



# NEWSLETTER

BISHOPS STOPFORDS SCHOOL

OCT 24



## HEADTEACHERS LETTER

DIVE IN TO DISCOVER WHAT MRS DAY'S FINAL WORDS ARE BEFORE THE HALFTERM

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## BLACK HISTORY MONTH

TAKE A LOOK AT WHAT WE GOT UP TO

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## WELL BEING

TAKE A LOOK AT OUR HEALTH AND WELL BEING OFFERS

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# HEADTEACHERS LETTER

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Dear Parents/Carers, As we approach the end of our first half term of the year, I look back and reflect on what a successful half term we have had. Our new year 7 students have effortlessly integrated into our Bishop Stopford's family and are making good progress. Students in the school played a large part of our successful open evening on Tuesday, 24 th September. Our students were an excellent example of how our Bishop's community comes together.

They led informative tours round the school for families; the school choir, along with our wonderful musicians entertained everyone throughout the evening and it was an absolute pleasure to see both staff, parents and children celebrating the fantastic provision we have here. Newsletter Our newsletter can be viewed on our website, updating you on all of the exciting events and opportunities taking place. Return to School, Monday, 4th November, 2024 Students will return to school at 9.30am ready for registration and their period 2 lesson.

I wish you a restful half term, and look forward to welcoming our students on their return.

Kind regards

Mrs T Day, BA (Hons), NPQH Headteacher

# AFRO THERAPY WORKSHOP



## AFRO THERAPY WORKSHOP FOR BLACK HISTORY MONTH

In honour of Black History Month, Bishop Stopford's School proudly hosted an Afro Hair Workshop, designed to teach students how to embrace and care for their natural hair. Throughout the week, students had the opportunity to learn various hairstyling techniques, including braiding and other creative styles. The workshops were held every lunchtime, giving students a chance to ask questions and explore the beauty and versatility of Black hair.

A special thank you to Afro Therapy and SlayCentral for partnering with us and inspiring our Bishop girls to take pride in their hair and embrace their individuality. We also extend a heartfelt thank you to our Diversity Lead, Mrs. Opara, for organizing this wonderful opportunity for our students. This workshop not only taught practical skills but also reinforced the message that Black hair is beautiful and can be styled in countless ways. It was a fantastic addition to our Black History Month celebrations, empowering students and promoting self-confidence.



# SPECIAL SHOUT OUT



## THANK YOU AFRO MART

A massive thank you to Afro Mart, our local African-Caribbean super mini market on Green Street, for sponsoring Bishop Stopford's School with delicious Afro-Caribbean snacks on the last day of school! 🎉

We, as a school community, truly appreciate your generosity and for being a cherished part of our family. Your support makes our celebrations even more special! ❤️



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# ENGLISH TRIP

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## ALEXANDRA PALACE

On Thursday 5th September, students from Year 10 and 11 went to Alexandra Palace to watch a performance of the play *An Inspector Calls* by J.B. Priestley, one of the texts in their GCSE English Literature course.

The students had a fantastic time and commented on how enjoyable it was to see the text come to life and experience the story exactly as the playwright intended.

The production not only deepened their understanding of the characters and themes but also gave them valuable insight into how stage direction and performance can enhance the meaning of the play.

Overall, it was a memorable and enriching experience for everyone involved.



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# BLACK AND CLASSICAL CONCERT

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## BLACK AND CLASSICAL

On October 14th, Bishop Stopford's School hosted a unique and powerful Black and Classical Concert in celebration of Black History Month. The event was led by the renowned pianist, composer, and arranger, Beatrice Nicholas, who brought her exceptional talent and passion for history and music to our school.

Students from Year 7, as well as visiting Year 5 and 6 pupils from local primary schools, were treated to an interactive experience that celebrated the lives and legacies of Black female composers. Beatrice not only performed virtuoso pieces inspired by original Negro Spirituals but also engaged the students by forming a "pop-up" choir during the concert. The program also wove together two significant Bible stories – the parting of the Red Sea and Ezekiel and the dry bones—making it a truly enriching experience that connected music, history, and faith.

The concert was a great success, bringing Black history to life through classical music in a way that was both educational and inspiring. Special thanks go out to the visiting students and staff from Brimsdown Primary School, Suffolks Primary School, and Carterhatch Primary School, who joined us for this memorable event.

