



Just Seven Kings



Website: www.sevenkings.school
E-mail: contact@sevenkings.school

Friendship . Excellence . Opportunity

21st July 2022

Seven Kings Half-Termly Newsletter

Dear All

And so we end another year as I listen to the rehearsal for the music concert, watch over 300 Year 11s visit our sixth form on our taster day and hear the squeals of the primary children in our temporary pool. We have worked hard to ensure the learning in the classroom remains outstanding and I challenged staff to be bold and to get our students out and about whether on Duke of Edinburgh camping expeditions or into China Town for lunch. I hope you follow our Twitter account and have seen the amazing opportunities our staff have put on for our young people.

We have invited 3 external visitors into school this year and here are excerpts from their reports:

The genuine all through school model has resulted in an ambitious, broad and sequenced curriculum being established across all age phases

All groups of pupils demonstrate strong progress from starting points as a result of the high expectations of adults. The percentage of pupils attaining or exceeding a Good Level of Development has been in line or above the national percentages for the last three years with pupils making excellent progress from low baselines

Students were proud of being part of the Seven Kings School and were able to articulate that the school had provided them with amazing opportunities to excel and that staff were caring and want to see them only but succeed

Senior leaders powerfully influence the work that helps to foster both a positive and motivating culture for staff and a high-quality experience for students.

Given the context in which this has been achieved it is extraordinary and I want to thank staff on your behalf for working to ensure we quickly returned to the highest of standards. I also want to thank you for supporting us in working with us to achieve this. Our young people are full of promise and our role as ever is to ensure they fulfil their potentials and have hope and belief they can do so. They deserve nothing less. Our SATs results for Year 6 are out and are above Redbridge and National data; when we work together for our young people the possibilities are limitless!

We are fully staffed next year. We thank all staff who are leaving for their commitment to our school:

Ms Hussein (Learning Leader of RE), Ms Gatens (Sociology), Ms Tomney, Mr Lancaster, Ms Rayat, Ms Keane and Ms Rajalingam (Primary). Mrs Young has been here since 2009 in the Learning Support Centre on the secondary campus and has kept us safe and supported the most vulnerable of our young people.

Finally, I want to say a fond farewell to Mrs Naguleswaran; one of the greatest joys of my career has been working closely with this inspiring and gifted Maths teacher and leader, 2009-2019 Maths averaged a 13% increase at each grade during her leadership. There are many young people out there doing great things because of her influence on their lives and they know it. We wish her well in her retirement but know she will come back to look after those students who need that extra push! She always tells me that she believes we are the best school in the country and she led here! Good luck colleagues!

Exam Results Days

We look forward to seeing **Year 13 on for their results day on 18th August at 8am**, staff will be on site to support as and if needed. **Year 11 will be in on 25th August at 8am for their GCSE results**. Enrolment for our Sixth Form will be on line and places offered on this day will follow up offers on Friday if needed. The ice cream van will be here on both days, as is our custom.

Finally, students will be back on **Monday 5th September** at different times on the secondary campus, so please make a note of this:

Secondary:

Years 7 and 12 at 8.45 (period 1)

Years 8 and 9 at 11am (period 4)

Years 10 and 11 at 11.45am (period 5)

Year 13 will start on Tuesday 6th September at 9.30am

Primary will start at the usual time.

Best

Jane Waters

Year 7 News

Congratulations to all of year 7 on a fabulous first year at SKS. It has been a year filled with 'Friendship, Excellence and Opportunity' and the whole of the year 7 team are very proud of how the students have settled into life at SKS. We wish you all a lovely summer and are already excited about the adventures year 8 will bring!

Miss Withnall, Mr King and Year 7 Tutors

Year 7 enjoyed a film all together in the lecture theatre. It was lovely to see everyone socialising and having fun!



Well done to Umayr who has impressed Mr Edobor by creating his own 3D model of the space where his fantasy character lives. This is what we like in year 7, students going above and beyond!

Well done to the below students who are our final winners of the YL and DYL award for 'Achieving Greatness Together'. This time, students have been nominated by their tutors.



7.1 Jemmy - a proactive student who is always ready to engage and support his peers. has brought a contagious positivity to the form all year!

Maryam - has been a leader in all form-wide duties including the notice board and assembly. A true team-player who has brought our form a lot of success this year!

7.2 Zayan for taking leadership, especially with sports day.

Issmaira for writing the assembly script and developing in confidence

7.3 Aaqib because he always contributes and shares great ideas and works well with others.

Jashwiny who led the whole form assembly and directed and brought everyone together!

7.4 Munachim because he has been great at attending extra curricular activities and won golden tickets throughout the year.

Aamenah for being collaborative and always enthusiastic.

7.5 Iuliana for always helping out.

Jacob for always being kind and supportive of others

7.6 Thanuja for being supportive of other students.

Taha for always doing the right thing

Congratulations to the students who got the most golds on in the year group on their interim. These are students who consistently show engagement, readiness, collaboration and enrichment. They have received a golden letter home! Some students even received their THIRD golden letter.

Hadi Hai, Umayr Khan(3rd), Michelle Okena (3rd), Rayhan Yasin, Imogen Ferraby (3rd), Munachim Okoliocha(3rd), Mustakim Ugradar, Lania Hama Rahim, Niranjana Thiyagaraajan (3rd), Aarav Sonani, Tharrun Sugirtharajan (3rd), Isa Khan, Hooriay Gul, Ayesha Shoaib, Hana Bobat, Veronica Akpheokhai, Iuliana Dunca (3rd), Zayna Baig, Sharaneya Tharmarajah

Year 8 News

Year 8 have had a fantastic year - we have been on trips, had a drop down careers day and been showing our excellence in sports amongst many other things. The focus has been on developing cultural capital and we hope they continue to do so.

On Thursday 14th July all of Year 8 went on a trip to Colchester Zoo. The pupils had an amazing day developing their cultural capital and embodying the school motto. They developed their friendships, displayed exemplary behaviour and valued the opportunity. Thankfully the weather was perfect and they had a wonderful time exploring and learning all about the animals. For some of them it was the first time they had been to a zoo and they really appreciated the experience. Well done Year 8 for a great day out.



The Year 8 Motto is "You are your destiny"

In Year 8 we have been collecting praise from class teachers to acknowledge pupils' achievements in class. The more praise they collect, the more we can see that they are reaching for their destiny and making the right choices. We have been tallying up the praise and have a leaderboard in the Year 8 corridor to celebrate their successes. We now have our top 12 praise achievers. A very big well done to these outstanding pupils who consistently embody the school and Year 8 motto. We are very proud of how well you represent the Seven Kings ethos.

Surname Forename	Reg Group	Teaching Group	TOTAL
RAMZAN Eisah	6	F	34
SHOBAIR Ali	4	D	29
POP Rihanna	5	E	29
HOSSAIN Abir	6	F	29
MACARTHY Micah	5	E	28
CHUMMUN Lalla	6	F	28
ARORA Daksh	3	C	26
HUSSAIN Nuha	6	F	26
KHAN Zareena	4	G	26
TEMKAR Jul	5	E	25
KALSI Jashan	4	G	24
NAMAZI Lana	5	G	24



From the students and tutor team of year 8, we wish our parents a very enjoyable summer break.
Mrs Handley, Mrs Sehmbly and the Year 8 Team

Year 9

AVVULA Piyusha
PATEL Safeerah
MALIK Inaaya
MAHATHEVAN Shantosh
SHOBAIR Yusuf
ALAM Samiul
ANWAR Fatima
JAMIL Abiha
KAUR Anoop
KHAN Yumna
LIANG Danny
CALCUTTAWALA Moiz
HUNDAL Anoop
HUSSAIN Mariyah
OLIYNYK Nicholai

It has been a busy term for Year 9 especially this half term with the start of their GCSE option courses. They have made a great start to these and we encourage them to complete wider reading over the summer to help them develop their knowledge further.

