



# PERSONAL DEVELOPMENT

NEWSLETTER - SUMMER TERM 2026

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Welcome to the latest edition of the BSfG Personal Development Newsletter. This newsletter outlines what your daughter experiences in school to help her to develop her skills and give her opportunities to add detail to future university applications, job applications and to progress as a young adult.

Included in this edition are: -

- Information on Student Wellbeing and How to Access Advice
- BLOSSOM Curriculum for the Summer Term and Beyond
- Extra-curricular Clubs in the School
- Feedback on the Personal Development Survey conducted recently on students
- The Tutor Programme and Pastoral Programme
- Diversity and Inclusion

You should have received a letter during the Easter holidays inviting you to download and sign up to use our newly launched Parent App . This will be a wonderful way for you to see the progress of your daughter in school and allows you to sign up for clubs on their behalf.

We have had a large number of parents sign up so far and we hope that all take advantage of the opportunity. Please let the school know if you need any help by emailing [admin@brentford.hounslow.sch.uk](mailto:admin@brentford.hounslow.sch.uk)

Mr May  
Assistant Head

# EXTRA-CURRICULAR

# NEWSLETTER

## CLUBS HERE AT BRENTFORD SCHOOL FOR GIRLS

We are proud to offer over 80 clubs each week at Brentford School for Girls. Clubs take place before school, at lunchtime, and after school to ensure there are opportunities every day for all students from Year 7 to Sixth Form. Our extracurricular programme is one of the strongest in the borough.

Students can choose from a wide range of activities including chess club, BSFG law society, art, drama, origami, basketball, football, fitness, and many more. The vast majority of our clubs are completely free, and there is no need to sign up in advance – students can simply turn up and take part.

This term, we are also introducing PD Ambassadors in Years 7 and 8. These students will help their peers who may struggle to attend clubs, providing guidance and support to ensure everyone can access and enjoy our extra-curricular opportunities.

Our sports provision is strengthened by external coaches, including Coach Bob and Coach Will, who lead our basketball programme. Last half term, we were also pleased to welcome coaches from Harlequins who delivered a rugby club for our students. From next term, we are introducing a paid Cheerleading and Dance Club to give students access to specialist coaching and performance opportunities.

Clubs play a vital role in building confidence, friendships, and skills beyond the classroom, and we encourage all students to get involved



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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### SUMMER TERM 1

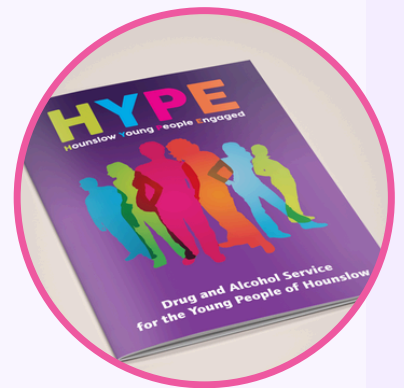
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BEFORE SCHOOL CLUB
LUNCHTIME CLUB
AFTER SCHOOL CLUB

# STUDENT WELLBEING

## & PARENT ADVICE

### Access to External Support

We are very lucky to be able to access various forms of support, externally, should the need arise. Many of these pathways require parental and student consent and will always be discussed beforehand to ensure the support being offered is relevant and appropriate in order to foster transparency and trust. Below is a brief overview of a few of the external services we could access



### School Nursing - Hounslow

Hounslow School Nursing is a universal service for children aged 5-19 years old who attend a school in Hounslow, are home schooled in Hounslow, or are not in education but living in Hounslow.

School nurses can support parents, children, young people and families when they need extra help. Some examples include support with physical and emotional health, medical needs in school, continence concerns, growth and development. Parents, teachers, GPs and other healthcare staff can refer a child to the service. Young people can self refer into the service. [https://www.westlondon.nhs.uk/application/files/8217/7030/6739/School\\_Nursing\\_Service\\_Referral\\_form\\_2026.docx](https://www.westlondon.nhs.uk/application/files/8217/7030/6739/School_Nursing_Service_Referral_form_2026.docx)

### HYPE (Hounslow Young People Engaged)

HYPE is a free and confidential service for young people resident or in education in Hounslow. You can also self-refer to the service by phone or e-mail. A health or social care professional can make a referral on your behalf. This service works with young people under the age of 18 whose lives are affected by drugs and alcohol, including young people who have been affected by the negative experience of parental substance misuse. The service sees young people in a variety of settings.

HYPE provides:

- One-to-one support based on individual need
- Outreach services, meeting young people where they feel comfortable
- Up to date information and advice
- Support to cut down, quit and gain control
- Education about drugs and alcohol in schools and to other young people's services

Telephone 018955 488 675

Email: [cnw-tr.hype@nhs.net](mailto:cnw-tr.hype@nhs.net)

### Hounslow Borough Family & Young People Services

Hounslow Borough offer a range of services for families and young people which you may find useful, all of which can be accessed via the following link:

<https://www.hounslow.gov.uk/child-protection/early-help-families>

# STUDENT WELLBEING

## & PARENT ADVICE

### CAMHS MHST (Mental Health Support Teams)

CAMHS MHST offer individual tailored support programmes for young people in secondary schools and support for parents and carers of primary school aged children. They also organise workshops and groups throughout the year to promote mental wellbeing and provide strategies for emerging difficulties.