We are proud to offer events like these at Bishop Stopford's School, helping to broaden our students' understanding of history and the arts while celebrating the rich cultural contributions of Black composers throughout the ages.



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# EUCHARIST

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## SCHOOL EUCHARIST

On the 22nd, 23rd, and 24th of October, Bishop Stopford's School held our annual School Eucharist, this year focusing on the theme of hope. Across the three days, each year group participated in the service, which offered a powerful message of hope and resilience for our community. The sermon, led by Aron from The Message and Andie Frost, provided meaningful insights into how hope can be our anchor during difficult times.

They spoke about the importance of holding on to hope, even when faced with challenges, and reminded us that hope gives us strength to keep moving forward, no matter the obstacles we face. Their words inspired students and staff alike, encouraging us to trust in a future full of promise and possibility.

[Click here to watch our Gospel Choir singing at our Eucharist Service](#)

Adding to the spirit of the service, our school's Worship Group led us in worship, singing "God, I Look to You" and "My God is Awesome". These songs filled the hall with a sense of unity and faith, beautifully reinforcing the theme of hope. Together, we celebrated not just as individuals, but as a collective, connected by shared beliefs and values.

The School Eucharist was an uplifting experience for all, reminding us to carry the light of hope with us throughout the school year.



[CLICK HERE](#)



# INTRODUCING OUR NEW PREFECTS

We are thrilled to announce the appointment of our new Year 11 Prefects for the 2024 academic year! These outstanding students have been selected for their leadership skills, dedication to our school values, and their commitment to making a positive impact within our community. We believe they will play an integral role in shaping the culture of Bishop Stopford's School and setting a great example for their peers.

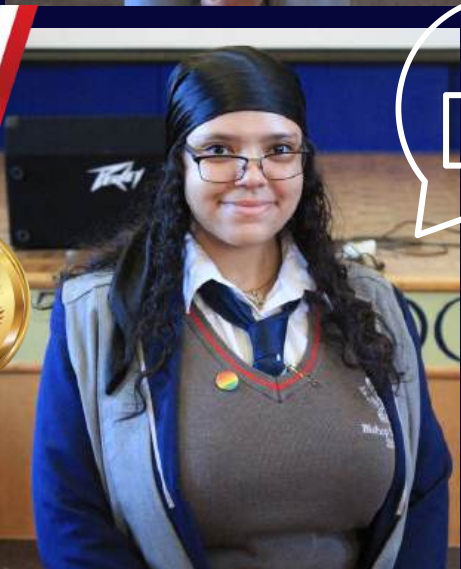
well  
done!



# INTRODUCING OUR NEW PREFECTS

well done!

well done



# NO MORE KNIVES



## NO MORE KNIVES WORKSHOP

At Bishop Stopford's School, we were honored to host the No More Knives workshop, in partnership with The Message Trust. This impactful event provided a Christian perspective on the dangers of knife

The workshop featured powerful talks from the Metropolitan Police, who shared real-life stories and the consequences of knife crime, offering valuable advice on how to stay safe. The event was further brought to life by music from the OTC band, who used Christian rap to spread a positive and inspiring message to our students.

Their performances promoted peace, unity, and the importance of making the right choices.

Workshop

We are grateful to The Message Trust, OTC Band, and the Met Police for educating and uplifting our students, spreading awareness through both conversation and music. It was a day filled with hope, encouragement, and inspiration.



# GREENHOUSE SPORTS



## greenhouse sports

Greenhouse Sports is a London-based charity dedicated to using sports as a tool to engage young people and enhance their future opportunities. They collaborate with schools by placing full-time coaches within the school environment to deliver programmes before, during, and after school that empower and inspire young people growing up in disadvantaged communities.

Greenhouse sports believe in the transformative power of sport to:

- Inspire young people to reach their full potential
- Develop Social, Thinking, Emotional, and Physical (STEP) skills essential for success in later life
- Break down barriers often faced by those growing up in disadvantaged or vulnerable communities

Bishop Stopford's School is fortunate to partner with Greenhouse Sports, and it has been an incredible experience for our students through this partnership, students have gained more than just physical fitness. They've developed resilience, teamwork, leadership, and self-confidence—skills that are crucial for their academic journey and personal growth. The personalized mentoring from Greenhouse coaches has fostered a positive attitude towards both physical and mental health, encouraging students to persevere, set goals, and take responsibility for their success.



