with raw meat, using the oven and making pastry. We have been cooking pancakes, pasta salad, chicken burgers and wedges, apple turnovers, chicken fajitas and sweet and sour chicken with noodles.

Year 9

Year 9 have been learning about the nutritional needs throughout different life stages and cooking a range of dishes to meet the needs of different age groups including pasta stir fry, chicken rainbow wraps and breakfast muffins. We have been thinking about the ingredients used in the dishes and the nutrients that they provide. We are also looking at dietary needs and how these might impact the food choices that we make including allergies, religious beliefs, being vegetarian or vegan for moral or environmental reasons.





This Year in Food

Head of Dept. Jackie Dean
jdean@carshaltonboys.org





This Year in Food

Head of Dept. Jackie Dean
jdean@carshaltonboys.org



Pizza Making With Our Visitors





This Year in Food

Head of Dept. Jackie Dean
jidean@carshaltonboys.org



Year 10

Year 10 Our theory focus this term has been on nutrients and their functions whilst also exploring different cooking methods and the impact that these have on the nutritional value of the foods once cooked. We have been trying out lots of new recipes including protein bowls, stuffed peppers, katsu curry and homemade crumpets with poached eggs and hollandaise sauce. Each practical lesson has been linking the theory work to the recipes cooked whilst also providing students with experience of using a wide range of ingredients and cooking methods. This is preparing the students for their Controlled assessment by ensuring that they have the knowledge to complete the written element as well as the skills to complete the practical exam.



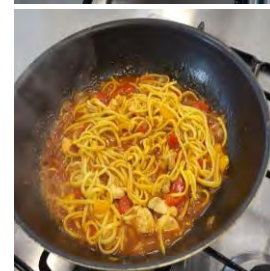
Year 11

Year 11 have completed their NEA in the run up to Christmas - we saw a very high standard of practical skills and presentation. Pupils showed a lot of resilience and worked hard to achieve good results - unfortunately we are not allowed to share the photos with you due to exam board regulations, but there were some fantastic two course meals and students were proud of their achievements. Year 11 have now moved on to revision. We have been linking our practical lessons to the revision required for Unit 1 - we have been focussing on types of establishments and types of service and pupils produced their own Big Mac and fries whilst learning about different commercial establishments, types of menu, types of service and standards and ratings.



Sixth Form

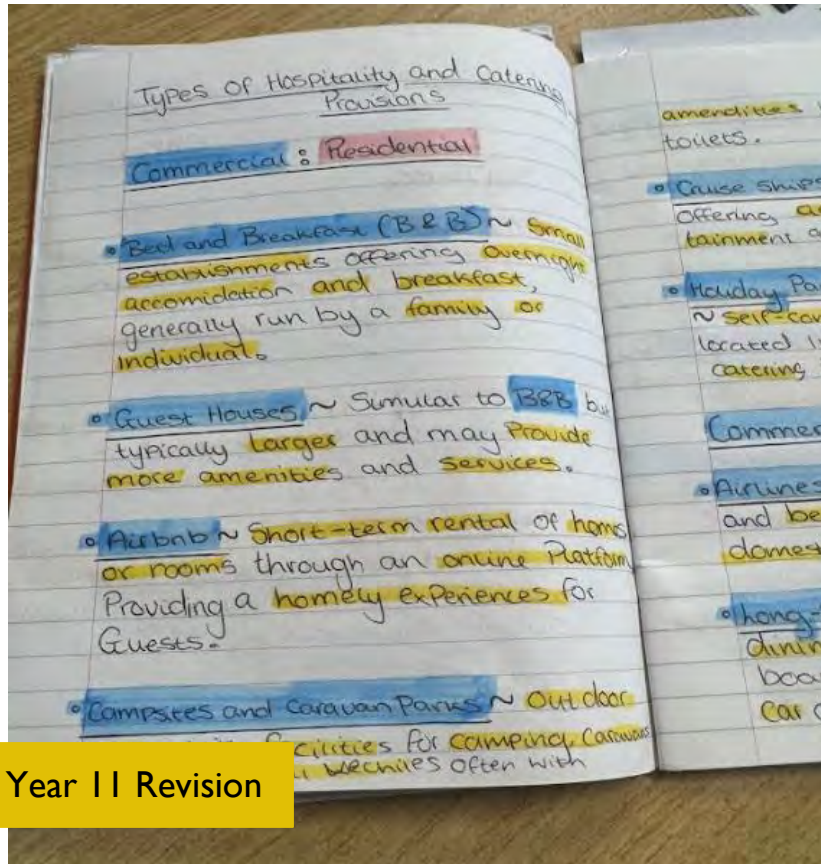
Year 12 and 13 This year has seen the introduction of Leisure lessons in the Food department. Our aim is to encourage the students to make healthier choices by learning how to prepare favourite takeaway meals at home, reducing reliance on processed foods and understanding the nutritional benefits of home-cooked meals, as well as helping them to understand the cost-effectiveness of cooking at home versus ordering takeaway. We have been cooking -pizza, sweet and sour chicken and rice/noodles, smash burgers, chicken kebabs and KFC.





