

## Calendar of events

### APRIL

- 04-07 Arts Week
- 08 Last day of Spring term
- 26 First day of Summer term
- 26-27 Music Solo Recitals
- 28 Year 7 Parents' Evening
- 29 Bank Holiday (Royal Wedding)

### MAY

- 02 Bank Holiday
- 04 Jazz Concert
- 09 GCSE examinations start
- 11-12 GCSE Drama Performance
- 26 Year 11 Graduation Ceremony
- 28-31 Half term

### JUNE

- 01-05 Half term
- 09 Year 8 Parents' Evening
- 15 UCAS Evening
- 16-24 Ardeche water sports trip

### JULY

- 02 Forest Fest
- 05 New Intake Induction day
- 11 Year 10 Mock Examinations
- 14 Key Stage 3 Achievement Evening
- 18 Sports Day
- 21 Last day of Summer term

## Message from Steve Brady, Headteacher

As we rapidly approach the end of the Spring term I am already looking forward with eager anticipation to the exam period in May and June. All the indicators are most encouraging; strong performances in the mock exams, a positive and determined attitude from students and the extensive interventions and support being provided by colleagues combine to create an optimism that the class of 2011 will produce our best ever results this year. A final push and a focused revision programme and the boys will achieve the results their efforts deserve. I wish all our students every success.

The event highlights this term have been twofold. Firstly the outstanding production of the musical *Joseph and the Amazing Technicolor Dreamcoat* which broke new ground, bringing together almost 300 students, staff and parents in a collaborative project involving six of our local primaries and Brent Knoll Special school. *Joseph* played to packed

audiences showcasing our amazing array of acting, musical and dancing talent providing a truly enjoyable and inspiring performance for all who attended.

The **Urban Synergy** mentoring and role model seminar took place in January. Around 170 upper school students attended. The panel of role models included QC Courtney Griffiths, Harley Street doctor Charlie Eastman and producer/director Adrian Grant. An additional 40 professionals from a broad spectrum of occupations attended to discuss their routes to success with the students. The event received extremely positive feedback and I hope will inspire the students to really believe what can be achieved through effort, determination and motivation.

I would like to take this opportunity to thank parents and carers for their support in enforcing our expectation in relation to uniform. Forest Hill is a uniform school and the Governors and I are clear that uniform plays a valuable role contributing to the ethos of the school, setting the appropriate tone and maintaining standards. It encourages a sense of identity and belonging to our community.

Finally may I remind you that up to date information and current news items can be accessed via the Forest Hill and SFH6 websites: [www.foresthillschool.co.uk](http://www.foresthillschool.co.uk) and [www.sfh6.org](http://www.sfh6.org).

My best wishes for an enjoyable Easter break.

Steve Brady *Headteacher*

## STOP PRESS: REVISION HELP!

Maths GCSE podcasts on a variety of topics are available to download from the school website: [www.foresthillschool.co.uk](http://www.foresthillschool.co.uk). These podcasts are strongly recommended for all Year 10 and Year 11 students. Download them to your iPod or MP3 player and listen to them while you work or even in bed before you go to sleep – proven to be an easy way to reinforce learning!

Other useful websites are: [www.studydoctor.co.uk](http://www.studydoctor.co.uk) for Science and [www.SAMlearning.com](http://www.SAMlearning.com) for most subjects.



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# Joseph and the Amazing Technicolor Dreamcoat

The final curtain has now closed on Forest Hill School's (FHS) 2011 musical production *Joseph and the Amazing Technicolor Dreamcoat*. The stories below only skim the surface of the scale of the production and the many different areas that go into putting on such a show as well as the huge diversity of the talents involved this year. For those lucky enough to have seen the performances I'm sure you'll agree huge congratulations should go to all involved, it was spectacular.