CAMHS MHST support young people and parents of children who feel anxious. For example, if they are stressed about school or exams, having worries in social situations or have specific fears or phobias. CAMHS MHST also work with young people experiencing low mood – that is, if they are feeling sad or tearful, have low motivation or sleep difficulties. They support parents with children’s behavioural difficulties, such as challenges with following routine, emotional and physical outbursts. Referrals to CAMHS MHST come via schools who can arrange a consultation meeting with a practitioner to discuss a child or young person they would like to refer by contacting their local mental health support team.

### How we support our students:

At Brentford School for Girls we prioritise supporting our young people to build emotional resilience and help them to cope with and bounce back from adversity. Below is some of the support mechanism that can be accessed at school itself.

- One to one support/group work with Thrive, LVA Trust, pet therapy, 1:1 counselling with an external facilitator, mentoring and trained Safeguarding/Pastoral staff.
- Wellbeing weeks: once per half a term.
- Assemblies- throughout the academic year.
- No Worries- School Nurse drop in service in school.
- BLOSSOM Curriculum
- School's Police Officer drop in service.
- Intervention work with pastoral staff (assigned to year groups).
- A family environment.
- A “whole school” approach.

By a “whole school approach”, we mean involving every individual in the school community: pupils, parents and all staff and volunteers, from our Headteacher through to the caretaker and the cook. Crucially, it is also about strategy and leadership; the systems and structures within the school. Everyone has the chance to understand and implement practical things which will contribute to changes in practice and benefit all the students in the school.

Additionally, this includes the school’s relationship to the local community and wider mental health system, and their confidence and ability to commission relevant services. It can include strengthening relationships with local providers and commissioners to improve pathways into services for children and young people.

If you have any questions or need further advice please do not hesitate to contact the Inclusion Team here at Brentford School for Girls who will endeavour to respond to your request within 48 hours.

# BLOSSOM

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# BULLETIN

Welcome to this term's BLOSSOM Bulletin where we share an overview of the learning taking place in BLOSSOM (PSHE) across the school.

Ahead of September 2026, we are busy updating the curriculum in line with statutory guidance about RSHE and, as such, there are a few changes to be expected in next year's curriculum.

These include updates to the RSHE policy, greater parental transparency, stronger safeguarding and age-appropriate focus, clearer guidance on topics related to gender, an increased focus on real-world risks and relationships and increased clarity on how sensitive content should be taught and delivered in schools.

These changes are welcomed, and align beautifully with our Brentford Vision of preparing our students to be ready for life in the future - whatever that may be.

As part of the changes, we will be holding a parent consultation where we will be sharing the new statutory requirements and some of the materials used. The invite will be sent very soon with the details of when and where. Your thoughts are much appreciated!



## TOPICS THIS HALF TERM IN BLOSSOM

YEAR 7	HEALTHY EATING AND LIFESTYLES
YEAR 8	FAMILY RELATIONSHIPS
YEAR 9	CONSENT
YEAR 10	SEXUALLY HEALTH
YEAR 12	RELATIONSHIPS VALUES

## TOPICS NEXT HALF TERM IN BLOSSOM

YEAR 7	CAREERS
YEAR 8	ONLINE SAFETY
YEAR 9	CAREERS
YEAR 10	CAREERS
YEAR 12	RISKS AND PERSONAL SAFETY (IN UNIVERSITY AND BEYOND)



# STUDENT SURVEY

## FEEDBACK

Over the Spring Term, we surveyed all students in Year 7 through to Year 11 on their Personal Development experience in the school. Conducted in BLOSSOM lessons, we had over 500 responses overall which is fantastic.

### Main Strengths

- The school is viewed as helping students develop life skills such as team working and decision-making.
- The Unifrog platform is highlighted as a useful tool for students to explore their "dream jobs" and set goals.
- There is an 82% positive response for the school's ability to develop detailed knowledge in personal, social, and health education (BLOSSOM).
- 87% of students agree they have the chance to participate in clubs, and many value roles such as prefects or ambassadors.
- Many students find physical activity and sports to be an effective stress reliever - this is both a strong point for PE and the testament to the large number of sports related clubs offered.
- Business lessons are praised for providing real-life experience with interview questions and recruitment processes to help understand careers.
- The school's Culture Day is highly valued by students as a way to celebrate diversity.

### Main Areas for Development

- Students would like even more focus on life skills such as money-management, dealing with stress and workplace communication.
- Students want more individual support in setting and achieving personal goals - in particular this was evident with high achieving and quieter students.
- It was clear that students would like more advice and guidance in managing their health and emotional wellbeing - although the provision in BLOSSOM is already wide.
- More diverse careers guidance is requested - in particular options away from sixth form and university.



The Personal Development team have put together an action plan for developing the experience of students in the school and feedback has been given to students.



# BSFG CAREERS

## PAVING THE WAY TO SUCCESS



It's been an exciting and productive term, with a wide range of activities and events designed to inspire and prepare our students for their future pathways.