# SPORTS



## BASKETBALL ROUNDUP

We are excited for a new Basketball season where a number of our teams will be defending their Borough Champion titles. Below is a summary of our bespoke Basketball programme lead by our specialist Coach Fernando:

My name is Fernando and I am the Head Basketball Coach representing Greenhouse Sports at Bishop Stopford's. I am delighted to be part of Bishop Team and I am committed to develop the basketball programme at the school.



Greenhouse Sports focus on developing players into confident young men and women by providing a positive meaningful athletic experience. Players will grow using our step framework (Socially, thinking emotionally and physically) and by committing to a basketball program that practices selflessness, ownership, accountability, resilience and sportsmanship. With support from parent/carer and the school, we can continue help change lives through sport. Greenhouse basketball Program is intended to be a positive experience for each and every player who participates. Our philosophy is based on providing a high quality, competitive, hardworking, and character driven programme.

# SPORTS



## PLAYER

### RESPONSIBILITIES/EXPECTATIONS

All participants on greenhouse basketball programme are expected to follow all responsibilities set below:

- Display the qualities of sportsmanship, school standard behaviour, and teamwork
- Be the best they can be in practice, games, the classroom, and on school premises
- Conducting one's self in a manner which will bring honour to our programme and school
- Play fair, play your best, and play for the fun of the game
- Participants are expected to keep up with their attendance and school work

We during our intervention sessions, we aim to develop year 7-9 participants fundamental skills such as basic basketball footwork, shooting, passing, dribbling as well as Life skills such as teamwork, communication, thinking & problem solving, determination, mental toughness and self-awareness.

Participants are expected to commit to one basketball session per week, achieve 97% attendance, complete all work to the teacher's standards and follow the school behaviour policy to be selected for basketball interventions, enrichment trips and matches/tournaments. However, if a participant does not keep with their school work or follow the school behaviour policy, he or she will not be able to continue with basketball club until they are up to standard.



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# SPORTS

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## FOOTBALL ROUNDUP

All boys and girls teams have got off to a playing start in the Enfield League with impressive performances. We have been impressed by the commitment of student in KS3 who train every Wednesday after school and KS4 who train after school on Friday. Top team at the moment are Year 8 with some outstanding performances as a team and in particular Matteo in goal and Dandre up front who has scored in every game!



# Year 7 Rewards

well done!

## 0 Negatives

Hector, Javon, Aisha, Blousey, Rafaela, Beritan,  
Nolawi, Barbara, Elisia,  
Riquelme, Ezekiel, Aaron,  
Zoe, Kenny, Katarzyna



## Highest Positives

Ezekiel  
Aaron  
Javon



## Form with the Highest Attendance

7L & 7M

## Strive for 5 student

Javon



# Year 8 Rewards

well done!

## 0 Negatives

Aleena, Gamze, Lashirah, Nisha, Misganalegeta,  
Andreea, Olympia, Ahora, Demi  
Joshua, Tameri, Enoch  
Seckin, Neti, Subhan,  
Nicola, Marcel, Arjin, Billprince,  
De-Shawn, Zack, Tobenna, Sakshi



## Highest Positives

Isabelle B  
Adrien B  
Dinah D



## Form with the Highest Attendance

8P & 8L

## Strive for 5 student

Isabelle B



# Year 9 Rewards



## 0 Negatives

Enais, Chelsea, Heily, Osose, Jacqueline, Ayla, Bernard, Nabeha, Michael, Sten, Treacy, Mustafa, Jonathan, Isla, Deborah, Omowonuola, Chloe, Olivia, Elijah, Arda, Barra, Esther, Jayden, Kertis, Abule, Ethan, Elias, Hieu, Kah, Alef, Eduard, Shakeem, Kaue



## Highest Positives

Michael J  
Hawa K  
Enais



## Form with the Highest Attendance

9M

## Strive for 5 student

Jael



# Year 10 Rewards

well done!

## 0 Negatives

Evelyn, Silviu, Zlatka, Mahad, Diondre,  
Zipporah, Charleene, Kymaani



## Highest Positives

Amanda B  
Diondre  
Zipporah



## Form with the Highest Attendance

10R

## Strive for 5 student

Evelyn A



# Year 11 Rewards

well done!