Directing *Joseph and the Amazing Technicolor Dreamcoat* was a process that began back in June 2010. In consultation with the rest of the Performing Arts team, it was felt that Andrew Lloyd Webber's timeless musical well-suited the wide array of talents students at FHS hold. We already knew we had the best actors, singers, dancers, musicians, artists and technical crew and the range of musical styles in the show was a fantastic way of highlighting the diverse creative skills at FHS. Having taken sixth form shows out to our local primary schools, I also recognised the incredible value close links with our community affords both our students and the primary pupils. Therefore, the ambitious task was undertaken to involve nearly 200 primary and special school students as both dancers and a choir during the show. Sharing our stage with the other schools was perhaps the most exciting part of staging *Joseph* and I am extremely grateful to Ms Rispin, Mr Livingstone and Mr Oudkerk for making this happen. The whole of the Performing Arts Faculty worked tirelessly alongside the boys in creating a magical performance. *Joseph* was a mammoth show to stage but one that I will be proud of for many years.

**Ms Sullivan** *Head of Drama*



"It has been really interesting to be part of a musical in secondary school because we benefit from really good technical equipment including lights and

mics. The best thing about being involved is that I got to sing in front of a live audience of nearly 500 every night and hearing the applause. I sang the solo in *One More Angel in Heaven*, which is a country and western track. As well as singing to the live band, I also choreographed dance moves. My favourite song, although I didn't sing it, was *Close Every Door* because Joseph is harmonising with the primary choir and it sounds beautiful. I really hope you enjoyed the show. I would like to say thank you to Ms Sullivan and all the teachers who helped put on the show."

**Chris Saraiva** *Performer, Brother Rueben*



"I love singing – generally any opportunity to sing I'm there...Joseph presented a great chance to sing – so I was there singing. I really enjoyed listening to our pupils sing – almost nonchalantly ...and thankfully in tune...some lovely solo voices (not me though). I like the freedom to harmonise (badly) at times....just to let the voice go..."

**Mr Salmon** *Staff choir*



"I have thoroughly enjoyed my role as Stage Manager for the production of Joseph. I was responsible for cueing the technical effects and actors entering the stage, as well as assisting in rehearsals. As a student teacher who has just joined the Drama Department from Goldsmiths College, it was the perfect opportunity to form relationships with the students outside of lessons and gave me a real insight into the fantastic energy and ethos of the Drama Department. I was blown away by the commitment and hard work shown by both the students and staff involved in the production. It was a delight to be able to work with the primary and special schools and to witness the positive effect of the community coming together, drawing strengths from each other. I know that for our boys it was an experience they will never forget and one that I hope they will draw upon in their wider education."

**Emma Round Turner**  
*Goldsmiths PGCE drama student*

# drama

## Sir Ian McKellan Visit

On 24th November 2010 Sir Ian McKellan, co-founder of Stonewall, visited Sydenham School as part of his work with the charity. Sir Ian was promoting Stonewall's campaign to tackle homophobic bullying within Britain's schools.

I and the students from the BTEC Performing Arts (Acting) course were kindly invited by Sydenham School to have a private session with Sir Ian to ask questions about his career and his work with Stonewall.

Sir Ian was very frank and open about his career and felt that he had been lucky but had worked very hard especially in his early career where he took part in the repertoire theatre scene which was non-stop performing in all genres of theatre.

I told Sir Ian that I had seen him perform at the National Theatre in 1991 in a performance of Bent, the story of the Pink Triangles in the Second World War concentration camps. He then told us the story of the first time he performed this play in 1979. The play, which is about revealing the truth about a time in history that was forgotten and finding the truth in yourself, was performed by Sir Ian who was in the closet and not openly 'out'. The irony was not lost on him. By the time it was revived he was open about who he was and glad that he could truly be himself.

Sir Ian was very generous with his time and answered all the students' questions with honesty and humour. It was an honour to spend time with him and we hope that one day he will visit Forest Hill School.

**Ms Montague-Gibson** *Drama Teacher*

gave praise alongside encouragement at every opportunity. A production of such level to involve primary schools reflects the good community cohesion spirit. I look forward to future productions that Eliot Bank Primary School may be invited to participate in."