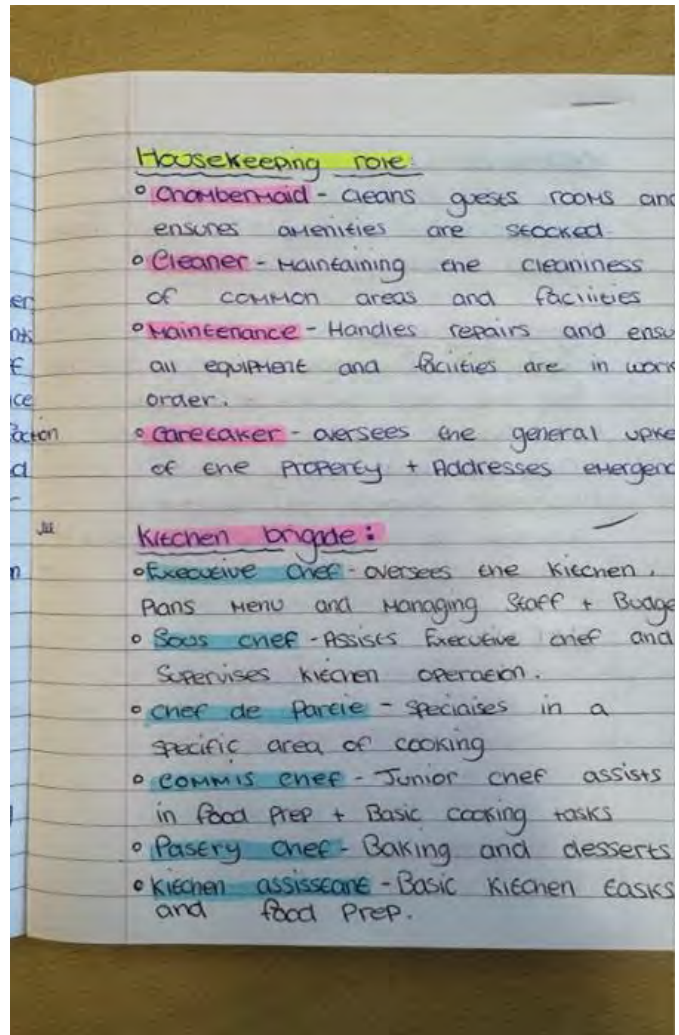
This Year in Food

Head of Dept. Jackie Dean
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Year 11 Revision

Year 11 Higher Level Skills





This Year in Food

Head of Dept. Jackie Dean
jdean@carshaltonboys.org



CBSC Big Mac

Deboning Chicken



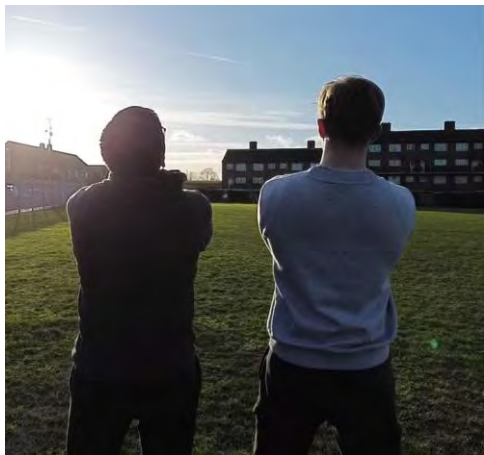


The Half Term In Photos





The Half Term In Photos





This Year in Psychology

Head of Dept. Daniel Donegan
ddonegan@carshaltonboys.org



Overview

The world of psychology is forever changing as our lives change. Psychology changes with the times so it is a vital subject within schools and adds valuable knowledge relating to the human experience.

We have looked at a range of topics, one being Psychopathology, offering students the chance to study mental health disorders such as depression, phobias, and obsessive-compulsive disorder (OCD). We also look at what it means to be abnormal, in the psychological sense. As the world becomes increasingly more difficult to navigate, mental health has become all the more important.

This article from Psychology Today looks at Self-Esteem in the Digital Age. Young people seem more at risk of their self-esteem being affected by the overuse of social media and other digital means but it can apply to us all. <https://www.psychologytoday.com/gb/blog/the-pathways-of-experience/202501/self-esteem-in-the-digital-age>



Another area we have looked at this year is Relationships, where students learn how humans form relationships and the purposes of those relationships. This ranges from relationship formation, relationship maintenance to relationship breakdown. Additionally, in this increasingly digital world, we look at virtual relationships and the benefits and issues with the formation of these. Relationships is an important topic because forming relationships is vital to the human experience.

There is not a one size fits all approach to relationships and finding the perfect fit seems to be what people strive for. However, the article below, again from Psychology Today outlines that imperfection is key to a loving relationship. Find the article here <https://www.psychologytoday.com/gb/blog/social-instincts/202502/imperfection-is-the-key-to-a-loving-relationship>



For more up to date information about the world of psychology, follow the link to [Psychology Today](#) which has daily updates about the wonderful world of Psychology.



This Year in Citizenship

Head of Dept. Ben Howard
bhoward@carshaltonboys.org



In Citizenship this term Year 11 students are working hard revising and recapping content in preparation for their upcoming GCSE exams. Students have been using the active recall process to memorise key information, facts and arguments and then practising applying this knowledge to varying types of exams questions. They are to be congratulated for their efforts this term with most seeing the benefits of this work in terms of their working grades. Year 10 have been working on the British Constitution. In doing so they have practised their essay writing skills evaluating government power and have also taken part in a debate exploring proposed changes to the House of Lords. Year 9 have been looking at 'Rights and Responsibilities' or 'Politics and Democracy', while lower down the school Year 8 have been studying the criminal justice system and Year 7 Identity and Community.



