



PERSONAL DEVELOPMENT

NEWSLETTER - AUTUMN TERM 2024

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WELCOME TO OUR TERMLY NEWSLETTER ON PERSONAL DEVELOPMENT AT BRENTFORD SCHOOL FOR GIRLS FOR THE AUTUMN TERM. INSIDE YOU WILL SEE NEWS, ADVICE AND SUCCESS STORIES FROM ALL OF OUR AREAS LINKED TO DEVELOPING YOUR DAUGHTER BEYOND EXCELLING IN ACADEMIC PERFORMANCE AND DEVELOPING THEM INTO THE "BRENTFORD GIRL OF THE FUTURE" IN LINE WITH OUR VISION.

IN OUR RECENT OFSTED INSPECTION, OUR PROVISION FOR PERSONAL DEVELOPMENT WAS HIGHLY PRAISED AND IDENTIFIED AS AN AREA OF STRENGTH, WE ARE KEEN TO SHARE WITH YOU OUR ACHIEVEMENTS IN SCHOOL EACH TERM AND OUR KEY FOCI.

INCLUDED IN THIS EDITION WE HAVE INFORMATION AROUND WHAT IS BEING TAUGHT IN PSICHE (NAMED BLOSSOM) IN THE COMING TERM, WHAT IS HAPPENING IN THE CAREERS DEPARTMENT, WHAT THE DIVERSITY GROUP FOCUS IS AT THIS TIME AND THE NEW EXTRA-CURRICULAR CLUB TIMETABLE AND FEATURED CLUBS.

WE HOPE YOU ENJOY THE PUBLICATION AND IT GIVES YOU A VALUABLE INSIGHT INTO THE WIDER WORK GOING ON IN THE SCHOOL TO DEVELOP YOUR DAUGHTERS TO FULFIL THEIR FULL POTENTIAL



NEWSLETTER



EXTRA-CURRICULAR OPPORTUNITIES

WE HAVE IMPROVED THE REWARDS SYSTEM THIS YEAR AND ALL STUDENTS HAVE BEEN GIVEN A REWARDS BOOKLET TO TRACK THEIR ATTENDANCE TO CLUBS.

FOR EVERY 10 STAMPS THE GIRLS RECEIVE THEY GET A CERTIFICATE OF ATTENDANCE AND FOR EVERY 20 STAMPS THEY GET THEY WILL RECEIVE A VOUCHER REWARD IN ASSEMBLY. IT IS IMPORTANT THAT STUDENTS ARE GETTING THEIR BOOKLETS STAMPED AND REMIND THEIR TUTORS TO FILL IN THE REWARD SHEET OR THEY MISS OUT ON THE REWARDS.

WE ALWAYS LISTEN TO OUR STUDENTS SO IF THERE ARE ANY CLUBS YOU WOULD LIKE TO SEE ON THE TIMETABLE PLEASE DO SPEAK TO MISS GIDDENS AND WE CAN ARRANGE TO PUT IT ON FOR YOU.

OUR PE DEPARTMENT WORKS TIRELESSLY TO PUT ON LOTS OF SPORTING EVENTS TO COMPETE AGAINST OTHER SCHOOLS WITHIN THE BOROUGH. TO MAKE THE TEAMS YOU MUST BE COMING TO TRAINING CONSISTENTLY.

A NEW ACADEMIC YEAR BRINGS ABOUT AN OPPORTUNITY FOR NEW EXPERIENCES. THERE ARE LOTS OF OPPORTUNITIES ON OFFER TO OUR GIRLS HERE AT BSGF AND IT IS VITALLY IMPORTANT THAT ALL STUDENTS ARE STRIVING TO BETTER THEMSELVES PERSONALLY, PHYSICALLY AND MENTALLY BY ATTENDING AT LEAST ONE CLUB.