**Mrs Walker** *TA, Eliot Bank Primary School*

"When I participated in the dancing I was very very excited because I have never done it before. The thing I enjoyed about the dancing was training for it, but when when we got on stage I was very nervous. I was very happy that I had been picked because it was so much fun. It was brilliant at FHS because I want to go there when I am older, so now I know what it's like. The performance was very very very fantastic."

**Lucas** *Yr 4, Eliot Bank Primary School*

"When I first went to FHS it was so fun getting to see the singing and dancing. It all went

# dance

## Breakin' Convention!

**The Best Hip-Hop Dance Festival - Book your place NOW for Saturday April 30th at Sadlers Wells Theatre.** See Mr Oudkerk & Ms Ovenden for a letter.

## Sydenham Assembly Donation

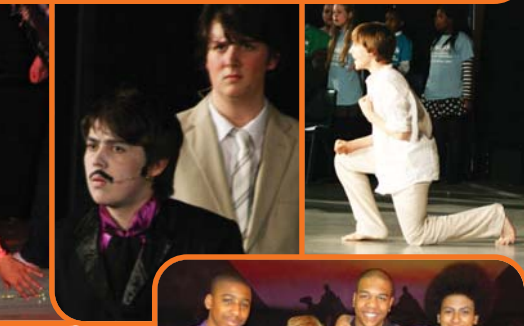
We would like to extend our thanks and appreciation to the Sydenham Assembly for their kind donation of £120 towards the cost of a school visit to see Matthew Bourne's Cinderella at Sadlers Wells on 14th December 2010. The performance, which was attended by 40 dance students, was thoroughly enjoyed by all, providing many with the opportunity to attend a modern ballet production and increase their understanding of professional dance.

**Sasha Leacock** *Community Performing Arts Manager*



really well. Doing our part was nerve racking, but once we got on stage it wasn't that scary at all. This was a big opportunity; especially us being picked, that was absolutely astonishing. The performance went well because Mr Hollis came and watched us which made us happy. I'm really proud of me and my friends."

**Davina** *Yr 4, Eliot Bank Primary School*



"A big thank you to the Royal National Theatre for letting us borrow their paint frame to paint our Joseph cloth."  
**Ms Glover** *Art Teacher*



"A truly amazing experience to watch the children work as a team and bond in such a creative way. They thoroughly enjoyed the weekly workshops and the ultimate visits to FHS made them feel really important and part of the show. All the adults at FHS made them very welcome and



Congratulations to the Yr 10 Dance GCSE Group who performed with immense professionalism at this year's Lewisham Dance Showcase at the Catford Broadway on Wednesday 2nd February.

**Mr Oudkerk** *Head of Dance*

## music

### School music making gets a boost

Forest Hill School has this term delivered a series of singing workshops for teachers at St Michael's School as part of a national push to develop singing in schools. The training ties in well with research recently released by the Institute of Education of England's national singing programme which found a clear link between singing and well-being.

Led by Senior Music Specialist Craig Coggle and AST Stuart Livingstone the

The FHS music department is online at [music.foresthill.lewisham.sch.uk](http://music.foresthill.lewisham.sch.uk)

For further information email: [c.coggle@foresthill.lewisham.sch.uk](mailto:c.coggle@foresthill.lewisham.sch.uk)  
Follow us on Twitter at 'FHSMusicDept' to receive updates and news

project also helped to embed the Sing Up programme into St Michael's; this scheme supports schools to increase singing in choirs, lessons and individually, and provides a range of resources to help. Alongside vocal work there was also support for teachers in using instruments in class as part of a regular music session, with the aim of making music an everyday part of each child's school day.