Our most recent interims have been excellent and we celebrate the following students for working hard and receiving a majority of Golds and Greens on their recent reports.



We are proud of the opportunities they have taken in the community and beyond including the summer concert, the trip to China town, the Duke of Edinburgh award reading and teaching the primary students the Rubik's cube and many more.

We continue to work on being in kind in the community by being clear of our intentions and the actions we take. We wish you a restful summer break after a busy term! Keep safe!

Miss Charitou, Miss Barrett and Year 9 form tutors

Magic of Maths Week

KS3 students took part in the Magic of Maths week, where they participated in numerous activities including maths relays.

We also hosted a maths competition with year 9 students from various schools.

Ms Ahmad



Year 10 Newsletter

This has been such a fantastic busy term for Year 10. Year 10 had two weeks of exams this term which has been a rather stretched yet positive experience. Year 10 have also taken part in lots of opportunities such as the Model UN, Sports day, Duke of Edinburgh Silver expeditions and the Cambridge Trip to name but a few. We also had a bumper number of applicants for the Headship Team which led to the Hustings with 10 of our candidates seen below as well as Prefects interviews of 30 students! We are so excited to lead this amazing group of students to their GCSE goals next year. You will have received your child's interim report. Please read it carefully with your child to make sure that they are ready to 'hit the ground running' as soon as we return in September. We wish you and your family a relaxed and joyful Summer break. **Mrs O'Brien and Mrs Sariman**

Headship Hustings Speeches

On Monday 4th of July, ten Year 10 students presented their Hustings Speech in Assembly in front of their peers and teachers to have the opportunity of becoming year 11 Head Boy and Head Girl. Congratulations to **Muhaymen Rahman, Leela Dass, Muhammad Shah, Dhruvi Mandalia, Salaah Shameem, Thusana Shanthakumar, Abrar Shahin, Sadaf Gadakhel, Ahmed Elwardany and Hafsa Maka**. The speeches were absolutely awesome!



Cinema Trip - As a celebration to end of an incredibly challenging yet successful first year of Year 10 GCSE course, we took the year group to cinema to a private viewing of a Blockbuster movie at the Ilford Cineworld Cinema on Thursday 30th June. We celebrated the end of this momentous year as a community to recognise the efforts, resilience and achievements during what has been a very challenging time for our students.



The students below have achieved between 33 and 28 Excellent comments from their teachers, well done indeed!

MAKA Hafsa	F
KHAN Umna	F
ALI Subhaan	M
AHMED Sabbir	M
RAHMAN Muhaymen	M
SHAMEEM Salaah	M
YUSUF Aqib	M
DASS Leela	F
AHMED Keyan	M
UDDIN Ahana	F
HUSSAIN Mashfiun	F

HUSSAIN Mashfiun	F
PETROVSKYTE Monika	F
EUGENE Rhiyeall	F
GADAKHEL Sadaf	F
MANDALIA Dhruvi	F
SHAHIN Abrar	M
IRFAN Atif	M
KHODA Mohammed	M
WASAY Ibdita	F
CHATURVEDI Emil	M

Sixth Form News

Post 18 Pathways Day

On Friday 15th July, we held the wonderful Post 18 Pathways Day - a highlight of the year for Year 12s!

The day kicked off with a talk, 'How to choose the right course and university for you', from Queen Mary University, and was followed by a Q&A and networking session with an incredible panel of inspiring guest alumni and industry professionals.

The networking session was a real highlight with such a buzz in the conference room! It was a truly professional and exciting environment.

The afternoon saw students either explore 50+ videos from more contacts, alumni and expert professionals, or attend bespoke sessions for Medicine /Dentistry, Oxbridge, Alternative Pathways, Aspire to Inspire, with inspirational expert speakers.

The students were exposed to a range of experiences, advice and pathways, to support them in informing decisions about Post 18 pathways; in particular, our impressive guests busted myths about careers, subject choices, and 'doom' if you change directions after leaving school, leaving our students feeling encouraged and inspired!

"I enjoyed meeting people from various backgrounds at different stages of their professional careers and hearing about their life stories. It was comforting and inspiring to see people from similar backgrounds to my own achieving such incredible things in life." - **Afreeda Rahman**

"I can proudly say that we as a year group are feeling much more confident and looking forward to stepping into our post 18 pathways." - **Jathavi Thayalapavan**



Sixth Form Taster Day



The Sixth Form Taster Day welcomed 360 potential New and Old Kings to a day full of sociable icebreakers, exciting taster A level lessons and a buzzing freshers' fayre to explore their A level choices. Our Year 13 helpers were exceptional representatives of our Sixth Form: helpful, friendly and welcoming!

Enrichment and Experiences

Year 12s have continued to throw themselves into enrichment opportunities that broaden their horizons, develop their passion, and help inform their decisions for their futures. As well as scholarship societies, the summer term has seen many exciting external opportunities!

Here are some of the external experiences our students participated in (to name a few!): *SOAS Law summer school, Government Legal Department work experience, Riverside Grays Veterinary Practice work experience, Biomedical Sciences work experience with KCL*

"It was a great experience being able to work in a research lab at Kings College London. I learnt a lot about their field of research and enjoyed being more hands on doing the experiments and operating the machinery." - **Rebekah Folley**

"I did a week's work experience at Kings College at the diabetes research centre; this exposed many analytical techniques used in laboratories, ethical research and the many pathways available in science." - **Maryam Adnan Zahid**

"Through attending a Law summer school, I was able to develop my knowledge further on my topic of interest. It allowed me to confirm my post-18 choices." - **Rhia Gondhia**

"At the Government Legal Department, I worked with a small group of students and some government lawyers to learn about how legislation is made, enacted and enforced. I also visited the Supreme Courts of Justice. It was an incredibly valuable opportunity which solidified my passion for law." - **Safa Shamou**

"During my work experience for 80 hours (10 days / 2 weeks), I was exposed to new and interesting cases every day, and always had lots to talk about when I arrived home. I'm not typically someone who likes spontaneity or changes in routine or lifestyle, so learning how to adapt from school life to work life has aided me greatly and pushed me out of my comfort zone."

Joshua Sansum

Ms Deane



The 6th Form Team are very proud to present to all staff and students at Seven Kings the Class of 2023 Sixth Form Headship Team.



Diya Hansra



Jathavi Thayalapavan



Arun Balasubramaniam



Arajni Sanger



Dan Orchard



Thiyana Shanthakumar

Ms Khan

News from our Science Department



Congratulations to our wonderful student Thusha who completed work experience at King's College London in the last week of term at the Wolfson Centre for Age-Related Diseases. Thusha experienced life in the lab of a Russell Group University and had hands-on experience of work in the laboratory and through lab activities. We thank King's College for this excellent opportunity.



Congratulations to our Yr11 and Yr12 Medics and Dentists who took part in a formative and intensive UCAT training course on the 6th July at Seven Kings. They were all rewarded with an essential piece of medical equipment and will no doubt use the training to excel in their up and coming UCAT tests for entry into Medical and Dentistry school.

We're off to Kings!!

Congratulations to our Year 12 students for being chosen to attend the prestigious King's College Diabetes Research group's work experience.

During the week they experienced a variety of activities which improved their understanding about modern techniques in biomedical research. In addition, they got a tour and experience of university campus, learning about other degrees offered by Kings as well as a career advice talk.