WE HAVE MADE IT **COMPULSORY FOR ALL YEAR 7 AND 8** STUDENTS TO ATTEND AN EXTRACURRICULAR CLUB AND THIS IS A ROLLING PROGRAMME TO FUTURE NEW STUDENTS. HOWEVER, ALL YEAR GROUPS ARE WELCOME TO JOIN AND TAKE PART.

OUR EXTERNAL CLUBS WITH TEAM KEANE ROWING AND BRITISH MMA HAVE KICKED OFF THIS WEEK AND ATTENDANCE IS THRIVING. THESE ARE FANTASTIC OPPORTUNITIES FOR OUR GIRLS TO TRY SOMETHING NEW AND LEARN VALUABLE SKILLS TO HELP THEM BE SAFE IN SOCIETY. **AS ALWAYS OUR CLUBS ARE FREE OF CHARGE TO ALL STUDENTS.**

OUR MOST RECENT EXTRA-CURRICULAR TIMETABLE CAN BE FOUND ON THE SCHOOL WEBSITE

EXTRA CURRICULAR CLUBS
AUTUMN TERM 2 2024

ONCE DECIDED WHAT CLUBS YOU WOULD LIKE TO PARTICIPATE IN COMPLETE THE SIGN UP FORM

[EXTRA CURRICULAR SIGN UP FORM](#)



BLOSSOM

BULLETIN



Thank you!

On 22nd October 2024, we hosted a Parental Consultation focused on the school's RSE provision. Thank you to all who attended and contributed their valuable input. One topic raised was student safety, particularly for young girls travelling alone. In response to the comments, we have included a section in this newsletter on safety tips when travelling to and from school



TOPICS THIS HALF TERM IN BLOSSOM

YEAR 7	PUBERTY
YEAR 8	HEALTH AND WELLNESS
YEAR 9	BODY CONFIDENCE
YEAR 10	HEALTHY RELATIONSHIPS
YEAR 11	GOAL SETTING/PREPARING FOR POST-16 LIFE
YEAR 12	CAREERS/BEING A 6TH FORMER
YEAR 13	MEDIA LITERACY

CELEBRATING BLACK HISTORY MONTH

During Black History Month, our students engaged in a creative project focused on reimagining well-known fictional characters as different ethnicities. This activity allowed students to explore the importance of diversity and representation in storytelling, helping them understand how broader perspectives can enrich narratives we know and love. By reimagining characters, students could reflect on identity, challenge stereotypes, and appreciate the strength that diversity brings to our shared cultural stories.

We look forward to a term filled with learning, growth, and meaningful conversations in BLOSSOM. Thank you for your continued support and involvement in your child's journey.

BULLETIN

STAYING SAFE ON PUBLIC TRANSPORT AND WALKING HOME

PUBLIC TRANSPORT TIPS:

ENCOURAGE YOUR DAUGHTER TO STAY ALERT, KEEP THEIR BELONGINGS SECURE AND AVOID USING EARPHONES WHEN TRAVELLING SOLO. CHOOSING BUSY, WELL-LIT AREAS AND SITTING NEAR OTHERS WHERE POSSIBLE CAN INCREASE SAFETY. TRANSPORT STAFF ARE THERE TO HELP IF NEEDED – DON'T HESITATE TO REACH OUT.

WALKING HOME SAFELY

STUDENTS SHOULD AIM TO WALK IN PAIRS OR GROUPS AND AVOID SHORTCUTS THROUGH DIMLY LIT AREAS. SHARING THEIR LOCATION WITH A TRUSTED FRIEND OR FAMILY MEMBER AND KEEPING DISTRACTIONS TO A MINIMUM CAN HELP ENSURE THEY'RE AWARE OF THEIR SURROUNDINGS. AGAIN, AVOID USING EARPHONES WHEN TRAVELLING SOLO

ROAD SAFETY FOR CHILDREN

Dear Parents and Guardians,

As we all know, the clocks have gone back, and the evenings have become darker. With limited daylight hours, it's more important than ever to take extra precautions on journeys to and from school. So, we want to ensure that our pupils stay safe on the roads. Here are a few safety reminders to help keep everyone safe:

Be Visible:

Wearing reflective accessories can make a big difference. Encourage children to wear bright or reflective items on coats, backpacks, or shoes to be seen more easily in low-light conditions.