### Year 8 Duty Pupils

Our Year 8 Duty Pupils have done an outstanding job this term.. This initiative gives students the opportunity to step out of lessons and contribute to the wider school community, supporting staff and assisting in the school office.

We have been incredibly impressed with their sense of responsibility, teamwork, and consistently positive attitude. All tasks are recorded on Unifrog, allowing students to reflect on and celebrate the valuable skills they are developing through this experience.

### OUR YEAR 8 CAREERS DAY WAS A HUGE SUCCESS!

Our Year 8 Careers Day, held on Wednesday 18th March, was a huge success. The day encouraged students to begin exploring the wide range of career opportunities available to them.

Students engaged with visiting speakers, explored different pathways, and started to think more deeply about their long-term aspirations. Their enthusiasm and curiosity throughout the day were fantastic to see.

### **Student feedback from the careers day included:**

“It was really interesting and I learnt a lot.”

“The careers day was amazing and a fun day for all of us”

“I felt like I really developed my confidence during the speed networking.”





# BSFG CAREERS

## PAVING THE WAY TO SUCCESS



### 1:1 Careers Guidance Continues

We're also continuing our collaboration with Innervate Careers, who provide our students with personalised, one-to-one guidance to help them explore their strengths and make informed choices about their next steps.

To find out more about their work, visit [innervatecareers.co.uk](http://innervatecareers.co.uk).

### St Mary's Summer School Partnership

We are delighted to, once again, take part in the St Mary's Summer School this academic year — a fantastic opportunity for Year 9 students to experience university life first-hand. Interest in the programme has been exceptionally high, with 50% of the year group applying for just 15 places. This made the selection process extremely competitive, and we were incredibly impressed by the quality, thoughtfulness, and ambition shown in students' applications.

Those selected will benefit from a rich and engaging programme, including subject taster sessions, campus experiences, and opportunities to develop key academic and independent learning skills. The Summer School is designed to raise aspirations and to build confidence and give students a real insight into higher education.

We are also continuing to support last year's participants through targeted sessions on GCSE revision strategies and academic preparation, ensuring they are able to build on their Summer School experience and apply these skills effectively as they progress through their studies.



### Careers Communication

As part of our ongoing careers programme, our Careers Google Classrooms remain open for each year group. These are regularly updated with:

- College and university open days
- Online careers events and webinars
- Work experience opportunities — and much more!

If you have any questions about careers, please contact Ms Croft, Careers Leader, or Ms Geen, Careers Administrator.



# DIVERSITY

# DIGEST

## CELEBRATING DIVERSITY WEEK 2026

Diversity Week was, once again, a wonderful opportunity for our school community to come together to celebrate the many cultures, identities and experiences that make our school such a vibrant and inclusive place. The week was filled with student-led events that encouraged creativity, learning and meaningful conversations about global issues.

Over the course of the week, we raised £1309 for our chosen charity, War Child UK <https://www.warchild.org.uk/>, of which we are extremely proud.

A special thank you goes to the Diversity Club, whose students played a key role in organising and leading many aspects of the week. They have also worked hard to create thoughtful presentations highlighting global and humanitarian issues that they feel strongly about raising awareness of, including:

- Food insecurities around the world (Year 9 students)
- Russia & Ukraine War (Year 9 students)
- ICE - The American Horror Story (Year 10 and 13 students)
- Global Poverty and silent struggles (Year 10 students)
- Iran (Year 13 students)
- Global & Humanitarian Issues Facing Arabs (Year 9 students)
- Global Warming ((Year 9 students)

Their passion, leadership and commitment to raising awareness have made a real impact across the school. We are incredibly proud of the way our students continue to champion diversity, inclusion and global awareness within our community.

Furthermore, as part of the tutor programme and assemblies we raised awareness about the month of Ramadan, Neurodiversity Week, Autism Acceptance Month, and the celebration of Eid and Easter.



JOIN DIVERSITY CLUB!

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.

SPEAK TO MS AGNOHOTRI IF INTERESTED.

# PASTORAL

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# SUPPORT/FOCUS

Spring term has allowed students to continue their tutor programme designed for each year groups focus and academic stage.

Digital safety and usage has been a focus for Year 7 and Year 10- where they have been reflecting on their own phone and tablet use. It has been really interesting to hear of their screen time and how frequently they rely on their phones.

Year 8s have been focusing on the options process and exploring their futures beyond the classroom. Having open conversations with their peers and tutors as they consider what they would like to study for their GCSE options.

As they have begun their GCSE subjects - Year 9 have been focusing on their enhanced curriculum accessing computer programming and architecture through art. It has allowed students to engage with subjects outside of their options to ensure that they have access to a broad and engaging curriculum.

With exams just around the corner, Year 11 have been working hard revising and enjoying some down time in wellbeing Wednesdays - where they can take stock of their own challenges as they prepare for their examinations.



Assemblies have given us the opportunity this term to celebrate World Book Day, Science Week, Careers Week and also learn and reflect upon important historical events such as the holocaust and the International Day of Education.