## 0 Negatives

Raphael, Kevin, Prescillia,  
Elinam, Dashitha, Sophia, Wauren,  
Faith, Gabriella, Carolina, Gerald  
David, Kitanna, Kimarah, Asenia, Kingsley, Beryl  
Naiyah, Kofi, Zerrin, Janisa, Joyce, Chantelle, Alae,  
Jahlani, Cagla, Ken, Tochukwu, Khalid



## Highest Positives

Beryl  
Gabriella  
Faith  
Jahlani



## Form with the Highest Attendance

11L & 11R

## Strive for 5 student

Seval





# Bishop Stopford's Sixth Form



We are delighted to welcome you to our

## Sixth Form Open Evening

Thursday 28th November  
2024

4:00 - 6:00pm



# Breakfast Club

A new breakfast club will be open from

7.30-8.20 am.

Free breakfast will be provided for all students, and they can choose either:

- Toasted bagel with butter and/or Jam
- Cereal (milk included)

Other warm and cold breakfast options will be available to buy, daily menus will be coming soon!



# Free School Meals



All those in receipt of Free School Meals will receive an eCode Payment Voucher for the Easter Holidays 2nd-18th April – this is for £30. The e-code will be issued by Edenred and will be sent to your e-mail address. Please note this code must be redeemed by the 18th April (it cannot be reissued) but the supermarket voucher can be spent after this date. If you have any queries please contact the school by e-mail [generaloffice@bishopstopfor](mailto:generaloffice@bishopstopfor)

# Safeguarding




## TikTok Parent Guide - OpenView Education


Click here to read a parental guide for TikTok

**CLICK HERE**






### TIKTOK PARENT GUIDE




TRAINING THROUGH THEATRE



#### START A CONVERSATION

A great place to start when it comes to online safety is to talk about it. Speak with your child about the online risks mentioned above. We can talk about the importance of keeping personal information safe, support your child in learning to become digitally resilient.


Part of this also means being able to identify if someone their speaking with online is not to be trusted. For some great resources to help to talk to your young person about this, check out the Thinkuknow website.



#### USE PRIVACY SETTINGS

With a public account anyone can view and download your videos, even if they haven't created a TikTok account. Talk to your young person about the benefits of privacy settings.


Although there may be resistance to setting privacy settings if a user is seeking more likes and followers, emphasise the value of having greater levels of control and privacy.



#### USE RESTRICTED MODE

By going to the 'Digital Wellbeing' section on TikTok you can enable Restricted Mode. This has been created to filter out mature or inappropriate content.


While this may not be perfect, it should offer some level of filtering. To set restricted mode you will need to create a pin code.



#### ENABLE FAMILY PAIRING MODE

Family pairing mode allows you to link your TikTok with your child's account. By using Family Pairing Mode you can change settings on your child's account including:

- Screen Time Management - How long the app can be used for.
- Restricted Mode - Filtering inappropriate content.
- Direct Messages - Turn off direct messages completely, or restrict certain users from sending messages.




#### LEARN HOW TO BLOCK AND REPORT

Make sure that your young person knows how to use all of the block and report features. It's possible to restrict comments, restrict Duets, report a comment and block a user.

These features can help users to have a greater level of control on the platform, but they are only helpful if your young person knows how to use them.

Talk through how to make use of these settings with your young person.



#### BE MINDFUL OF SCREEN TIME

Excessive screen time on social media can have negative impacts on student wellbeing. If your young person is old enough to use TikTok, have a conversation with them to agree appropriate levels of screen time. You could start the conversation by asking them how much screen time per day they think would be good for them.

There is also the option of setting screen time limits under the screen time management option. This allows you to limit the amount of time a user can spend on the app per day. This option can then be locked with a PIN code.

# WELL BEING

Be Happy®

## WELL-BEING CORNER

Supporting the Mental, Physical, and Emotional Health of Our Students and Families  
Dear Parents and Students,

At Bishop Stopford's School, we care deeply about the well-being of our students and families. As we continue our educational journey, we want to provide practical tips and resources to promote a healthy lifestyle—physically, mentally, and emotionally. This page will offer tools and inspiration to help you and your children thrive both at school and at home.