Use Designated Crossings:

Remind your children to cross only at pedestrian crossings and to always check in all directions before crossing.

Say No To Distractions:

Teach them to avoid distractions like mobile phones when crossing roads.

Cycle Safely:

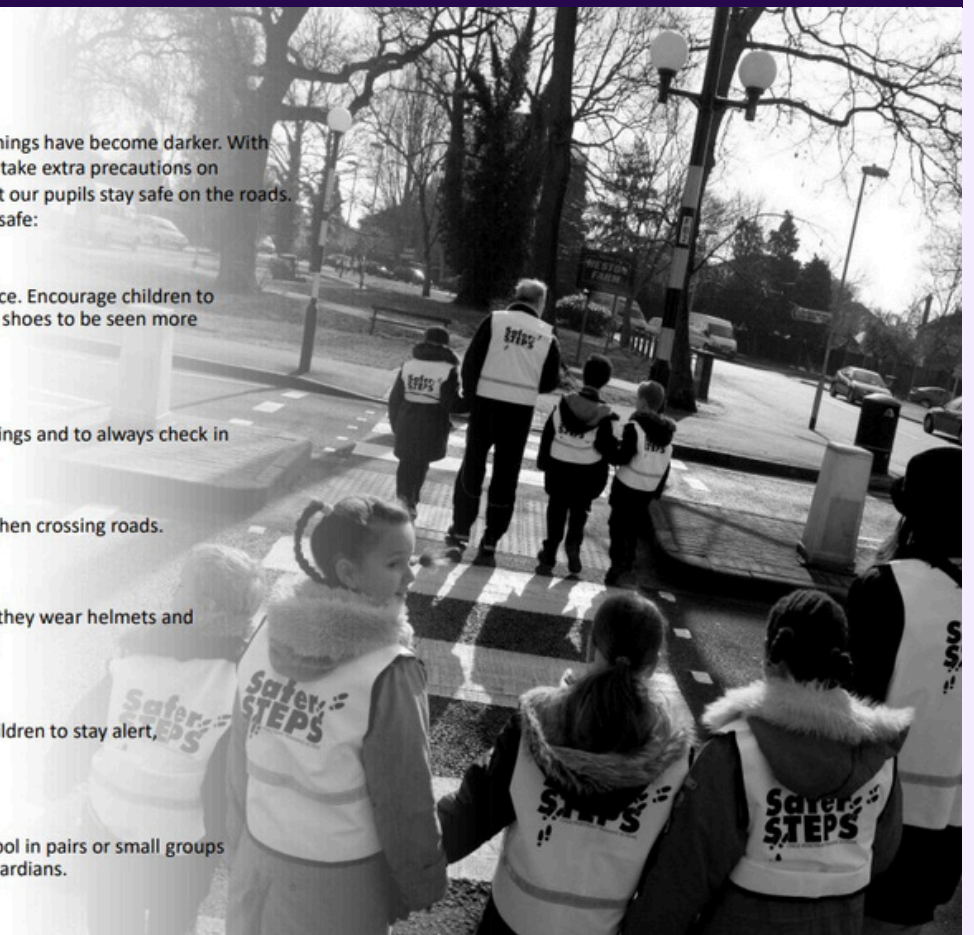
For those children who cycle to school, please ensure they wear helmets and that the bikes are equipped with lights and reflectors.

Plan Safe Routes:

Use well-lit routes where possible and remind your children to stay alert, especially around busy roads or crossings.

Walk Together:

Where possible, children should walk to and from school in pairs or small groups for added safety and visibility, or with their parents/guardians.