Dr Moriarty



Year 13 Prom

The year 13 Prom was an exceptional night - a midsummer sensation and a wonderful sendoff to a spectacular year group.

A huge thank you to the team of helpers that made this one of the most beautiful proms ever- but (and we hope you are reading this) a massive thank you to Roma's mother and family and friends who gifted their time, their creativity and their decorations to elevate the evening to something magical.

Here it is -the room where it happened!

Ms Mills



Pupil Support

Our students have had a great half term. Year 10 have been learning about life skills with a trip to Sainsburys where they found out about budgeting and brought food for the school's food bank. They also had time for a snack in the cafe! The trip was part of their ASDAN Bronze Award and the AQA Personal Finance Unit Award. They are now planning a fundraising activity to take place in the autumn term to raise money for both the foodbank and Year 11 Prom.



Year 9 have made a great start to their GCSEs and we are also very proud of the progress our Key Stage 3 students have made in their interventions. They have worked hard in reading, speech and language programmes, social communication skills and physiotherapy as well as in curriculum areas. Our Year 8 gardeners have achieved the AQA Unit Award in Horticulture. We are very proud of our students' progress and resilience this year.



Finally, thank you to all the staff who have made this possible, from our support services at SEaTSS, the Speech and Language Therapists, Occupational Therapist and Physiotherapists to Marlon, our brilliant gardener from Organiclea and our great team of LSAs. We look forward to another inspiring year to come.

Ms Coleman and Pupil Support

Poetry By Heart

Our Year 7 and 8 poets had a fantastic day at the Globe Theatre earlier this term celebrating all things Poetry By Heart! **Caiden** got the chance to perform his powerful recital of 'Charge of the Light Brigade' on the Globe stage with other finalists from across the country! We are all very proud of this incredible achievement!

We are already looking forward to next year's competition and deciding on which poems we will memorise...

Ms Bates & Ms Rupp



POETRY BY
HEART

Enrich a Life. Foster for Redbridge.

Do you remember jumping over the waves at the beach in the summer? Or the dance show you were in when you were 6? If you would like to create fun and lasting memories for children who may have never had these experiences, please email fostering@redbridge.gov.uk, call us on 020 8708 6068 or join us on our virtual information session on 2 August 2022 6pm to 7pm. Visit <https://www.eventbrite.co.uk/e/foster-for-redbridge-virtual-information-session-020822-6-7pm-tickets-240462238027> book a place.

Model United Nations



On Wednesday 13th July, we held our 10th Model UN Conference where over 150 students from years 7-13 came together to debate the theme of Alleviating World Hunger. Students conducted themselves with the utmost decorum and did a phenomenal job showcasing their debating skills. The Directors, who are made up of Seven Kings alumni, were really impressed with students' development throughout the day. It was a wonderful occasion and the students involved should be really proud of themselves.

The Geography Department



English News

English Debate Club



Years 7/8 debate club are preparing for a debate against the primary school's debate team. The motion is This House believes the summer school holidays should be reduced to three weeks. Students have carried out their own research - including surveying their peers - in readiness for the contest next term. Pictured practising for the big debate, Y7 student **Aasiya Desai**.

Literature Leadership Team - BookTok

The impact of BookTok (a sub-community of the TikTok app) on reading and publishing, was discussed at the latest meeting of the English Scholarship Society, led by the English Leadership Team.

Y12 English Literature students **Thanina Matouk** (pictured) and **Mariam Asif** led the exploration of this new phenomenon. Views varied from welcoming BookTok as a way to encourage reading to less enthusiastic thoughts about BookTok's emphasis on romantic fiction.

Ms Skinner





Duke of Edinburgh Expeditions

In June and July strong and resilient adventurers put on their walking shoes and carried all they would need to sleep, eat and drink for the course of their expedition. Both year groups spent weeks preparing: getting to know each other, planning healthy food menus, learning to read maps and plan their routes through the forest, they learnt some basic first aid and most importantly, they learnt how to put up a tent.



Year 9 trekked in the morning rain from Loughton to Chingford and eventually arrived at Fairmead campsite where they camped for the night after an evening of scary stories and a campfire. The next day they walked across the forest to their final destination - and proudly arrived at their final destination to be picked up by loved ones at Epping High Street.

The silver group ventured directly from school to Fairlop waters in the heat of the sun but all were prepared with hats and sunscreen and a long midday break and cool down! In the evening marshmallows were toasted and team games, football and volleyball were played before calming (or not so calming) games of uno! The groups woke, made breakfasts and packed lunches and carried their belongings to Hainault forest park and were greeted by their families at Chigwell.

We are so proud of all their achievements and all the hard work which has gone on quietly throughout the year: the news skills learnt, the dedication to sports and the numerous volunteering activities all completed in order to earn their very prestigious award.

Well done to;

Bronze Year 9

Aisha Ahmed	Ruqqayah Ahmed	Inaya Akhtar	Moiz Calcuttawala	Alexandra Jackman
Adam Cooper	Aiza Ali	Reena Bassi	Monife Cole	Alina Petrovskyte
Umika Dave	Jarif Meer	Nicholai Oliynyk	Zakariya Gajjia	Safeerah Patel
Hani Gowrisingar	Arsha Hussain	Zainab Hussain	Jasminder Sehgal	Haleema Natha
Yumna Khan	Muhammad Desai	Abiha jamil	Siya Thakkar	Saleeha Mortuza
Shiv Thakkar	Yusuf Saeed	Mariya Malik	Amrutha Kosara	

Silver Years 10/11/12

Leela Dass	Sadaf Gadakhel	Dhanjeet Kaur	Muhaymen Rahman	Thakshayani Sivapalan
Serena kolotia	Hafsa Maka	Dhruvi Mandalia	Saminder Marwa	Ishahini Thuraisingam
Khadeejah Masud	Shanthia Mylvaganam	Umna Khan	Rathusa Ratnarajah	Harmanpreet Singh
Elizabeth Sansum	Joshua Sansum	Salaah Shameem	Abhineya Shanthakumar	Abiraa Ramathas
Saiara Sikder	Ahana Uddin	Aqib Yusuf	Thusana Shanthakumar	
Grace Da Silva				



Ms Springett



Music Department

This has been our favourite term of the year by far! It has certainly been a busy time in the department calendar but we have enjoyed every moment. In our very first **Buskers Lunch**, our wonderful performers wowed both students and staff in the restaurant at lunchtime. This will be a regular performance spot every fortnight!



Our Musician of the Month awards for June and July went to *Imogen Ferraby, Veronica Akpheokhai, Tahrelle Browne and Munachim Okolioch* - Year 7; and *Troy Harris, Ali Shobair, Eliza Khan, Laila Chummun* - Year 8. The students have shown excellent engagement and participation in Music showing improved musicianship skills and being an excellent role model for others. Congratulations!



The Marquee became our new venue for the Summer Music Concert on Tuesday 5th July. This was our very first concert with a live audience since 2019 so it was a very special celebration of live ensemble music from Primary and Secondary students and staff. Our students showed commitment through the various workshops and rehearsals in the lead up to the evening and confidence on stage.

We had a fabulous audience of around 200! Thank you to all who came to support us.



Mrs Webb

News from the Modern Languages Department



Theatre shows 2022!

Onatti theatre performed a Spanish and a French play for us. The feedback from year 7 was really positive. Language learning takes a long time and a lot of dedication, and this is where it begins!



Chinatown 2022 - year 8 and year 9

Supporting their start on the Mandarin Chinese GCSE, year 8/9 Mandarin pupils visited Chinatown and a restaurant - the children all tried their hand with chopsticks - with some showing great success! 加油由啊!