### FOR PARENTS: NURTURING WELL-BEING AT HOME

#### 1. Creating a Calm Environment 🏠

Children need a peaceful space to relax after a busy school day. Here are a few ideas:

Create a “calm corner” with soft pillows, books, and maybe a mindfulness coloring book.

Encourage your child to spend 10–15 minutes in this space each day to unwind.

#### 2. Open Conversations About Emotions 💬

It's important for children to express their feelings. Here are some tips for starting those conversations:

Ask open-ended questions like, “What was the best part of your day?” or “Is there anything on your mind that's bothering you?”

Validate their feelings, even if they seem small. Phrases like “I understand why that made you upset” can help them feel heard.

### FOR STUDENTS: STAYING HAPPY AND HEALTHY

#### 1. Physical Activity Breaks 🚴

Staying active isn't just good for your body; it helps your brain too! Here are quick and fun exercises you can do in 10 minutes:

10 Jumping Jacks

5 Push-ups

20 High Knees

10 Squats

30-second Plank

Try setting a timer and challenge yourself to improve each day!

#### 2. Positive Affirmations 🗣️

Start each day with a positive thought.

Try saying:

“I am capable.”

“I can achieve my goals.”

“I am proud of my progress.”

Positivity helps build confidence and creates a good mindset for learning!

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# Well Being

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At times you might find the need to speak to someone during the evening, at weekend or during the holidays. If you feel that you may need help from someone outside of school, please see below for some useful links to information from other sources.

Childline: [www.childline.org.uk](http://www.childline.org.uk) or call 0800 11 1

Kidscape: [www.kidscape.org.uk](http://www.kidscape.org.uk) or call 020 7730 3300

Kooth: [www.kooth.com](http://www.kooth.com)

Mind: [www.mind.org.uk](http://www.mind.org.uk)

NHS: [www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/](http://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/)

Samaritans:

[www.samaritans.org](http://www.samaritans.org) or call 116 123 for free

Young Minds:

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Place2Be – improving mental health: [www.place2be.org.uk](http://www.place2be.org.uk)

Living Life to the Full, lots of support including CBT: <https://littf.com/>

Talk To Frank –

<https://www.talktofrank.com/>

Kaleidoscope Group:

[www.kaleidoscopeplus.org.uk](http://www.kaleidoscopeplus.org.uk)

# HEALTH & Fun Day

Join in on our **FREE** Health & Fun Day  
for Refreshments & Entertainment,  
Information & Advice and Health  
Checks



**Friday 06 December 2024**  
15:00 - 17:30



**Houndsfield Primary School**  
Houndsfield Road N9 7RA



DANCE IT UP WHEN YOU ARE 50+

DANCE FOR WELLBEING WITH



JOIN US FOR A SPECIAL DANCE CONCERT  
FEATURING DANCERS AGED 50 TO 90!  
WATCH AND ENJOY, AS THEY SHOWCASE A DIVERSE ARRAY OF  
DANCE STYLES FROM CULTURES AROUND THE WORLD.

ENJOY AN EXCITING MIX OF WALTZ, CHA CHA CHA, SALSA, BACHATA, KIZOMBA, AXÉ, GUARACHA, LINE DANCING, AND TRADITIONAL DANCES FROM AFRICA, THE CARIBBEAN, PORTUGAL, GREECE, IRELAND, AND MORE. THIS PERFORMANCE OFFERS A GLIMPSE INTO THE VARIETY OF DANCES TAUGHT IN OUR CLASSES, ALL DESIGNED TO ENHANCE HEALTH AND WELL-BEING.

CHOREOGRAPHED BY CANDY, THE DANCES ARE TAILORED TO SUIT EVERY ABILITY LEVEL, WITH A FOCUS ON IMPROVING HEALTH AND MAINTAINING STABILITY. THIS IS A SHOW YOU WON'T WANT TO MISS!

FEEL INSPIRED? YOU CAN ALSO JOIN CANDY'S CLASSES AND DANCE TO THE RHYTHM OF YOUR HEART!

DON'T MISS OUT - COME AND ENJOY THE MAGIC OF CANDY'S DANCE STARS!