WELLBEING & SAFEGUARDING

Support Services/Helplines

 **CRIMESTOPPERS**
0800 555 111

 **NSPCC HELPLINE**
0808 800 5000
help@nspcc.org.uk

 **CLICK CEOP**
Advice Help Report

 **ChildLine**
0800 1111

 **FAMILY**
Services Directory
Hounslow

 **CALL YOUR LOCAL POLICE**
101
IN AN EMERGENCY ALWAYS CALL 999

 **HYCS** Talking to us can really help
Hounslow Youth Counselling Service

 **HYPE** is the drug and alcohol service providing support for young people in Hounslow.
Hounslow Young People Engaged

FOR PARENTS - MY FAMILY'S DIGITAL TOOLKIT

THERE ARE SO MANY REALLY GOOD RESOURCES OUT THERE FOR PARENTS/CARERS ABOUT HOW TO HELP KEEP CHILDREN SAFE ONLINE, BUT IT CAN QUICKLY BECOME REALLY OVERWHELMING.

"INTERNET MATTERS" HAS A REALLY GREAT RESOURCE FOR PARENTS CALLED "MY FAMILY'S DIGITAL TOOLKIT". THIS IS A PERSONALISED RESOURCE WHICH GIVES AGE-SPECIFIC ADVICE, ADVICE TO DEAL WITH SPECIFIC CONCERNS, RECOMMENDATIONS FOR DIGITAL TOOLS TO SUPPORT CHILDREN'S INTERESTS AND MORE.

THE TOOLKIT IS FREE AND YOU CAN FIND MORE DETAILS

[HTTPS://WWW.INTERNETMATTERS.ORG/DIGITAL-FAMILY-TOOLKIT/](https://www.internetmatters.org/digital-family-toolkit/)

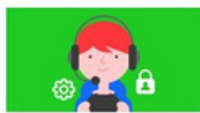



- GET AGE-SPECIFIC ADVICE AND TIPS TO SUPPORT YOUR CHILDREN ONLINE
- LEARN ABOUT POPULAR APPS AND PLATFORMS YOUR CHILDREN USE
- GET INFORMATION ABOUT HOW TO DEAL WITH ANY ONLINE SAFETY CONCERNS
- GET RECOMMENDATIONS FOR DIGITAL TOOLS TO SUPPORT THEIR INTERESTS AND WELLBEING


Based on what you've shared with us, we've created a tailored pack of resources to help support your children online. Use the age-specific tabs to navigate the page.

AGES 9-5 AGES 6-10 AGES 11-13 AGES 14+

ABOUT MY CHILD
3 Resources
Age-specific guidance to learn online safety basics to support your child.

 Resource title
Short read

 Resource title
Short read

 Resource title
Short read

WHAT YOU'LL LEARN PDF - ARTICLE



BSFG CAREERS

PAVING THE WAY TO SUCCESS

WE'RE THRILLED TO ANNOUNCE OUR PARTNERSHIP WITH INNERVATE CAREERS TO PROVIDE DEDICATED CAREERS GUIDANCE FOR STUDENTS! THIS COLLABORATION WILL OFFER TAILORED, ONE-TO-ONE SESSIONS DESIGNED TO HELP STUDENTS EXPLORE THEIR STRENGTHS AND MAKE INFORMED CHOICES ABOUT THEIR FUTURE.

A LINK TO THEIR WEBSITE CAN BE FOUND HERE:
[HTTPS://INNERVATECAREERS.CO.UK/](https://innervatecareers.co.uk/)

WE ALSO HAVE SET UP A CAREERS GOOGLE CLASSROOM FOR EACH YEAR GROUP, WHERE STUDENTS CAN FIND INFORMATION ABOUT UPCOMING OPEN DAYS, ONLINE EVENTS, AND CAREER-RELATED ACTIVITIES. STAY TUNED FOR MORE UPDATES AND RESOURCES TO SUPPORT OUR STUDENTS ON THEIR CAREER JOURNEYS!