GCSE superstars 2022 - Year 10 Getting themselves GCSE-READY!

Special mention Hall of Fame! >>> Well done for catching the eye of your GCSE teachers >>>

Mandarin:

Mehmed Yaman/Safiya Namazi/ Karish Theviskanth/ Isaac Gunananth/Inayah Naheem/Muhaymen Rhman/ Muhammad Shah/Abrar Shahin/Salaah Shameem/Pranav Sharma/Suriya Islam/Hassan Khugyani/Serena Kolotia

Spanish:

Atif Irfan/Fardia Saiful/Mohammed Said/Helena Koserova/Samme Maksuda

French:

Umna Khan/Hafsa Maka/Dhruvi Mandalia/Thakshayani Sivapalan/Usman Raja

New GCSE cohorts - year 9s roaring to a GCSE start this summer - well done on your start to the courses! GET READY to hit the ground running in September this year!

Y7 Singing their hearts out - multilingual style!

Phonetics and pronunciation are a big thing in the language GCSE subjects, and we often put this to practice in the competitive learning and performing of a song as a class.

~ A huge well done to pupils and staff! - the final performances were fabulous- smiles all round!

Bastille Day (French festival) celebrations brightened up the end of term nicely.



Year 6 - come and join us in secondary MFL!

The primary school pupils will join us in September for French or Spanish, but also have a Mandarin Chinese lesson every fortnight. It's going to be a great experience!

Year 12 Linguists - representing us at the 6th form taster day - huge thanks for your help

COMING UP! We are planning KS4 trips to France (Oct '22) and Spain (Nov '22) - get involved! We are also looking forward to our rearranged year 7 trip to Boulogne.

Mr Ferraby

Grease



On the 16th June a selective group of students were taken to watch a live musical in the West End entitled 'Grease', featuring singer Peter Andre who had a fantastic reception from the audience at the matinee show. Students were experiencing a live musical performance for the first time at a professional level and it really inspired them to watch musical actors and actresses on stage. Although it was a truly hot, *summer lovin'* day so students brought their own fans for the journey there and back! It rounded off a successful year of music for the department as we had several concerts throughout the year bringing back up the musical talents we have in Seven Kings School.



Music Department

Design Bridge visit Seven Kings



On 27th June Design Bridge visited Seven Kings. The DT department was approached by Design Bridge (a global design consultancy) to take part in a design project working on a Unilever product. KS4 & 5 students were invited to work on the project for the day. Students were set a brief, focusing on marketing a Unilever product in a digital space, gaining an invaluable insight into how a product is developed and the importance of a

marketing strategy. Key stage 4 & 5 students were chosen as they represented the target audience Unilever wanted to pitch their product at. Design Bridge representatives described the day as "a super successful day, being impressed with the students and their ideas and insights".

Watch this space as the project is to be continued.....



DT Department

Whittle Lab

On 7th July, 8 nominated year 10 students took part in an electric aero engine challenge at Whittle Lab part of Cambridge University, who work with Rolls Royce and Dyson to name just a few.

Students worked in groups and had to design the best aeroplane engine to drive a car in a race around a track, each group had a PHD student mentor.

SKS students took to this like ducks to water, asking extremely intelligent questions and putting their physics knowledge to work.

Students had to then present their data to the judges before racing their engines.

I know that everyone had a really enjoyable time and learnt a lot.

The quote of the day was "Physics is cool"

We also made friends with students from other schools and posed together with the world's fastest bike, designed by Whittle Lab and used in the Olympics by Team GB

We also took a tour around the research labs, where there were some top secret research taking place.

Thanks to Whittle Lab for hosting us



Ms Feeney-Smith

Year 7 Trip to Karamsar Gurdwara

Year 7 attended the Karamsar Gurdwara in Ilford. The trip began with the students in the beautiful main hall. Here they were able to see the Guru Granth Sahib, the holy book of Sikhism, and listened to an informative and engaging speech by one of the Gurdwara leaders. To top off the wonderful trip, the students were then given a free meal (Langar) which is provided by the Gurdwara everyday to the community. The students had a wonderful time and some had an immersive experience of a new culture and faith.



Ms Hussein

SKSL Seven Kings School Library



Big thanks to the team of **Student Librarians** for keeping the shelves stocked and tidy all year especially **Ajifah Baig Sultana** 7.5, **Umna Khan** 10.1, **Aisha Nor** 11.3, **Sharuga Balakumar** 11.5 and **Zainab Ali** 6F.04 who have been on task all year. Thank you.

I would also like to thank the team of **Duke of Edinburgh Student Librarian Volunteers** who have completed their Silver Volunteering duties in the library: **Inaya Akhtar** 9.1, **Arsha Hussain** 9.5 and **Alina Petrovskye** 9.2. Great work! Well done. Many thanks.

This year Seven Kings school Library has issued over **10K** books
The **best** reading form group in the school this year were **7.5** who read over 500 books
The **top** English Class this year was **7E** who read 531 books
The most books read in Year 7 was **Isa Khan** (57 book)
The most books read in Year 8 was **Sohaib Khan** (50 books)
The most books read in year 9 was **Saarrah Riyaad** (51 books)

[Wheelers](#) is available for **eBooks** all through Summer so your reading doesn't have to end.

[TheDay](#) is also available for all your non-fiction subject related articles to read at home whenever you want.
username: sevenkings
password: TheDay@7K

[SKSL](#) is available all summer to browse, submit reviews and make reading lists.
Please let me know if you have any ideas about how this should look or what else should be included.

I am eager for new book **recommendations** from Students. Any books you have read and loved or books we don't have that you want to read please email m.leeming@sevenkings.school and let me know and I will do my best to get them into stock for you. You will be responsible for shaping the library stock.

Don't forget your local **public libraries**. Make sure you are signed up and have your library card and PIN. This will give you access to [Libby](#) and thousands of eBooks, audioBooks, Magazines and Graphic Novels. Magazines available for free include The Economist, FourFourTwo, New Scientist, BBC History and more all available on your mobile or tablet.

Don't forget to take part in this year's [Summer Reading Challenge 2022 Gadgeteers](#) created in partnership with Science Museum Group and illustrated by top children's writer and illustrator Julian Beresford. This is already [underway.at](#) your local Public Libraries and a great way to keep reading over the summer.

Many, many thanks for all of your **donations**. The books donated to Primary and Secondary are helping to fill the shelves and broaden the minds - keep them coming!

Any **comments**, suggestions, recommendations, problems or praise please email m.leeming@sevenkings.school let me know.

Thanks to all of you who have made another tough year so fulfilling and enjoyable. Have a great Summer and do lots of reading!

"You can find magic wherever you look. Sit back and relax all you need is a book!" – Dr. Seuss

Mr Leeming

Seven Kings Sports Day



Last Friday, Sports Day took place with students in year 7 to 10 each competing for a country that qualified for the UEFA Women's Euro's that is currently being hosted by England. The atmosphere was amazing, with students showing great sportsmanship, and a real effort amongst all the sports taking place. A thoroughly enjoyed day by all that were involved, staff and students. Many thanks to all the wonderful people out there that enabled the day to be so successful. The ultimate event is the staff relay,



which is always very competitive. The winners this year were the year 8 team.

