



Dormers Diary



From the Headteacher

Our penultimate edition of Dormers Diary this academic year promises to be yet another packed one, reflecting an extremely exciting and eventful term.

We are now very firmly in the midst of exams season, with our senior students having already sat some of their exams and they will sit the remainder after the half term break.

I am delighted to announce that once again this year we are offering our Year 11s a free breakfast on the mornings of their exams. We will be encouraging our students to avail of this offer as the link between nutrition and enhanced learning ability is well established.

Additionally, along with the inherent nutritional benefits, it also provides an opportunity for them to meet their fellow students and teachers and begin their day in a calm and purposeful manner, feeling supported and ready for the challenge that lays ahead.

The DWHS Cultural Day was an enormous success last term and raised over £900 to support the Year 11 & Year 13 proms later this year. It was wonderful to witness students celebrating not only their own cultures, but also the many diverse cultures in the school as a whole.

Staying with the theme of diversity we were incredibly lucky to be one of only six schools in London selected to host The Diversity Org. The Diversity Org educates students about race and social issues while also providing bias training to help students be more aware, inclusive, and inspired to create equality. All year groups attended a special assembly led by New York University educated Joshua Pierce. The energy in

the room was palpable. DWHS students asked insightful questions as well as signing up to continue working with Joshua through his apprenticeship programme with leading business groups including HSBC, J.P. Morgan and Chase & Co. amongst others.

It was wonderful to hear about the high participation rates at our extracurricular provision. Last week I visited the Cooking Club where I found Year 10 cooking a paneer dish which smelt divine. We certainly have some budding chefs in our midst!

Meanwhile, as you will see from our Art of the Month post in this edition, the Art Club is also thriving. Not to mention the unsolved mysteries in the History Club!

That is just a snapshot of the wonderful stuff that is happening at Dormers Wells High School daily. I look forward to sharing some more with you in the near future, especially the highlights from our Jubilee Afternoon Tea which takes place on the 24th – 27th May where students will share their experiences of one of our character values, service, to the school.

Meanwhile, all that remains for me is to wish you all a peaceful and restful half term break.

Ms Walsh
Headteacher



From the Head Boy and Head Girl

After an enriching few weeks, we are here to conclude the half term by overseeing the numerous opportunities and events that have taken place and applauding the achievements of our students at Dormers Wells High School.

To begin, we have now overseen a successful culture day at DWHS, allowing the whole school to celebrate our diversity and educate ourselves on the beauty of our students' differing backgrounds and cultures. We can speak on behalf of everyone at DWHS that it was delightful to see so many cultures and backgrounds being proudly represented, perfectly tying into the character value of service that we strongly advocate for. By coming together to celebrate one another, we open a gateway to educate those around us about unity and compassion, two of many features that the Dormers community has become renowned for.

On top of this, we were so grateful to have an exclusive visit from Diversity Org to enhance the opportunities that are available to our students and help tackle some of the various obstacles people from ethnic minorities may face in the workplace. The insightful assembly allowed many students to discover how diversity is an aspect that fortunately many large corporations around the world have taken keen interest in recently, and programmes, such as the Diversity Org, will no doubt aid young people, regardless of background, to ambitiously strive for well-respected careers and positions and to become leaders of the next generation.

We would like to close off by wishing students in Year 11 and 13 sitting their final exams in the upcoming weeks, and anyone else approaching their end of year exams, the upmost success. Although many students have had to adapt to some of the uncertainties the pandemic has brought in the past few years, pupils' determination and drive to 'open their individual doors to success' has and continues to be noted and admired by the entire school. As Audrey Hepburn once said - "Nothing is impossible. The word itself says 'I'm Possible' " and we are sure that students here will mirror this way of thinking. Have a safe and restful half term.



Character values in action

Well done to all of our students for working towards the Dormers character values of determination, wisdom, honesty and service.

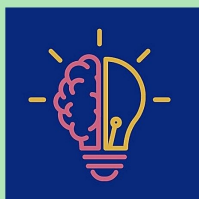
- Ms Banu wants to particularly praise Muhammad C who portrays the character values in his physics lessons and outside of the classroom.
- Kobi was recognised for modelling our character values by Ms Prestifilippo.
- Ms Jabeen wanted to praise the determination of Himanshu and McKenzie in maths.

Well done everyone!

DETERMINATION



WISDOM



HONESTY



SERVICE



Diversity Org

May saw a very exciting event in which The Diversity Org hosted workshops with our students. The Diversity Org is a non-profit organisation that educates low-income students on how to obtain corporate and high-income careers. Joshua Pierce and his team captivated the audience with relatable facts and words of encouragement. Students thoroughly enjoyed the workshop and went as far as signing up for their careers programme online.



Scientists

Year 11 students have been getting stuck into their practical Science lessons. Ahead of their exams, they recently completed a respiration core practical... with maggots!



On the other end of the school spectrum, Year 7 students really enjoyed taking part in the science print-making workshop run by The Linnean Society, where they learnt about different relationships between organisms within an ecosystem. Science and art came together to create some wonderful stencils which were used to make the prints.