**31 OCTOBER 2024 | 18:00**

**MILLFIELD THEATRE**

**SILVER STREET, EDMONTON, LONDON N18 1PJ**

EVENT TICKET  
£3



LEGACY FOUNDATION/ A FEW GOOD MEN AND THE COUNCIL OF BLACK MEN PRESENTS



# COUNCIL OF MEN & BOYS LISTENING HUB

MAKE A FRIEND BEFORE YOU NEED A FRIEND

SAT 26TH OCT 2024 FROM 1PM ONWARDS



PRE LAUNCH OF THE LEGACY REPORT ENFIELD.



## MENS/BOYS MENTAL HEALTH & WEALTH CREATION LISTEN HUB DAY

- ✓ Learn about Mental Health support Services
- ✓ Mens support Groups
- ✓ Mental health Legal Advocates and representation
- ✓ Family support
- ✓ Parenting support
- ✓ Signposting to special organisations supporting Men and Boys

### LOCATION:

JOES BOXING GYM  
PONDERS END YOUTH CENTER  
EN3 4PX

FREE TICKETS AVAILABLE FOR ALL ONCE REGISTERED ON EVENTBRITE

CREATING SAFE SPACES FOR MEN AND BOYS SAFE CARE, HEALTH CARE AND WEALTH CARE.

[www.thelegacyfoundationglobal.com](http://www.thelegacyfoundationglobal.com)

LocalMotion  
Enfield



FOR FURTHER INFORMATION  
**07956 041 746**

BLACK MENTAL HEALTH MATTERS



Health



# HEALTH CARE & ADVICE

Diabetic checks  
Blood Pressure  
Ear checks  
Cancer Awareness  
Midwife  
Mental Health  
Gardening

JOIN US FOR OUR FREE HEALTH DAY  
FOR REFRESHMENTS, INFORMATION,  
ADVICE AND HEALTH CHECKS

**FRIDAY 10TH JANUARY 2025**

**4 PM - 7 PM** (Feel free to come between these hours)

30 OAKTHORPE ROAD, PALMERS GREEN, LONDON, N13 5JL



**Palmers Green Mosque**  
Muslim Community & Education Centre



# Suffolks Primary School **RECEPTION 2025 ADMISSION**

## **School Tour 2024/25**

**CALL US NOW**

**Wednesdays &  
Thursdays from  
7th November -  
12th December  
9:15 - 10:15 AM  
2:15 - 3:15 PM  
5:00 - 6:00 PM**

**Please call to book  
a slot**

**Online applications open  
until 15th January 2025**



Visit Our Website  
[www.suffolks.enfield.sch.uk](http://www.suffolks.enfield.sch.uk)



Contact Us  
**020 8804 1534**

**Suffolks Primary School  
Brick Lane, Enfield, EN1 3PU**

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# DEVOTIONAL

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## DEVOTIONAL: THE POWER OF PERSEVERANCE

Perseverance is one of the most powerful expressions of faith. It's easy to start strong, but remaining steadfast in the face of difficulty is what truly tests and strengthens our character. In our spiritual journey, we often encounter seasons where progress seems slow, challenges seem overwhelming, and we may even question if our efforts are making a difference. But God reminds us that perseverance is key to His greater plan for our lives.

When we look at the lives of biblical figures like Joseph, Moses, and Paul, we see individuals who faced immense struggles but kept moving forward, trusting in God's faithfulness. Joseph endured years of injustice before being elevated to a position of leadership. Moses wandered in the desert for 40 years before leading his people to the Promised Land. Paul continued to preach the gospel despite imprisonments and hardships. They persevered not because they had it easy, but because they trusted that God's timing and plans were perfect.

Perseverance is not about striving in our own strength; it's about continually seeking God, relying on His promises, and trusting that He is working behind the scenes even when we can't see it. Each step of faith brings us closer to the harvest, and while it may take time, God's word assures us that we will reap if we don't give up.

So, when you're feeling weary, take heart. God sees your efforts, your struggles, and your faithfulness. Keep pressing forward in obedience and trust, knowing that He is with you every step of the way.

### Reflection:

- What challenges are you facing right now that require perseverance?
- How can you invite God into your struggles, trusting Him for the strength to keep moving forward?

Prayer: Heavenly Father, thank You for the promise that You are with us in every season. When we feel weary or discouraged, remind us that You are working even when we cannot see it. Help us to trust Your timing and to persevere in faith, knowing that You will bring about a harvest in due time. Give us the strength to press on, and may we glorify You through our endurance. In Jesus' name, Amen.