Winners of the day were as followed:

Ms Peach

Year 7	Year 8	Year 9	Year 10	Overall
Sweden	Belgium	France	England	France



District Athletics

This term was the Redbridge Track and Field Athletics Competition which saw many year 7 to 10 students compete for Seven Kings. On both days, the students were exceptional, competing against some highly competent athletes. Their attitude and effort were impressive. Particular congratulations go to the students below who came within the top 3 for their event, and to the year 8 boys team who came 4th in Redbridge, scoring points for all the events that we competed in (coming in the top 8). Anya and Daian also went on to represent Redbridge at the Essex Championships as they came in the top 2 for their event. Well done all!

Ms Peach

Gold	Silver	Bronze
Anya Ali (Y7) - Shotput	Daian Uddin (Y7) - Shotput	Michael Filio (Y9) - 100m
	Troy Harris (Y8) - Hurdles	
	Akshajen Balamuhunthan (Y8) - Triple Jump	
	Troy Harris (Y8) - Javelin	



Over the past few months **Zohaib Khalid (Year 8)** has been involved in a very important decision making process for Redbridge Council as they aim to build a brand new [Community and Health Hub in Seven Kings](#) in partnership with local people. The Youth Co-design process



has seen the coming together of around thirty 10 – 16 year olds from schools across Redbridge to learn about the council's ambitions and plans for the new Community and Health Hub which is to be built in Seven Kings over the next few years. The students have worked with each other, council staff and the architects of the hub to share their opinions about what the look, feel and use of the hub should be. Their perspective has been so valuable and it will directly feed into the technical design and build of the hub to ensure that it is a place that reflects the needs and wants of young people in the area. The group has also gained lots of experience throughout this process such as:

- Meeting a councillor
- Understanding the importance of representing their peers
- Learning about architecture and design
- Working as a team
- Having a constructive debate
- Being creative

Zohaib will be presented with an AQA accreditation certificate for the skills he has demonstrated and amazon gift vouchers as an additional token of appreciation and time. At Redbridge Council we believe it is important to recognise when a young person gets involved in a civic activity to encourage others to do so as this is their future. Congratulations Zohaib!

Term dates for 2022 - 2023

Autumn Term 2022

Term: Monday 5 September to Tuesday 20 December 2022



Half term: Monday 24 to Friday 28 October 2022

Spring Term 2023

Term: Thursday 5th January 2023 to Friday 31st March 2023

Inset day: Friday 27 January 2023

Half term: Monday 13 to Friday 17 February 2023

Summer Term 2023

Term: Monday 17 April to Thursday 20 July 2023

Inset day: Friday 30 June 2023

Half term: Monday 29 May to Friday 2 June 2023

May Bank Holiday Monday 1 May 2023

Seven Kings School Food Bank

Thank you to all those who are donating to the Foodbank, it is much appreciated by all those families who are using it. We are always happy to accept donations of non-perishable food items and toiletries; please leave at either reception.

We will open during the summer holidays on a fortnightly basis, please make a note of these dates:

Monday 1 August 1-1.45pm

Monday 15 August 1-1.45pm

Wednesday 31 August 1-1.45pm

When term restarts we will be back to Fridays from 3.30-4.30pm, starting on 9th September.

For those who have not visited before, the Food Bank is situated in the Sociology Block on the right hand side as you enter the school from Ley St.

Thanks
Seven Kings School



Festival in the Park

BACK TO LIFE
BACK TO REALITY



ARTS AND CRAFTS



LIVE MUSIC



WORKSHOPS



Wednesday 24th August 2022

12:00 to 17:00

FOOD AND DRINK



**Christchurch Green
Woodbine Place,
London E11 2RH**

GAMES



INFORMATION STANDS



**Featuring
Freddie Mercury
Tribute Performance**



SPORTS





REDBRIDGE

HOLIDAY

MEGA MIX

COME AND TRY STEELPAN, TABLA AND DJEMBE! THESE MINI SESSIONS ARE LED BY EXPERT PROFESSIONALS DEVOTED TO THEIR CRAFT. FOR FULL DETAILS AND TO BOOK SCAN OUR QR CODE.



PUPILS AGED 9 - 16 ARE INVITED TO PARTICIPATE. PRIMARY SCHOOL PUPILS MUST BE ACCOMPANIED BY THEIR PARENT/CARER FOR THE DURATION OF THE WORKSHOP. SECONDARY SCHOOL PUPILS UP TO THE AGE OF 16 ARE WELCOME TO ATTEND WITHOUT SUPERVISION BUT WITH THE UNDERSTANDING OF THE PARENT/CARER THAT THE DUTY OF CARE OF THEIR CHILD IS ONLY FOR THE DURATION OF THE WORKSHOP, NOT BEFORE OR AFTER THE EVENT. ARRIVING AT AND LEAVING THE WORKSHOP IS THE RESPONSIBILITY OF THE PARENT/CARER.



Message from Miss Begum

Dear Families,

What an eventful and amazing full year it has been for our young people, especially after all the lockdowns. It's had its challenges but the children have flourished and that's all we can ask for.

The children have been amazing and we have been honoured to work in partnership with you to support them to learn and progress in spite of everything. What resilience and positivity they have demonstrated! Thank you all very much indeed for everything you have done to support the children and the school during such difficult times, and by working together as a community, our pupils have made us proud and shone - the results for Early Years, Phonics, KS1 and Year 6 SATs just prove that!

I am sure that you will want to join me in thanking all members of staff for their hard work and commitment over this year. They too have demonstrated creativity, determination and flexibility and have managed to deliver the curriculum in such a way that has enabled our pupils to catch up and excel.

I'd like to take this opportunity to welcome Ms Farrar, our new Primary Deputy Head, who joined us in May. Do say hello when you see her.

Finally, good bye and good luck to our wonderful Year 6 pupils as they move into the next phase of their education. Most of them will be transitioning to the high school but a small percentage of pupils will be moving on. It is our first cohort of Year 6s and it has been joyful to be able to celebrate end of year events and traditions in person with you all. Their spirit and determination has seen them through this year and we have been so impressed with their learning and progress.

Their play this week was fantastic and I couldn't be prouder. As I write this piece this evening, I am looking forward to their graduation assembly which will take place next week, although it is always sad to say goodbye, it is a proud moment to see them all looking so grown up and ready for secondary school. We hope that they all have every success next year and that they continue to develop their creativity, responsibility and love for life as they become teenagers and young adults. We look forward to seeing them and hearing about their adventures when they come back to visit us and wish them all lots and lots of luck.

I hope everyone has a lovely holiday and that you all stay safe and well. See you all in September.

With best wishes,

Miss Begum

Talk Off' Finalists and Winner

World Class Schools Symposium

Four children from Seven Kings were shortlisted for the live 'Talk Off' final held at St Marylebone School, as part of the annual World Class Schools Symposium.

The Symposium focussed on the theme of social media, and over a day of workshops, debates and presentations, children considered the question: *How can World Class students use social media as a force for good, and how can schools support them to do this?*

A huge congratulations to Mushrur Hussain (Year 5), Lyba Patel (Year 6), Haniya Malik (Year 6) and Yusef Sobair (Year 9) for all being shortlisted, and to Yusef, who won the competition.

All your speeches were phenomenal and really considered how world class students can use social media for the better!



MFL at the Primary

Year 4 French and Spanish

Year 4's learnt the shapes and colours in their language lessons last term - and all about adjective agreement! In line with their studies of Volcanoes, they used the shapes to create an image of a Volcano which they were then able to label in French/Spanish. Many of the pupils applied their knowledge of grammar whilst doing so, to ensure the adjective matched the gender of the noun - something they are not used to doing in English! Some pupils were able to provide a detailed description of their drawings.