Lessons from Auschwitz

In History a select group of sixth formers have recently been taking part in the Holocaust Educational Trust's 'lessons from Auschwitz project'. As part of the project, they heard from Holocaust survivors and took a virtual tour of Auschwitz Birkenau. Tehreem has created an extremely poignant piece of art work reflecting on what she took from this experience.



Upcoming Dates

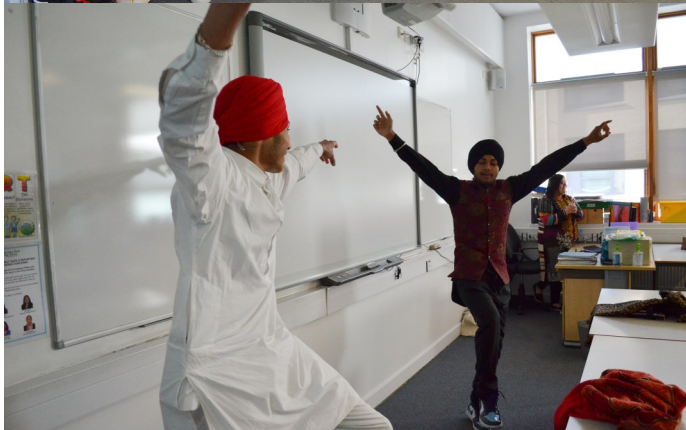
6th June	Return to school
23rd June	Year 11 prom
24th June	Careers Conference
28th June	Sixth form prom
30th June	Awards Evening
1st July	Year 6 Induction
6th-7th July	Enrichment Days
13th July	Sports Day
19th July	Celebration assemblies Last day of term

THINK!

If angry or upset, take some time out
before posting anything

Cultural Day

On the last day of term we celebrated Cultural Day. This day is a celebration of all of the different cultures that make up our school community. Students come to school dressed beautifully, in traditional clothing, and are able to appreciate the cultures of their friends, teachers and everyone around them, as well as representing their own. Students donated £1 to wear their own clothes, raising a total of £984 towards Year 11 and Year 13 prom.



Art of the month

Mithila (Y11) produced this artwork about how women are typically represented in the media after a breakup, eating ice-cream and crying. This is a surreal parody of that idea where the ice-cream tub is the thing that the women wants, not heartbreak or a relationship.



Young Historians

History Club have been thoroughly enjoying their after school club and learning all about the unsolved mysteries of History! These include the disappearing colony on Roanoke Island, whether witches really existed in England in the 1700s, and who 'The Tolland Man' actually was.

Trip to Kew Gardens

Year 13 Photography students visited Kew Gardens to photograph the area for their portfolio. This interesting composition was taken in The Hive by Walid as part of his project based on the theme 'Evidence of Human Presence'.



Top tips on how to talk to your children about their feelings

It can be so tricky to bring up difficult topics, and talking about emotions with your children can sometimes feel more than a little daunting for parents and carers. You may worry about saying the wrong thing, making your child feel uncomfortable, and even worry about making them feel worse. But the fact you want to explore emotions with your child is enough, even if sometimes it doesn't go as you planned!

Here are some handy tips on how you could begin talking to your children about their feelings.

Ask them what they need

It can be tough to talk about how you feel, and when we want to talk about things as parents, children don't always want to or feel ready. Asking what a child needs from you can help them feel more in control, heard, and respected.

Children might also not know what they need, so suggesting a few options can be a good starting point. For example, do you need some space right now?

Name it

Sometimes it can be hard for children to identify their feelings. Naming what you observe can help them to do this. For example, when talking to a young child, you might say, 'You seem really angry today. I can see you are clenching your hands, and you don't have a happy face. I wonder if anything has made you angry or upset?'

Listen carefully

This sounds pretty straightforward, but sometimes, when we care, we may jump into problem-solving mode a little too hastily. And while it might come from a really good place, it's not always helpful.

Choose your timing wisely

Talking about feelings, or any difficult subject, can be quite sensitive. Choosing a time when you are both calm and relaxed can be more useful than choosing a time when there are any heightened emotions already at play.

Think about the setting

Talking about feelings can be really sensitive, so making sure the space is private, comfortable, and feels safe for your child can be key to a positive outcome.

Practice asking open questions (rather than closed ones)

Closed questions usually encourage yes or no type answers. Open questions, on the other hand, go a bit deeper and encourage more thinking and exploration. This simple difference in style might help your child consider their own thoughts and feelings a little more and encourage them to share more of their story or problem with you.

Think about whether your child feels ready to talk

Just because you want to talk doesn't mean they feel ready to. Look out for the things they say, and their body, too, for indicators on whether they really want to talk about their feelings.

Model it

Being more open and honest about how you yourself feel (in an age appropriate way, of course) can normalise the idea of talking about emotions. Children who see that adults also have big feelings, doubts, get scared or anxious, get frustrated with others at work, etc. might feel more comfortable opening up themselves.

Get creative

We might feel a pressure to have all the answers and say the right things, but sometimes, we just need to think a little differently. Helping our children express their feelings through play or using art materials can be just as important and useful, especially for much younger children whose natural language is often play.

Take away the intensity

It can be pretty daunting (on both sides) to sit down to talk about something as important as feelings. But decreasing some of the intensity can sometimes reduce the pressure and make things a little less stressful.