**Craig Coggle** *Senior Music Specialist*

## Community Connections

### Age Exchange Intergenerational Festival

This term, year 12 and 13 art students have been working on an intergenerational art project with elders from The Grove Centre in Sydenham. The students' theme, Reveal/Conceal, enabled them to explore skin and time-marked changes. The art activities were designed to stimulate both age groups, fostering conversation and a mutual exchange of ideas. For the final week, the elders visited Forest Hill School art department

for a clay workshop. This proved exciting for the elders as many, "hadn't sat in a classroom for eighty years!"

The project lasted for three weeks and has been a wonderful experience for the students and elders. It has allowed all participants to gain insight into each other's lives and has challenged many stereotypes, creating a more understanding and stronger community.

**Rebecca Glover** *Art Teacher*



To celebrate this project, there will be an exhibition of all participants' art work at the Stephen Lawrence Centre from the 7th - 14th April, part of Lewisham's first ever Intergenerational Festival.



### FOREST FEST 2011

Following yet another hugely successful festival, plans are already well underway for Forest Fest 2011. Attended by more than 2,000 people at its launch in 2009 and 3,900 visitors last year, Forest Hill School are pleased to announce the return of its flagship community arts festival **Forest Fest 2011** on **Saturday 2nd July 2011** (12pm-5pm).

The festival plans to have a jam-packed programme which will include live music, dance and drama performances from local home-grown talent, an array of workshops for all ages, an arts market area to tempt visitors with stalls displaying a plethora of information and selling exquisite handcrafted goods, as well as a scrumptious array of food and refreshments.

Forest Fest 2011 presents the ideal opportunity for local arts, youth and cultural groups, catering organisations and businesses to trade, promote, publicise and showcase their talents, products and

services to a wide and diverse community audience.

If you would like to be a part of this monumental event either as a programme contributor/performer, stall holder/trader, a member of the planning team, or to take advantage of the exciting promotional opportunities or make a donation to support the event then please contact The Community Performing Arts Team on:

**Artistic Programming/Performances**  
**Stuart Livingstone**  
[s.livingstone@foresthill.lewisham.sch.uk](mailto:s.livingstone@foresthill.lewisham.sch.uk)

**Fundraising & Publicity**  
**Sasha Leacock**  
[s.leacock@foresthill.lewisham.sch.uk](mailto:s.leacock@foresthill.lewisham.sch.uk)

**Stalls & Food Traders**  
**Michaela Rispin**  
[p\\_arts@foresthill.lewisham.sch.uk](mailto:p_arts@foresthill.lewisham.sch.uk)

**Workshops & Activities**  
**Shelley-Ann Dennis**  
[s.dennis@foresthill.lewisham.sch.uk](mailto:s.dennis@foresthill.lewisham.sch.uk)

## Junior Blend-off

I decided to cover food and nutrition with my Year 7 Technology boys by making a smoothie. The end outcome stayed the same but the process was constantly changing as I spoke to other people and played with different concepts in my head.

My Year 7 Design and Technology group named the experiment *Junior Blend Off* and I came up with the concept of pairs pitched against each other.

I demonstrated making a smoothie so that the class could watch and taste the outcome and then complete an evaluation.



Next we held an FA Cup style draw to see who was blending off against whom in the first round heats. Each group will have a go and we will eventually come up with a winning smoothie and the winners will get a prize.

The first heat saw **Nikhil Sharma** R7F & **Tre Clarke** R7F versus **Shane Hemming** R7F and **Jadean Cummins** R7F.

Equipment used: Sainsbury's Basic Blender, plastic measuring jug, disposable cups, plastic plate and a knife.

Main Ingredients: Sainsbury's Supreme Desert and 600ml milk with each group bringing in their own ingredients to a maximum of 3.

Winners will be announced in the next issue.

**Gary Seivright** *Head of Technology*

## Governor's Corner: My Experience as a Parent Governor

More than 25 years ago I first walked into the front entrance of Forest Hill School as a pupil. It is my earliest memory of feeling both scared and excited at the same time.