This Year in PRE

Head of Dept. Fadi Khawaja
fkhawaka@carshaltonboys.org



The main skill focused on in Philosophy, Religion, & Ethics (PRE) from Year 7 to 11 is 'critical thinking', which is the analysis and evaluation of an issue in order to form a judgement.

A great way to implement critical thinking is through another skill - debate! **Here are some top tips to encourage debate outside of the classroom:**

1. *Keep the debate focused on ideas, not egos.*
2. *Focus on going after your opponents points, not your opponent!*
3. *Say 'I don't know' if you are not 100% sure about your facts, statistics, and evidence.*
4. *Use humour and have fun.*
5. *Debate anywhere! It doesn't have to only be in a presidential election! You can be sat on the sofa, having dinner, or waiting for the bus.*





Taiwanese Students Visit CBSC

Once again, at Carshalton Boys we had the privilege of hosting a group of students from Taiwan, who travelled here to participate in an English immersion programme. They stayed with local families and became Carshalton Boys' students for two weeks, joining our school family.

Our students eagerly took on the role of buddies and demonstrated the CBSC principles of kindness and being the best version of themselves as they welcomed and looked after our Taiwanese friends every day. It was truly a pleasure to watch.

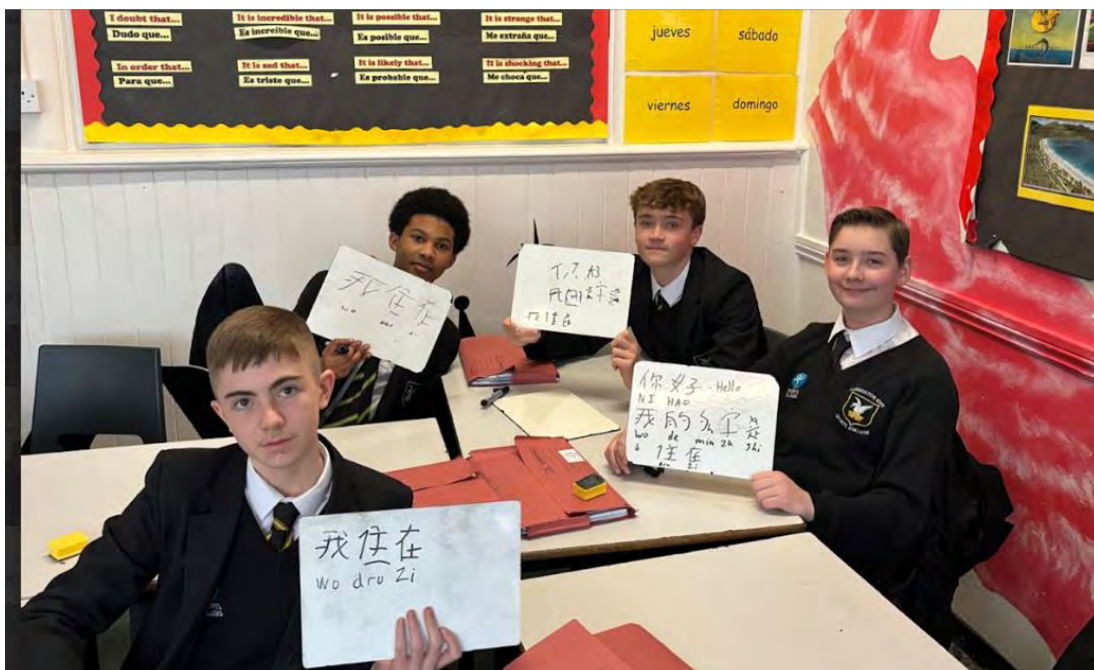
The Taiwanese students integrated into daily school life with ease, enjoying lessons with their buddies. The students were here for the Lunar New Year and they enjoyed making lanterns, opening fortune cookies and tasting some Chinese dishes in the café to celebrate their new year. In addition, the students, together with those in year 7 and 8, coloured in snakes to celebrate the Year of the Snake. Basketball, board games and learning Spanish were also popular activities for the students as they embraced CBSC life. On the last day, some of our students were treated to some Chinese Mandarin lessons as the Taiwanese students introduced some basic phrases in their language. Our students fully embraced this opportunity to learn another language and made me super proud.

The Taiwanese students did not want to leave our school but they left with some new friends for life, more confident English, and an understanding of life and the weather in England. Our boys embraced a new culture, developed some personal skills and created strong friendships. Our CBSC community continues to develop bonds with the island of Taiwan and we look forward to





Taiwanese Students Visit CBSC





Music Event - Sound Lounge



On Wednesday, 5th February, some of our incredibly talented CBSC musicians and artists took to the stage at the renowned **Sound Lounge in Sutton** for a spectacular concert. The evening was a wonderful celebration of creativity and skill, showcasing the hard work and dedication of our students.

A huge congratulations to all the performers for their outstanding contributions – you truly shone! We would also like to extend a heartfelt thank you to the families, friends and staff who came along to support and cheer them on. Your encouragement means the world to our students.

Well done to everyone involved – you’ve made us incredibly proud!