IF YOU OR YOUR DAUGHTER HAVE ANY QUESTIONS REGARDING CAREERS, PLEASE SPEAK TO MS CROFT, THE SCHOOL'S CAREERS LEAD.





 **innervate**
 INSPIRING CAREERS & PERSONAL GUIDANCE

DIVERSITY

DIGEST

MESSAGE FROM MS. AGNIHOTRI EQUALITY AND DIVERSITY LEAD

We are very proud to be covering Diversity and Inclusion related updates in the collaborative Personal Development half termly newsletter.

Each week, a group of students meet as part of our Diversity Club; a club made up of students committed to raising awareness about important social and humanitarian issues.

This club takes place on a Wednesday morning during tutor time (fortnightly). During this club we take a proactive approach in creating resources on raising awareness of the protected characteristics outlined in the Equality Duty 2010, discuss global humanitarian issues, plan the events for diversity week, discuss the tutor programme, as well as researching and understanding more about upcoming awareness days.

IT WOULD BE LOVELY TO HAVE MORE STUDENTS JOIN THE CLUB, AS REPRESENTATION OF ALL YEAR GROUPS AND BACKGROUNDS IS THE BEST WAY TO HAVE ALL VOICES HEARD. NEXT HALF TERM, THE TIMES AND DATES OF THE CLUB ARE BELOW:

LOCATION: SIXTH FORM CENTRE
TIME: 8.40 - 9.10 (TUTOR TIME)



Student Diversity and Inclusion Club
Every fortnight Wednesday in the Sixth Form Centre

Are you someone who is interested in being a **part of a committee** that is taking **action as a school** to raise awareness of social or global issues that impact our local and wider community??

DIVERSITY of people, perspectives
EQUITY in policy, practice & positions
INCLUSION via power, voice & organizational culture
JUSTICE with equal rights & equitable opportunities

SPEAKING UP

Global humanitarian issues
LGBTQIA + communities
Gender related issues
E.g. Period poverty, violence against women
Race relations

These are just a few of the areas that will be discussed in our fortnightly meetings, so please do come along if you are passionate about anything that you would like us to raise awareness of as a school community.

Ms Agnihotri - Diversity & Inclusion Lead

DIVERSITY

DIVERSITY AND INCLUSION IS NOT EXCLUSIVE TO THIS CLUB, THERE ARE ACTIVITIES THAT ARE EMBEDDED INTO THE TUTOR AND ASSEMBLY PROGRAMME, AS WELL AS VIA EVENTS AND FUNDRAISING OPPORTUNITIES THROUGHOUT THE SCHOOL YEAR.



DURING THE FIRST HALF TERM, STUDENTS HAD THE OPPORTUNITY TO LEARN MORE ABOUT BLACK HISTORY MONTH (BHM) AND RESEARCH SOME IMPORTANT STORIES IN LINE WITH THIS YEARS' THEME 'RECLAIMING NARRATIVES'.

STUDENTS ACROSS THE SCHOOL HAD THE OPPORTUNITY TO:

- ENTER OUR BHM HOUSE COMPETITION
- EXPERIENCE THE SAME BHM BLOSSOM LESSON
- LEARN ABOUT WHAT BRITISH VALUES ARE DURING TUTOR TIME AND CREATE DISPLAYS ON THEM
- LEARN ABOUT THE HINDU FESTIVAL OF DIWALI DURING ASSEMBLIES IN THE THE WEEK BEGINNING 14TH OCTOBER



DIVERSITY AND INCLUSION BOARD IN THE CANTEEN;

THE PURPOSE OF THIS BOARD IS TO RAISE AWARENESS OF THE 9 PROTECTED CHARACTERISTICS AND GIVE ALL STUDENTS A CHANCE TO OFFER FEEDBACK, SUGGESTIONS AND REFLECTIONS ABOUT AREAS THEY WANT TO. NEXT HALF TERM, SIXTH FORM STUDENTS WILL UPDATE THE BOARD AND COLLECT SUGGESTIONS FROM ALL YEAR GROUPS.