As is the custom today, it was very rare that I got to use that entrance as a pupil. I have been back to the school on countless occasions now without being hit by the same feeling — until the evening of my first School Governing Body meeting as a newly elected parent governor. As I entered the school, I felt like I did that first time, excited at a new chapter in my life opening and fearful of what was to come. I wasn't quite sure what was expected of a parent governor. Six months on the fear has disappeared but the excitement continues and the pride that I had at being a part of Forest Hill as a pupil has been re-ignited.

I soon realised that I am a member in my own right as an individual and am not expected to act as a delegate on behalf of parents. Moreover, the idea is that as a parent governor I bring the perspective of a 'typical' parent to meetings, and contribute my own views, opinions, and life experience. Although I still have a lot

to learn and definitely have a lot more to contribute, I am beginning to see the significance and importance of the role and would recommend it to any parent should the opportunity arise.

The Governing Body and school staff are very welcoming and supportive, and you receive plenty of opportunities to undertake training to make the role easier, and to enable you to contribute fully. You give your time and experience and in return you get the opportunity to find out about the school and how it is run, share in its achievements, help to address its shortcomings, contribute to its plans and strategies for the future, and to develop new skills.

You also get to see close up that Forest Hill is a well run school with strong leadership, inspirational staff, talented pupils and a committed governing body. For me there is the added bonus that I get to give something back to my old school, and the renewed sense of belonging that I have whenever I visit — so much so that I am tempted to sew a light blue house flash on my jacket!

**Dave King** *Parent Governor and former pupil (1980-1985)*

### Football

Well done to Mr Griffiths and his Year 7 football squad on their outstanding achievement in reaching the quarter-finals of the National Cup. Following a convincing 6-0 victory against a school from Somerset in the previous round, the squad now face a school from Leicester and, with home advantage, are optimistic of making further progress.

### Cross Country

Our ongoing record of success has been maintained with some outstanding individual and team performances in recent competitions. In the London Championships, **James Allan** finished 6th in the Intermediate Boys race; and, in the Junior Boys "A" race, **Said Gabo** finished 3rd and **Daniel Newhouse** finished 15th. As a result, all three boys have been selected for the London Schools squad for the forthcoming Inter-Counties Championships.

In these Championships, our Junior Boys "A" team finished 5th out of 18 schools and our Junior "B" team 4th out of 10 schools.

In the Lewisham Schools Championships, both our Year 7 and 8 squads won their events with considerable ease. Our Year 7 squad won their race by 46 points, with outstanding individual performances from **Connor Williams** (3rd), **Ronnie Kadibu** (6th), **Kamaludin Gabo** (7th), **Jai Perkins** (8th) and **Ashley Johnson** (10th).

Our Year 8 squad won their race by 33 points, with excellent performances from **Jerrell Norville** (4th), **Daniel George** (7th), **Joshua Skyers** (9th) and **Drison Ndosha** (10th). All these boys have been selected to represent Lewisham in the London Schools Championships.

### Cricket

Well done to **Oliver Hickford**, **Hugh Taylor**, **Callum Walters** and **Oscar Sibley-Harris** who have been training with the London Schools squad and will be representing them in fixtures when the cricket season starts in May.

### Lewisham Sports Awards

Well done to **James Allan** who won the award of Junior Sportsperson of the Year and **Finn Nightingale** who won 3rd place in the same category at the recent awards ceremony.

**Gary Taylor** *Head of Physical Education*

# enrichment

## Urban Synergy Role Model Seminar — A Recipe for Success

Take one QC, six Barristers, five Bankers, four Solicitors, three Engineers, eight Company Directors, five Film Producers, three Accountants, one Doctor, one Dentist, one Photographer, one Clinical Psychologist, one Head Chef and a handful of other professionals; place them all in Forest Hill School Theatre on Tuesday 25th January; add 170 eager young adults from years 10, 11 & 12; sprinkle in some supportive school staff and the Urban Synergy team (led by Sue Watson).

After listening to some inspirational speakers, divide into groups for mentoring sessions; mix together, talk, listen, ask questions and take advice.