Music Event - Sound Lounge





Media Enrichment Club

Head of Dept. Brodie Hennell
bhennell@carshaltonboys.org



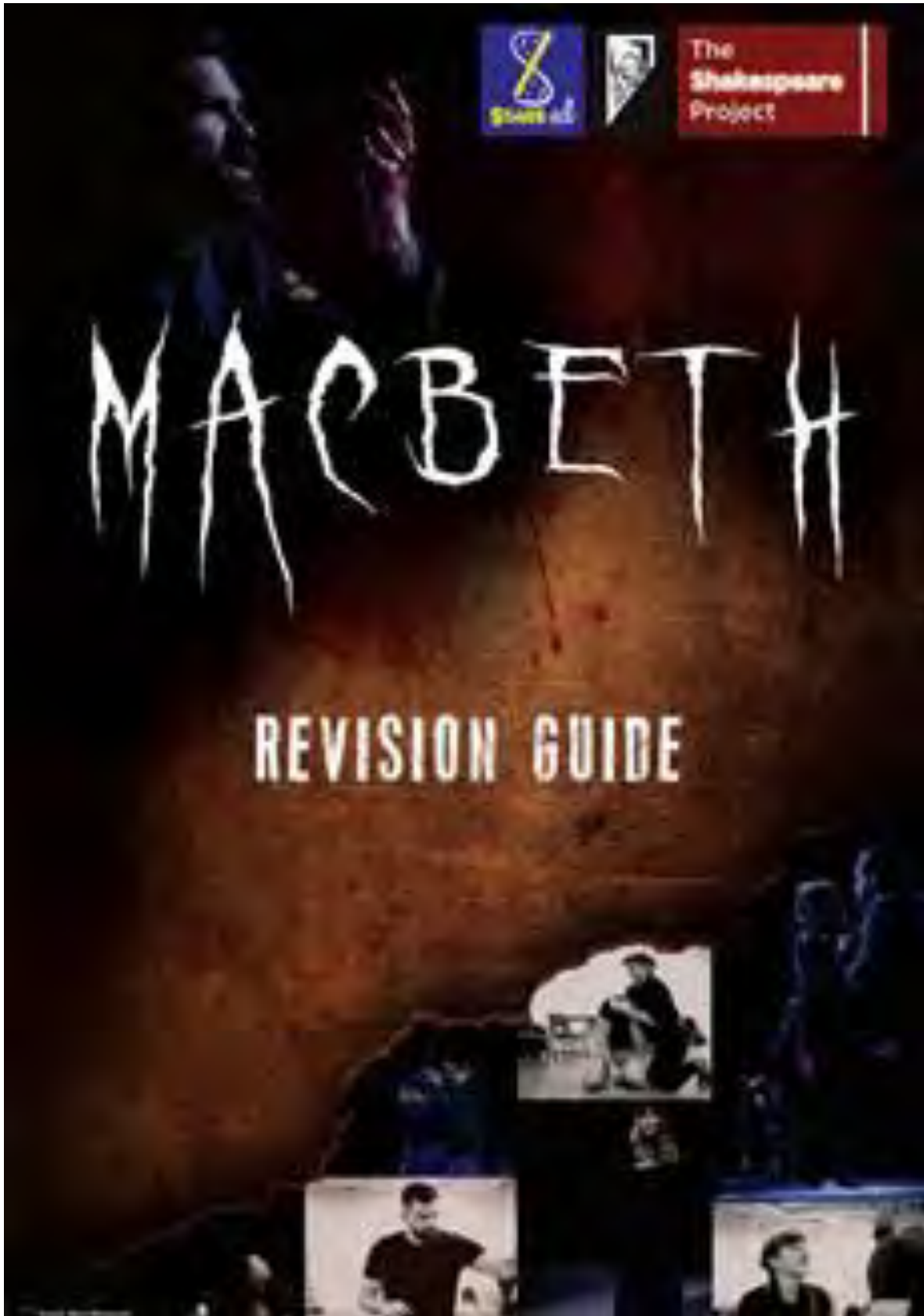
Our Media Club students have been really busy this half term, learning how to use a variety of photography techniques to master the craft! They have developed their skills and creativity beyond the classroom and we are really proud of their efforts. Keep up the good work!





Stage-Ed Drama Event

Head of Dept. Alix Clarke
aclarke@carshaltonboys.org



On the 15th January Stage-Ed came into CBSC to provide the whole of Year 11 with a Macbeth workshop looking at key quotes, characters and themes from the play. This was in support of the upcoming GCSE written exam for English and Drama. A great time was had by all.



Jamie's Farm Trip

Another incredible trip to Jamie's Farm this half term! It was wonderful to see our students embrace experiences beyond the classroom, grow in confidence, and make the most of every opportunity. A huge thank you to all the staff involved for their dedication and to our students for their enthusiasm and engagement throughout the trip.





Jamie's Farm Trip





Sparx Maths

Head of Dept. Joanne Lambert
jlambert@carshaltonboys.org



Celebrating Success & Offering Support

Over December and January, our students have been working hard on **Sparx Maths**, earning **XP points** for completing their homework and extra practice. Well done to everyone putting in the effort! Below, you'll find the **top XP leaderboards** for upper and lower school, showcasing those who have gone the extra mile. Every extra bit you do increases your Sparx level too. The boys with the highest levels in the school are shown below..

If you need help with maths or want to revise, **M12 is open every lunchtime**, where an **A-Level Mathematics student** is available to support you. Whether it's tackling tricky topics or getting ahead, make the most of this opportunity!

Keep up the great work, and let's see who climbs the leaderboard next month!



Sparx Maths

Students earn XP by completing tasks in their Sparx Homework.

For each homework type, the maximum amount students can earn is:



Compulsory: 420 XP

XP Boost: 405 XP

Target: 135 XP



Additionally, students can earn 20 XP per Independent Learning task they complete.

Students reach a new Sparx Level every 1,000 XP.