Year 6 French and Spanish

Last term, the year 6s enjoyed learning to talk about their local area and compared it to countries such as Burkina Faso and Mexico where they speak French and Spanish. As well as learning about the culture of these countries in class pupils had the opportunity to take part in projects to explore the culture further. Please check out their beautiful work on our Padlet area: <https://padlet.com/lsimons21/d741cgnjttatknv>

Well done to all the pupils who took part! Some of the winning entries are shown below.



Aiden Walton 6.3, Ibrahim Hussain 6.3, Aryan Thaker 6.2, Aleena Islam 6.3, Ameer Ahmed 6.1

Reception

This Term

As the school year draws to an end, we have been looking at 'Change and Growth.' As part of our learning, we have had some very tiny caterpillars visit each of our classes and have been watching them develop through their life cycle. The children have enjoyed keeping caterpillar diaries, observing the changes and having lots of discussions based on what they can see. We have also watched to see them change into beautiful butterflies and look forward to releasing them soon!



Maths



This half term the children have been exploring patterns within numbers. They have learnt about doubling numbers to 10, sharing numbers equally and odd and even numbers. We have also been growing in confidence with addition and subtraction using a range of different resources.



When we were learning about sharing the children had the opportunity to make a teddy bears picnic and share real food items. This way they were able to visualise and solve real life problems to support their learning. They also enjoyed doubling using butterfly wings which linked to our learning about the life cycle of a butterfly.

Phonics and Reading

The children have worked incredibly hard this year learning the sounds that each letter makes as well as making fantastic progress in their reading. Over the Summer holiday please continue to share lots of books together and continue to practise saying the sounds that each letter or group of letters makes.



*Can you draw a picture of a suitcase and all the things you might take on holiday. CHALLENGE: Ask your child to label the items.

*Ask your child to make a postcard to send to someone at home. Ask your child to draw a picture of what they are doing on holiday. Can they make a list of what they are doing?



English

This term we have been focusing on transition and our journey through Reception. We have been thinking about what makes us super and what worries us. We have been setting ourselves targets for the next year and thinking about what we would like to be able to do in Year 1.

To support our theme we have focused on the books, Supertato, The Very Hungry Caterpillar and Ruby's Worry. We have been asking lots of questions about different journey's. For example, how a caterpillar turns into a butterfly. We have also been talking about how to deal with worries and how we can help each other.



Thank you for all your support with your children's learning. We wish you a very happy summer! The Reception Team

Year 1

Maths

The children have enjoyed using money and learning about the value of each coin. They have added amounts and found many different ways to find a total amount. We then created a clock and used this to tell the time. The children are now able to tell the time to the hour and half hour and we have used our knowledge of quarter turns to tell the time to quarter to and quarter past.

Science

The children have loved their science learning this year. They are able to name a range of animals, materials, plants and trees. Whilst learning about plants, the children designed an experiment to test what a bean would need in order to grow. We decided it would need water, sunlight and food. The children have made weekly observations and our beans are growing beautifully.

English

This term we read the story *The Secret Sky Garden*. We loved this story so much, especially the illustrations. The children learnt about taking care of gardens, cleaning up our environment and making friends. We wrote descriptions of the garden created in the story and described our best friends. The children have made so much progress in both reading and writing. We are so proud of them all.

Connected Curriculum

The UK – This term we focused on our Geography knowledge and skills. The children researched the 4 countries in the United Kingdom. They found out the name of the capital city, the flag, favourite foods and the flowers linked to each country. We created a fact file in our pairs to share our learning with other children.



Reminders

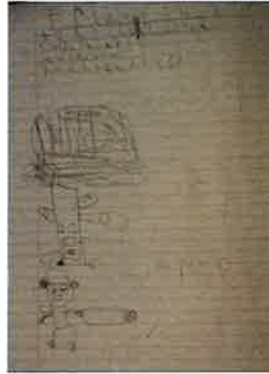
A huge thank you to all our wonderful families. We appreciate all your support and have had a brilliant year with your fabulous children. We hope that you have a restful break over the summer and that everyone returns safe and well in September. Good luck on your Year 2 journey. We know you will all be amazing and make us and yourselves super proud!

Year 2

What an amazing Year 2 children have had! Children have worked extremely hard to achieve incredible standards. The Year 2 Teachers want to congratulate all the children. Thank you so much for your continuous support this year. We wish all children good luck in Year 3!

Miss Riganti, Miss Assad, Ms Rajput and Mrs Chandra.

This year in English, children have written for a variety of purposes and audiences. Children have worked extremely hard to achieve all the targets in Year 2. They have written monologues, letters, stories, information texts and instruction texts. The progress children have made is impressive. Please, ask your child to continue writing diary entries during the holidays. Here is an example of a child in September 2021 and in June 2022.



In maths, children have learnt to add, subtract, multiply and divided numbers using their mental knowledge of numbers to support them. They have worked hard to use the appropriate methods to solve addition and subtraction sentences.



Please, continue practising the times tables by using our new maths website Times Tables Rock Stars. For word problems and other areas of maths, children can use Numbots. All children will be given a new name and password to use.



It is clear children love learning in Year 2. Here some comments they have made:

This year I really enjoyed English because we read Cinnamon. I have made progress in my writing.
Dhruti— Backshall Class

My favourite subjects are maths and science because I want to be an engineer when I grow up!
Yusuf S.— Attenborough Class

My three favourite subjects are Geography, Maths then Computing because in Geography you learn lots about Islands, oceans, continents and countries. In Geography I have learnt about Amy Johnson. I enjoyed learning about this because this is my favourite subjects. Hamza A— Buchanan Class

I enjoyed science this year because we learnt all about plants, how to help them grow and how to look after them. We also learnt how to plant seeds.
Eliezer — Goodall Class

Year 3

Maths: In our final lessons this year, we have been learning how to find change, measuring lengths, reading scales, weighing various objects and interpreting data. We have been introduced to Maths verbs. This simply means that we have a choice of verbs that we can use to show our reasoning when solving Maths problems. These are our favourite Maths verbs.



Earhart: We like **Explain It** because you get to show what you are thinking.

Fiennes: Our favourite is **Prove It** because we can show how we did it in different ways.

MacArthur: We are also fans of **Explain it** because you can tell someone how it was worked out.

Peake: We use **Draw it** a lot because it makes it easier to show your working out with arrays, bar models, diagrams or part-whole model.

English: We chose to end the year by reading the hilarious novel 'Fortunately the Milk' by Neil Gaiman. Inspired by the story, we loved designing our own time machines and developing our instructional writing techniques to create a set of instructions on how to build a time machine. We met some extremely interesting characters, including a group of aliens who decided they would like to remodel the earth and replace all the trees with pink plastic flamingos and the clouds with scented candles! This led to a fantastic debate with half the class taking on the role of the aliens as they tried to persuade the humans that the remodel was a brilliant idea. It was wonderful to see the children showcase their fantastic oracy skills and imaginations as they put their arguments forward with lots of passion! Using all the persuasive techniques they had developed, the children then wrote a formal letter putting forward all their arguments. We have had lots of fun reading this time travelling adventure. Why not ask your child to tell you all about the story!



Sports Day:

We had great fun on our very first trip to the High School, where all the activities took place. Our favourite activity was tug of war because we were motivated by others who cheered us on, we worked really well as part of a team, and persevered even when the rope fell!



Well done Year 3! The winning colour and class in year 3 was **Yellow Team, Fiennes Class**. Congratulations!

Commonwealth Games Festival Parade and Run

Year 3 represented the school in the final 1600m run of the school year at Fairlop Waters. They competed against other Redbridge schools with over 160 participants. Our children beat their own previous finishing places by coming home with the most medals! We are extremely proud to announce that you finished in the top 40 in all races. Go Team 3!