Here are a few comments:

*"An excellent evening... you need to do it again"* (Josh, Yr 11). *"Really brilliant"* (Kwame, Yr 11). *"It really helped me – it inspired me to continue"* (Jordan). *"As a teacher, and a professional I was inspired by the event"* (Mr Kanton).

We will definitely do this again. See the event at

[youtube.com/watch?v=3CnVBtdvJ68](https://www.youtube.com/watch?v=3CnVBtdvJ68)

**Mrs Geer** *Head of PSHCE*

## Duke of Edinburgh Expedition

Last October our Bronze Duke of Edinburgh students went on their first practice expedition to Downe. It seems both groups from our school need training in map reading as we both managed to walk off our route, with one group walking for miles in the wrong direction! Apart from occasionally getting lost, one group managed to read the map and reached our campsite ahead of schedule; the other group weren't so lucky, they had to be collected and driven in.

After the second group arrived, they set up their tents, a process they found easy enough. Unfortunately we then found out that the teachers accompanying us couldn't put their own tents up and we had to do it for them!

Cooking turned out to be easier than we expected on the special stoves and overall it was an enjoyable trip.

**Nathaniel Brunning** *R10G*

## New School Meals Menu



At Chartwells we know just how important a healthy and nutritious meal is for a growing secondary school student. We now also know just how important a "tasty, lovely and delicious meal" is because the students have told us.

Having conducted a country wide survey on secondary school food, the team at Chartwells have developed and introduced the new Trinity menu. The Trinity menu has now been in full production at Forest Hill for three weeks.

Ann Colquitt and her brilliant team in the school kitchen have risen to the challenge of producing this high quality menu exceptionally well. The results speak for themselves as we have seen immediate growth in main meal participation, teachers enjoying and complimenting the food but most importantly students telling our kitchen staff they love the changes that have been made.

A special thank you goes to Ann and her team for all of their hard work!

**Ben Harvey** *Fun into Food Manager, Chartwells*

## PTA 200 CLUB WINNERS

### October 2010

1st Prize £50 No 114 L. KING  
2nd Prize £10 No 20 D. HUDDERS  
3rd Prize £5 No 174 P. ELDRIDGE  
4th Prize £5 No 69 E. BOURG

### November 2010

1st Prize £50 No 110 K. BARRY  
2nd Prize £10 No 5 A.D. LING  
3rd Prize £5 No 31 C.F. OATES  
4th Prize £5 No 70 P. WALSH

### December 2010

1st Prize £50 No 35 K. TOMLIN  
2nd Prize £10 No 81 B. ANAYA  
3rd Prize £5 No 67 L. CLUNEY  
4th Prize £5 No 8 B. LESLIE

If you would like to become a member of the 200 Club, please complete the form 'Application to Join' and return it with the relevant cash/cheque or complete the authorisation for payment by standing order. All forms to be returned to 200 Club c/o Mrs. Baillie at the School. Thank you for your continued support.

**Patricia Stocker** - 200 Club Treasurer

# student voice

## New School Tie Proposal



This term the school council has been focusing on a number of school based projects that have been brought to the attention of the council committee via the half termly house council meetings. One major concern was the current uniform.

The student body highlighted that the current school uniform is dated and requires some improvements in order to maintain its appeal and to help encourage all

students to dress in a smart manner. As a result the school council set up a competition for pupils to design a new school tie. After careful deliberation the school council decided upon a collaboration of numerous ideas and put together a final design which was then put to both Mr Brady and the student body. It received an overwhelming 'thumbs up' in terms of the design and is currently being submitted to our school clothiers for costing estimates etc. We hope to have more information about our new tie proposal early next term.

**Mr Stevenson** *Student Voice Co-ordinator*

## contact us

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Specialist School in  
Performing Arts**  
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Email: [info@foresthill.lewisham.sch.uk](mailto:info@foresthill.lewisham.sch.uk)

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Tel: **020 8613 8423 / 8422**

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**fhs newsletter is edited by Michaela Rispin and Lyn King**