Leaderboard

Lower School Dec - Feb

Name	Year	XP
Max	07C	19,424
Thanujan	08P	12,780
Rashman	07S	10,464
Nana	08A	9,259
Sanush	07E	8,915
Oliver	07N	8,798
Yehor	07A	8,670
Joshua	08C	8,600
Daniel	09R	8,021
Adam	07R	7,943

Upper School Dec - Feb

Name	Year	XP
Josh	10S	8,446
Keiran	10W	8,352
Rafe	10P	7,904
Junaid	11S	7,869
Sajiththan	11N	7,494
Josef Ely	10S	7,456
Ethan	10S	7,257
Yusuf	10P	7,106
Harry	11N	6,180
Zak	10R	5,906



Sparx Maths

Head of Dept. Joanne Lambert
jlambert@carshaltonboys.org



Top Levels in the School



Name	Year	Sparx Level
Marcus	09M	164
Harry	10F	125
Shi Xian	09F	104
Keiran	10W	94
Emilian	09S	94
Yusuf	10P	90
Jeet	09M	89
Josef Ely	10S	83
Oskar	09C	83
James	12A2	80

Need Help?

Maths Club
Everyday in M12 at Lunch times



Reading at CBSC

Lead: Joseph Kelly
Kelly@carshaltonboys.org



KS3 Leaderboard

Sparx Reader

This term, English teachers have continued to work closely with parents to maintain student focus and engagement with student reading, racking up almost 16,000 hours of careful reading, and achieving 86% completion across 1,000 active students (90% across Y7 and Y8 alone).

We know that just 10-minutes of reading a day can have an enormous impact on students' learning and development, and we want to say another enormous thank you to parents and carers who are supporting children with reading at home.

Despite the successes of our Sparx programme, it's an ongoing challenge to engage students in reading, so please let us know if there's anything we can do to support you at home.

If you have any questions about how to encourage your child to read (or about Sparx Reader) please contact jkelly@carshaltonboys.org.



Students have completed
15,976 hours
of careful reading this year in Sparx Reader. Great effort!

Students have read
4,914 books
this year in Sparx Reader. Amazing!

Top Tutor Groups last term have been invited to a rewards lunch this week as a way to celebrate their combined success! Amazing!

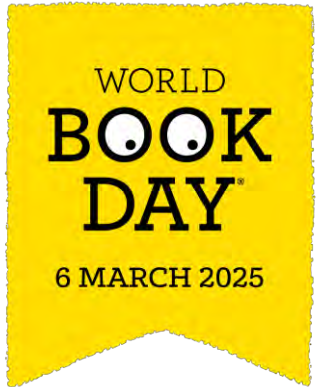
TOP TUTOR GROUPS			
	Reg Group	Total SRP Earned	Hours of Careful Reading
1	7A	206,710	345
2	8C	186,777	311
3	9F	177,958	297
4	10S	153,675	256

KNOWLEDGE IS POWER



World Book Day

Pencil Thursday 6 March in your diary for World Book Day 2025!



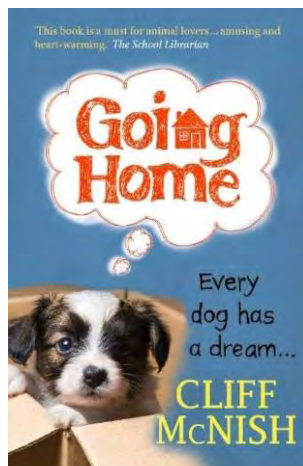
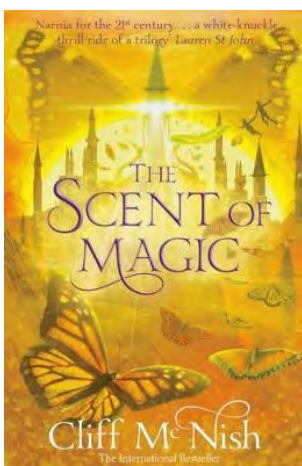
Author of fantasy and supernatural novels Cliff McNish will be joining us on World Book Day!

McNish is known for his works such as the 2006 ghost novel *Breathe*, *The Silver Sequence*, and *The Doomspell Trilogy*, which has been translated into 26 languages.

His visit will include an assembly, creative writing workshops and a book signing event.



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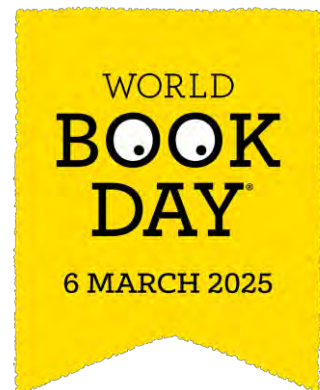
World Book Day

Dressing up: It's up to you!



Here are some handy hints:

- If your child doesn't have a favourite book, use a hobby as inspiration.
- A favourite fact or illustration from a graphic novel attached to a t-shirt is just as good as a full costume.
- World Book Day's website includes great ideas that you can adapt for nearly every character - visit the page below for more info.



<http://worldbookday.com/celebrate-world-book-day/dressing-up>

Your child must have their costume idea approved by their English teacher before Thursday 6 March.