Roman Mosaics:

To end our History topic about Roman Britain, we used different mediums like colouring pencils, cut out paper squares as tiles and bottle lids to create a patterned picture. Can you guess the theme of our bottle lid designs?



'It was a great opportunity to work as a team to produce a piece of Roman art. It was fun and enjoyable.' Earhart Class



'We liked using the paper tiles to create a big picture using only a few colours.' Fiennes Class

'We used our own designs to make Roman Mosaics.' Peake

'We measured the strips, cut the squares and created our own pattern. Most of all, we enjoyed sticking the squares to create a picture.' MacArthur



Year 3 Reading Scrap Book

We would like to say a big thank you to our parents and carers for supporting your child on their reading journey this year. They have made shown their love of reading in these scrap book pages. This will be carried on in Year 4 and across the school. Thank you for supporting us to pioneer Reading Scrap Book. Do continue to listen to your child reading over the summer holidays.



Year 4

Hello Year 4 parents and carers, we are now at the end of Year 4. I would like to take this opportunity to say thank you to everyone and for the support you have shown Year 4 throughout the year. This year has been a year of adjusting back to being in the class and it is our first full year in 2 years. Well done to everyone. You've all worked so hard. Enjoy this well earned rest and good luck and all the best in year 5. **(Mrs Jaffery 4.1: Callas class and YGL.)**

It has been a pleasure teaching Fitzgerald this year. Well done to everyone, as you have all worked exceptionally hard this year. Keep working hard, stay positive and do your best! I wish you all the best next year and I am looking forward to seeing you all flourish. **Miss Begum 4.2: Fitzgerald class)**

How lucky am I to have an exceptional group of children that makes saying goodbye so hard? I am seriously going to miss McCartney class! Best of luck in Year 5 with your new endeavours and the never-ending adventures. See you soon! **. Mr Okafor (4.3: McCartney Class)**

It has been a real joy teaching you Mozart Class, despite having a broken last few years due to Covid, you have all done so well with your learning and you should all be really proud of yourselves. I will miss our wild zumba sessions and all the laughter we shared together. You will be amazing in Year 5 and I wish you all the best! **(Mr Mallick 4.4: Mozart class)**

Sports day

On Monday 4th July, we had our annual sports day over at the secondary site. It was a fabulous day and the weather was pleasant enough so we were able to do all of the activities. Each class had their own colour Callas: red, Fitzgerald: yellow, McCartney: blue and Mozart: Green. The classes competed against each other in a range of events such as dodgeball, benchball, tug of war, athletics and swimming. All of the children participated in and everyone promoted good sportsmanship. Overall for Year 4 Mozart class **(Green)** won the most points and across all of the year 4 classes **Yellow** won the most points across the school. Well done to everyone for participating and for a very enjoyable day.



English

The children have worked very hard this year in English. We have covered a range of books and the children have produced some exceptional work, some of which has been displayed in the Year4 corridor.



Year 5

On behalf of the Year 5 teaching team, I would like to wish all the children the best as they continue their journey at Seven Kings and venture into Year 6. The Year 5 children have been a pleasure to teach and their hard work and positive attitudes towards their learning have put them in a great position moving up the school.

Here are some of the personal highlights of the teaching team:

Mr Grech: 'Watching the Year 5s during Sports Day'

Miss Drummond: 'Laughing and smiling with the children every day'

Mr Lancaster: 'Enjoying the music concerts with the School Choir'

Mrs Kaleem: 'Watching the children rise to the challenge of Year 5'

Mrs Mingoley: 'Seeing how far the children have progressed this year'

Mr Harrison: 'Seeing the children take part in World Book Day and having fun with their learning over the year'

To finish the year in English, we looked at the Shakespeare tale, Macbeth. The children loved reading about this gruesome tale and we produced some descriptive narratives and enthusiastic playscripts in the process.

Over the Summer holiday, please remember to continue to read with your children and you can find a list of Year 6 recommended reads on the Google Classroom page.



Over the year, Year 5 have produced some amazing pieces of artwork. Here are some examples:



Congratulations to the children who represented the year group in the annual geography competition this term. The Year 5 team came in first place amongst the representatives from Year 3,4,5,6 and 7.

Well done to: Iyass (5.1) , Gurneet (5.2), Tymon (5.3) and Gajesh (5.4)



Remember to sign up for the Year 6 residential if you haven't done so already.

The children will have the opportunity to engage in a variety of outdoor activities.

Dates for the residential:

Monday 19th June - Friday 23rd June 2023

Year 6

What an incredible year this has been - I can't believe we've reached the end of it! The children have had such an amazing year and we are really proud of all of them! They have worked so hard this year and are ready for the next step - secondary school. We wish them all the very best of luck!

A massive congratulations to Ansh, Naveen, Manha, Lyba, Ryan, Tahiyah, Umar, Aaeithen who competed in a 'Magic of Maths' event at the secondary school last week against Year 7. Using their collaborative skills and mathematical knowledge, they worked together as a team and were victorious!

Our Year 6 performance of 'Dragon Days' took place last Thursday 14th July. All of the children worked so hard, rehearsing their lines, their actions and the songs to ensure they were ready for their big performance. Both shows were absolutely incredible! A huge thank you to Ms Kaleem who made the beautiful snowy backdrop and to Miss Dooley's mum who knitted lovely scarves for our villagers!

Year 3 came to see our dress rehearsal and had this to say:

"Funny and amazing- the sound effects made us feel like we were actually there."

"Excellent because they remembered their lines."

"They sang really well without forgetting a note!"

"They were all actively involved and good at acting, especially the panicking scene!"



PE at Primary

It has been a busy half term on the primary campus with lots of different opportunities for the children.

Swimming

Swimming has been a huge success with the children in year 4 and 5 enjoying having our own school pool, swimming once or twice a week since the start of June. The progress seen in not only their techniques and ability in the water but also their confidence has been a joy to witness.

Within the lessons the children did a swim safety week where they covered how to float/swim with clothes on, the HELP position, a walk in reach rescue, walk in rescue, how to call 999 for help and what to say, swimming without goggles to show them the importance of being able to swim without them, whirlpools/currents and where you can/cannot swim in rivers and oceans.

The year 6s have also developed their confidence enjoying some booster classes every Friday. We even had a mini swim gala during KS2 sports day!

Lots of children are now keen to try and swim more regularly and develop this life skill further so please find some links below:

Vision Redbridge and how to sign up for swimming lessons:

<https://visionrcl.org.uk/sport-health-physical-fitness/swimming-lessons/>

<https://visionrcl.org.uk/centre/mayfield-leisure-centre/>

School holiday swim crash courses are another excellent way to get your children more confident in the water - link is below;

<https://visionrcl.org.uk/event/swim-crash-courses-at-fullwell-cross-leisure-centre/>

<https://visionrcl.org.uk/event/swim-crash-courses-at-mayfield-leisure-centre/>

Iford Fitness and WellBeing Gym

<https://www.nuffieldhealth.com/gyms/ilford/services/swimming-lessons>

Bikeability

We have had 2 weeks of bikeability with 29 students completing their level 1 and level 2 bikeability, learning how to ride safely out on the road gaining confidence and experience under the guidance of the Cycle Confident instructors - well done to you all!