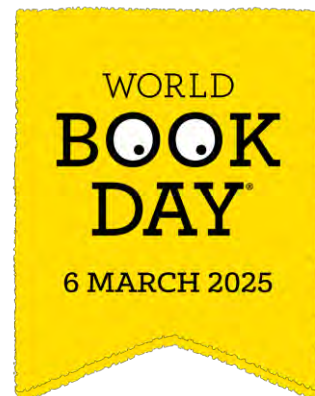
Check out this year's World Book Day reading recommendation





Book Donations

**Do you have book at home that you don't need anymore?
Donate them to our school library!**



We need:

- Young Adult Fiction
- Fiction
- Graphic novels and Manga

All donations must be in good or excellent condition



When:

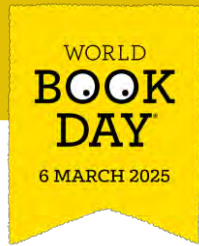
Monday 3 - Friday 7 March

Drop-off locations:

- The Library
- A01 (the English Block)
- The Mezzanine



Reading at home ...



Ideas to get you started reading!

Comics and Magazines:

- **Sports Illustrated Kids** magazine: a magazine that covers a range of sports, featuring articles, interviews, and profiles of young athletes.
- **Marvel Adventures** comic series: featuring popular Marvel superheroes.
- **The Phoenix Magazine**: a weekly story-comic magazine that features a variety of exciting and engaging comics for different age groups.

Books Linked to Toys and Games:

- **Minecraft: The Island** by Max Brooks: a novel based on the popular video game, where a player wakes up on a mysterious island and must unravel its secrets.
- **The Legend of Zelda: Twilight Princess** by Akira Himekawa: a manga adaptation of the popular video game franchise *The Legend of Zelda*.
- **Warhammer Adventures** series by Various Authors: adventure books set in the Warhammer universe, featuring epic battles and fantasy elements.

Choose Your Own Adventure Books:

- **The Magic Path** series by Steve Jackson and Ian Livingstone: fantasy adventure books where readers make choices to shape the story's outcome and face magical creatures and challenges.
- **Can You Survive the Zombie Apocalypse?** by Max Brallier: an interactive book where readers make choices to survive in a world overrun by zombies.
- **Escape This Book!** series by Bill Doyle: interactive books that challenge readers to solve puzzles and make choices to escape dangerous situations.

Graphic Novels:

- **Percy Jackson and the Olympians: The Lightning Thief** by Rick Riordan (Graphic Novel Adaptation): a visually stunning adaptation of the popular novel series, blending Greek mythology and adventure.
- **Bone** series by Jeff Smith: an epic fantasy graphic novel series following the adventures of three cousins in a magical world filled with creatures and mysteries.
- **My Hero Academia** series by Kohei Horikoshi: a manga series set in a world where people have superpowers, following the story of a young boy aspiring to become a hero.

Empowerment Books:

- **The Boy Who Harnessed the Wind: Young Readers Edition** by William Kamkwamba and Bryan Mealer: the true story of a young African inventor who built a windmill to provide electricity for his village.
- **Hidden Figures: Young Readers' Edition** by Margot Lee Shetterly: the captivating story of African American mathematicians at NASA who played crucial roles in the space race.
- **I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban** by Malala Yousafzai: the inspiring autobiography of Malala, a Pakistani activist advocating for girls' education.

Books Linked to Football:

- **Football Academy** series by Tom Palmer: a series that follows young footballers as they face challenges on and off the field, exploring themes of teamwork, determination, and friendship.
- **Soccer School** series by Alex Bellos and Ben Lyttleton: a fun series that provides insights into the world of football, including skills, tactics, and trivia.
- **Keeper** by Mal Peet: a gripping novel that explores the life of a young South American goalkeeper and his journey towards becoming a professional footballer.

Non-Fiction Books:

- **National Geographic Kids Almanac** by National Geographic Kids: a comprehensive and visually appealing archive of fascinating information about animals, science, history, and more.
- **Animalium** by Katie Scott and Jenny Broom: an illustrated exploration of the animal kingdom, filled with fascinating facts and beautiful artwork.
- **The Diary of a Young Girl** by Anne Frank: the poignant diary of Anne Frank, offering a firsthand account of her life in hiding during the Holocaust.

Find what interests your child most.

Remember, books are like films and TV shows - give it a chance, but if you're not enjoying it then find something else!



Reading at home this holiday...



Encourage reading at home this holiday!

Reading for pleasure is not only a source of enjoyment but also a crucial factor in academic success and personal development.

By fostering a love of reading at home, you can significantly contribute to your child's educational journey and help bridge the inequality gap in education. This guide provides some practical tips and strategies to encourage children to read for pleasure.

1. Set a Reading-Friendly Environment

Create a comfortable reading environment. Set up a cozy reading nook or designated space at home where your child can relax and focus on reading without distractions.

2. Lead by Example

Children often imitate their parents' behaviours, so let them see you engaging in reading regularly. Be a role model by reading books, magazines, or newspapers in their presence. Discuss what you've read and share interesting stories or facts, showing them how reading can be enjoyable and enriching.

3. Encourage Book Choices

Allow your child to choose their own reading materials but help them to find books related to their hobbies and passions. Let them explore different genres, such as fiction, non-fiction, fantasy, mystery, or biographies. Visit the library together or take them to a bookshop to help them discover stories that capture their interest.

4. Make Reading a Routine

Establish a consistent reading routine at home. Set aside a specific time each day for reading, whether it's before bedtime, during meals, or after school. Make it a non-negotiable activity and ensure everyone in the family is engaged in their reading time. Encourage your child to read outside of books as well. This can include reading recipes while cooking, instructions for DIY projects, or even subtitles while watching movies or TV shows. Consistency is key to maintaining their reading habit!

5. Discuss & Share

Engage in conversations about the books your child is reading. Ask open-ended questions about the plot, characters, and their opinions. Encourage them to share their favourite passages or memorable quotes. Opening up discussions will improve comprehension and deepen their love of reading.

6. Explore Digital Reading

Incorporate technology into reading experiences by utilising e-books, audiobooks, or reading apps – including *Sparx Reader* and *Sora* (CBSC's online library). Many digital platforms provide access to a wide range of reading materials, making it convenient for students to explore and access their favourite books at home

7. Sparx Reading Challenge

Setting up reading challenges or goals can foster a sense of accomplishment and inspire children to read more. Motivate your child by getting them to compete in the CBSC Summer Reading Challenge. The TOP 10 pupils across the school will win a **Golden Fast Pass**, allowing them to skip the queue for the whole of September!

Our goal is to create a positive reading culture (both at school and at home) where reading is seen as a fun and valuable activity. Check out the *National Literacy Trust* website for more information.

Access to ebooks has a positive impact on children's reading attitudes – particularly for boys! ([NLT, 2015](#))

Check out our FREE online library on **Sora** for a fantastic collection of diverse and exciting texts - from this year's award winners; to motivational reads; to a wide selection of magazines. [There's something for everyone!](#)

Login with your school Gmail!



Sora

The student reading app





Term Dates - Key Dates - 2024-25



Term Dates can be found on our Website [HERE](#)

If you have any questions about any upcoming events, please email contact@carshaltonboys.org

February 2025						
Su	M	Tu	W	Th	F	Sa
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March 2025						
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April 2025						
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May 2025						
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June 2025						
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July 2025						
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- Teaching Days
- School Holiday
- October Half Term - Additional week with supervised study area
- CPD Days (All Staff in School)
- CPD (TOIL)
- Yr's 7 and 12 Induction Days
- All students in school at 8:30am
- Bank Holidays



Term Dates - Key Dates - 2025-26



August 2025						
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September 2025						
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October 2025						
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December 2025						
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January 2026						
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February 2026						
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March 2026						
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April 2026						
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May 2026						
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June 2026						
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July 2026						
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- All students in school at 8.30am
- October Half Term - Additional week with supervised study area



Term Dates - Key Dates - 2024-25



Trips & Events

Year 13 Mock Exams

24th Feb - 28th Feb

Year 10 Parents Evening (in person)

27th Feb

Year 13 PE Oral Exams

4th Mar - 5th Mar

Year 11 Drama Practical Exams

6th Mar - 7th Mar

World Book Day

6th Mar

Directions & Destinations Day

7th Mar

Year 10 Food Practical Exams

11th Mar - 14th Mar

Year 12 PE Oral Exam

12th Mar

Year 8 Pathways Evening

13th Mar

KS3 Cyber Outreach

14th Mar

Year 10 Mock Exams (Core Subjects)

17th Mar - 21st Mar

Year 9 Immunisations

24th Mar

GCSE MFL Oral Mock Exams

24th Mar - 28th Mar

POWER Sutton Schools Council Event

26th Mar

Year 8 Parents Evening

27th Mar

Chinese Cookery Workshop

1st Apr

Year 13 RSE Drop Down Day

1st Apr

If you have any questions about our trips/events, please email contact@carshaltonboys.org



Food Tech Lessons



Visitors from Taiwan



Exam Boards

KS4 Exam Boards (Y9-11)

Please find the latest list of Exam Boards we use at KS4 below. If you have any questions please email contact@carshaltonboys.org. Please note, these are subject to change.

Subject	Examination Board
English Language	AQA
English Literature	AQA
Mathematics	Edexcel
Science (Combined Foundation & Higher)	AQA
Biology (Separate Science)	AQA
Chemistry (Separate Science)	AQA
Physics (Separate Science)	AQA
French	AQA
Geography	Edexcel A
History	Edexcel
Spanish	AQA

Subject	Examination Board
Art	AQA
Business Studies	WJEC
Construction	Eduqas Vocational Award in Construction and the Built Environment
Computer Science	OCR J277
Citizenship	OCR
Drama	AQA
Product Design	Edexcel GCSE
Economics	AQA
Engineering	Cambridge Nationals Engineering Manufacture
Graphic Design	NCFE
Hospitality & Catering	WJEC
IT Creative iMedia	OCR J834
Further Mathematics	AQA Certificate Level 2 Further Mathematics
Music	Eduqas
Media	Eduqas
Physical Education GCSE	OCR
Physical Education Btec	Pearson
PRE	AQA



Vacancies & Policies

CBSC Vacancies

Would you like to join the CBSC team?

All CBSC vacancies are shared on the CBSC website [HERE](#)

Links are also embedded below.

Current vacancies

- [Bank Exam Invigilators](#)
- [Citizenship Teacher](#)
- [EAL Learning Support Assistant](#)
- [English Teacher](#)
- [Geography Teacher](#)
- [History Teacher](#)
- [Maths Teacher](#)
- [MFL Teacher \(Spanish & French\)](#)


CBSC Policies

[School Attendance Policy](#)


[School Safeguarding Policy](#)

You will find all other School Policies on our School Website [HERE](#)

For the latest News/Events information, please visit the following:

 [Instagram](#)

 [Threads](#)

 [Bluesky](#)

[CBSC Website News & Events Page](#)

If you have any News to share about your child, for example, they have won a sporting competition, or done something amazing for charity, and you would like this to be shared in our Newsletter, Website or Social Media platforms, please email some details of this and photos to news@carshaltonboys.org



Sutton Parenting Support Flyer



The London Borough of Sutton's Parenting Service are pleased to announce that the

'Time out for parents - 'The Teenage Years'

Parenting support programme is coming to your child's school soon!