Year 5 - Maryam A, Sophia, Gurneet, Moshood, Muahmmed, Hana, Tymon

Year 6 - Ani, Adam, Ansh, Lyba, Naveen, Ryan, Miles, Yasin, Sanaa, Anya, Magdalena, Uzair, Ibrahim M, Zahra, Tahiyana, Jasveer, Aditi, Ibraheem, Aiden, Christopher, Zayn, Manha, Shahzain

PE at Primary

Y6 Outdoor Adventure Residential

The year 6 children had an amazing time during our inaugural outdoor adventure residential at Grosvenor Hall in Kent. Lots of activities to push the children out of their comfort zones and so many fantastic memories made with their friends. We are already planning and taking deposits for the residential in 2023!



Sports Days

We have had lots of fun and enjoyment in the sunshine for our KS1 and KS2 sports days with the children working hard in all of their activities and showing excellent determination, teamwork and support for each other. The results showed how close all the competitions were and great to see all the students being winners either within their specific activity, as a whole class or in their house team.



Also a big well done as well to the year 6 sports leaders who ran all the activities for reception and KS1- you were all brilliant and will have a sports leadership job when you move into y7 :)



Year 6 leaders - Aiza, Khadijah, Jasveer, Aayan F, Preston, Rohan S, Endi, Miles, Yasin, Humaira, Dhruva, Muhammad, Aayan D, Madina, Hoorain, Sufiyan, Haniya, Inayah, Aiden, Lyba, Ibraheem A, Aisha S, Raihan, Manha, Ava, Aae-thien, Ibrahim M, Diya.

PE at Primary

Quad Kids

The year 5 athletics team took on lots of other schools in the QuadKids competition. They performed to a fantastic level, pushed themselves really hard and came a very respectable 11th out of 19 schools- this is a great result especially as all other schools had year 6 teams - bodes well for next year's competition!

Well done: **Moshood, Hamza R, Yusuf Q, Adib, Waleed, Neveah, Shanelle, Maryam A, Minetta, Eloise**



Cross Country

The final cross country run at Fairlop Waters for this season took place on Wednesday 13th July with the children enjoying a commonwealth games festival and picnic as well. They did brilliantly. Well done!

Year 3 - Ezzah, Mikael, Ayaan, Jayden, Umar P, Shifa

Year 4 - Umar P, Aaranan, Athirai

Year 5: Neveah, Maryam, Sara, Hamza, Yusuf Q

Special mention to the following who brought medals home! This is a fantastic achievement - you should be very proud of yourselves and each other :)

Mikael - 1st place Overall Y3 boys; Shifa - 3rd place Overall Y3 girls

Athirai - 3rd place Overall Y4 girls; Aaranan - 2nd place Overall Y4 boys

Ayaan - 3rd place Overall Y4 boys

Neveah - 2nd place Overall Y5 girls; Sara - 3rd place Overall Y5 girls

Hamza - 2nd place Overall Y5 boys; Yusuf - 3rd place Overall Y5 boys

Activities over the summer in Redbridge

Please find below details of affordable sessions open to 8 -16 year olds at various locations in Redbridge:
<https://visionrcl.org.uk/holidaymix/megamix/>

Drama & Dance - <https://bookwhen.com/megamix?tags=Dance#focus=ev-sofc-20220725093000>

Music - <https://bookwhen.com/megamix?tags=Music#focus=ev-s7oo-20220725120000>

Photography - <https://bookwhen.com/megamix?tags=Photography#focus=ev-s2n8-20220803110000>

Sports - <https://bookwhen.com/megamix?tags=Sports#focus=ev-szb6-20220725100000>

Disability - <https://bookwhen.com/megamix?tags=Disability#focus=ev-szb6-20220725100000>

Seven Kings Smashers Cricket Club

Please see the links below to book and for more details or if you have any questions please feel free to email: sevenkingssmashers@gmail.com

All Stars (5-8 Years)

<https://ecb.clubspark.uk/AllStars/Course/0e83ac2e-b086-4213-b542-3fcae211f68d>

Dynamos (8-12 Years)

<https://ecb.clubspark.uk/Dynamos/BookCourse/a671cc45-cf64-41eb-8305-f58e4f402445>

Hope you all enjoy an amazing summer and have fun staying active over the holidays!

Mrs Brooks

UMAKS KARATE

On Sunday 3rd July, students from Seven Kings School who attend UMAKS Karate Club on Thursdays entered a Kata competition and they were absolutely fantastic!

They won a total of 27 medals between them! A special mention for Paige who won the Spirit of Karate award.



**TASTER
SESSIONS**

**8-16
YEARS**



**REDBRIDGE
HOLIDAY**

MEGA MIX

MONDAY 25 JULY to FRIDAY 26 AUGUST 2022

**CINEMA
or SWIM
for £1**

**Challenge yourself to try
something new this summer!**

We have a variety of summer activities for you to come and get involved with:

- arts & crafts • digital workshops • theatre
- dance • sports • **plus** so much more!



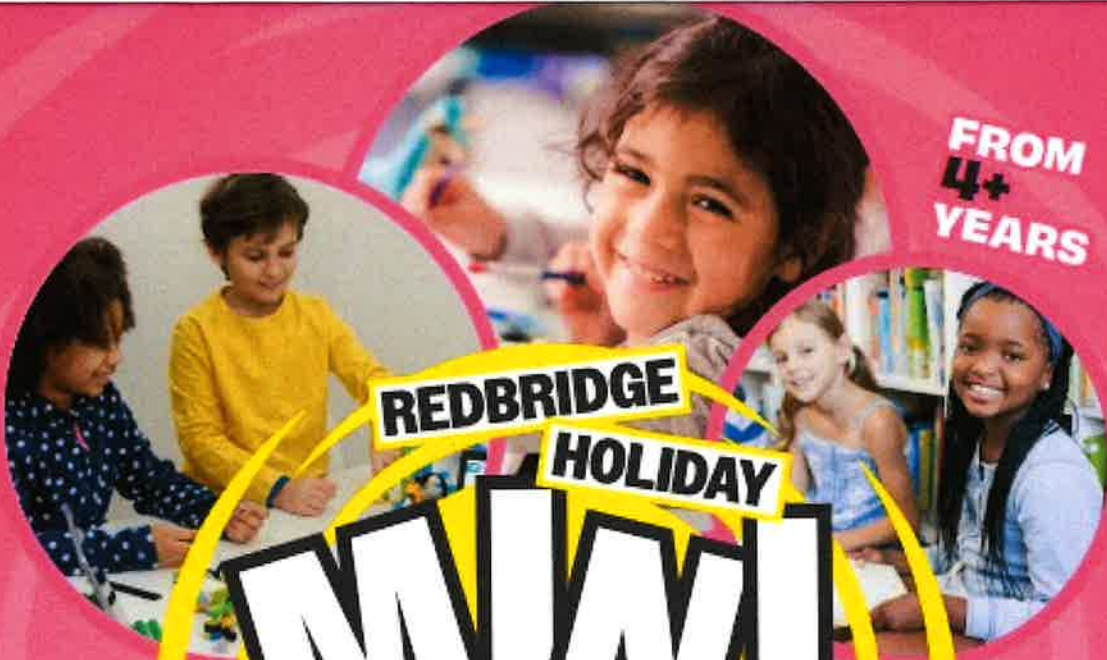
Advanced booking required.
visionrcl.org.uk/megamix

London Borough of
Redbridge 

Redbridge is a
child
friendly
Redbridge

Vision
Redbridge Culture & Leisure

**FROM
4+
YEARS**



**REDBRIDGE
HOLIDAY**

MINI MIX

SATURDAY 23 JULY to SATURDAY 10 SEPTEMBER 2022

Discover all the amazing activities on offer at Redbridge Libraries this summer!

Complete 5 different activities to get a
CERTIFICATE



There's something for all tastes from:

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