The Time out for Parents, The Teenage Programme is aimed at parents and carers of children aged 11-17 years old.

This programme gives general guidance in supporting their child's social behavioural and emotional needs.

One of the biggest challenges that parents of teenagers face is communication. We look at improving it by listening well, using empathy and understanding body language. How we handle conflict is also crucial, choosing your battles, checking out your anger style and developing negotiating skills.

The time out for Parents 'The teenage Years' is a 6 week programme. This is a free course for mums, dads and carers within the London Borough of Sutton.

What's covered in the sessions?

Session 1: Understanding teenagers

Session 2: Emotional wellbeing

Session 3: Communication

Session 4: Parenting styles and boundaries

Session 5: Big issues

Session 6: Big issues, strong



Venue: Carshalton Boys Sports College

Dates: Every Wednesday starting the 26th February till the 2nd April 2025.

Time 6pm till 8pm

To register your interest, please fill in the Google Form [HERE](#)



Youth Theatre



- * Make new friends
- * Boost confidence and self-esteem
- * Develop creativity and performing skills
- * Learn new skills that will last a lifetime
- * Improve communication and social interaction skills

£10 PER LESSON

And most importantly... have fun!



FIND OUT MORE!

LOCAL CLASSES

Banstead, Beckenham, Chipstead, Croydon (Park Hill), Crystal Palace, Purley, Reigate, Sanderstead, Selsdon and Wallington.



TWO WEEK TRIAL!

www.dramakids.co.uk
croydon@dramakids.co.uk 020 8667 9812
 Follow us @DramaKidsCroydon



Youth Theatre

DK YOUTH THEATRE

£10 PER LESSON

"My drama class gave me the confidence and life skills that I needed to apply to my dream university. Each class was full of fun, professional drama activities and I made many friends along the way. I could always be myself and I never felt judged."
- YOUTH THEATRE STUDENT

YOUTH THEATRE

Our 1-hour weekly youth theatre classes are designed to build confidence in 12-18 year-olds through drama techniques. This includes spontaneous improvisation, mini scripts, theatre games, radio plays, monologues, and structured scenes.

NO AUDITION REQUIRED!

With over 44 years of experience, our specially trained teachers and curriculum can help **develop public speaking skills** to help students feel **empowered in educational and social aspects of life**. Working within a structured curriculum, our students develop public speaking skills, **improve their self-esteem and confidence**, as well as **fostering enthusiasm and a positive approach to life**.

Our Youth Theatre groups also provide a relaxed space to make friends, try new things, and have fun!

TWO-WEEK TRIAL AVAILABLE

CONTACT US
www.dramakids.co.uk
020 8667 9812
croydon@dramakids.co.uk

Follow us @DramaKidsCroydon

FIND OUT MORE!

TWO WEEK TRIAL!

ENROL FOR THE TERM TODAY!
[HTTPS://CROYDON.DRAMAKIDS.CO.UK/LIST](https://croydon.dramakids.co.uk/list)



Youth Theatre



Drama Kids class details are as follows:



DAY	STUDIO	LOWER PRIMARY AGES 5-8 YEARS 1-3	UPPER PRIMARY AGES 8-11 YEARS 4-6	YOUTH THEATRE AGES 11-18 YEARS 7-13
MONDAY	EDEN PARK / BECKENHAM St John's Church, 251 Eden Park Avenue, BR3 3JN	5-6pm		6-7pm
	THORNTON HEATH Thornton Heath Leisure Centre, High Street, CR7 8LF	4-5pm	5-6pm	N/A
	WADDON Waddon Leisure Centre, 451 Purley Way, CR0 4RG	4-5pm	5-6pm	N/A
TUESDAY	PURLEY St John the Baptist Church 48 Dale Road, CR8 2EF	5-6pm		6-7pm
WEDNESDAY	NORBURY Downsview Methodist Church, Downsview Road, SE19 3XH	4-5pm	5-6pm	N/A
	WALLINGTON The Centre, Milton Road, SM6 9RP	4-5pm	5-6pm	6-7pm
THURSDAY	CROYDON (PARK HILL) St Matthew's Church, Chichester Road, CR0 5NQ <i>(LAMDA Class Available Here for ages 8-10, 7-8pm)</i>	4-5pm	5-6pm	6-7pm
	BANSTEAD The Banstead Centre, The Horseshoe, SM7 2BQ	5-6pm		6-7pm
FRIDAY	SANDERSTEAD Methodist Church, Limpsfield Road, CR2 9EE	5-6pm		6-7pm
	WEST WICKHAM Wickham Halls, Sussex Road, BR4 0JX	5-6pm		N/A
	CHIPSTEAD The Courtyard Theatre, Hazelwood Lane, CR5 3QU	N/A	4.15-5.15pm	5.30-6.30pm
SATURDAY	CRYSTAL PALACE Harris Crystal Palace, Maberley Road, SE19 2JH	11am-12noon		12noon-1pm
	REIGATE Reigate Priory School, 73A Bell Street, RH2 7AN	11am-12noon		12noon-1pm <i>Opening soon! Join the waiting list</i>
	SELSDON Greenvale Primary School, Sandpiper Road, CR2 8PR	10-11am		11am-12noon

