



# Blackfen School for Girls

Raising aspirations - releasing potential



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26<sup>th</sup> May 2023

## Head Teacher's Message

Dear Parents/Carers,

Last week was mental health awareness week and the theme was staying well. Ms Magrowski led the virtual assemblies for the week and the content was as pertinent for adults as it was for young people.

Students in year 10 recently successfully completed their Duke of Edinburgh bronze expedition over 2 days. My thanks to all staff involved over the 2 days and well done to all students involved.

The Year 7 parents evening has been scheduled for Thursday 6<sup>th</sup> July.

Governors took part in their annual governing body training day this week. The day was led by the Chair of Governors and was on the topic of How do governors govern? It was a very productive day with plenty of focused discussion on this key strategic role in the school.

### Staffing news

Ms Jordan leaves at the end of this week to take up a position at a school in a neighbouring borough. We thank her for all her work in science over the last few years and we wish her all the best in the future. We wish Ms Dubbey all the best as she starts her maternity leave.

We have recently held interviews for the positions of deputy head teacher and assistant head teachers. Following the interview processes we appointed Ms Makepeace as deputy head teacher, Ms Woodhouse as assistant head teacher and Ms Magrowski as assistant head teacher. All three take up their positions in September 2023.

This half term finishes on Friday 26 May at the normal time. Next half term starts on Monday 5 June at the normal time. It will be Week A. The summer term finishes on Wednesday 19 July at 12.15pm

**Matthew Brown, Head Teacher**

## Blackfen Culture Carnival

We would like to invite our students, families, and the wider community to join us in a celebration of diversity here at Blackfen on Friday 30<sup>th</sup> June. Students are being invited to come to school dressed in their traditional cultural/national dress, or in their national colours for a donation of £1 per student. All monies raised will be donated to the charity Blueprint for All (formerly the Stephen Lawrence Charitable Trust), a charity that works tirelessly to promote a fairer and more equal society for all.

As part of the Culture Carnival, we would like to hold a fashion show of all the wonderful traditional garments and have a variety of foods available for people to try, on the school field from 3pm. We are asking the families of our students to help us in making this day a success by providing an array of delicious foods from around the world for our students and their families to try. The foods could be savoury or sweet, spicy or mild, it does not matter as long as it is something you would be willing to share. We would also be very grateful if any family members would be willing to take part in the fashion show or would be willing to lend some clothes to the school so that staff members/students could wear them for the fashion show. Of course, a fashion show and party are nothing without music, so if any of you are talented musicians, please let us know and we would be glad to give you a platform to display those talents.

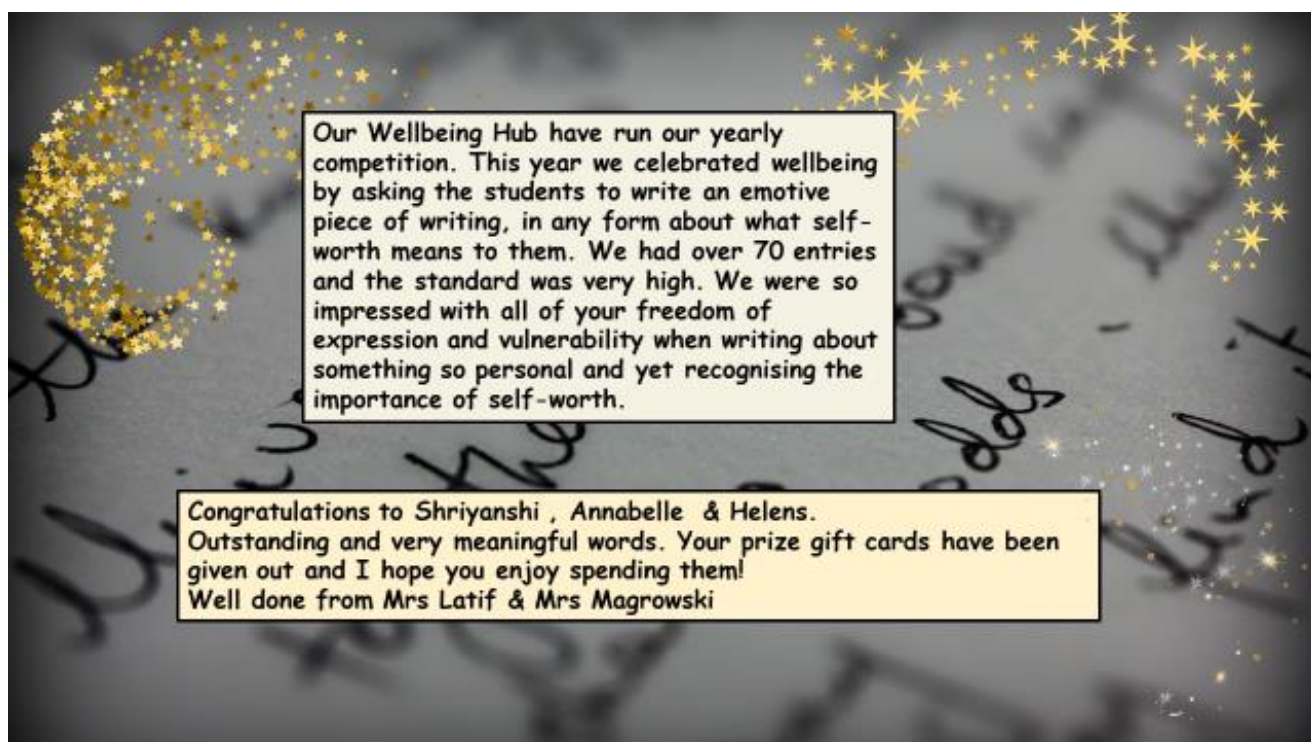
To offer your help, food, clothes, or register an interest in the Blackfen Culture Carnival, please contact Mrs Dunsdon via email at [ddu@blackfen.bexley.sch.uk](mailto:ddu@blackfen.bexley.sch.uk)

We look forward to seeing you all on the school field to celebrate our cultural diversity.

**Danielle Dunsdon**  
**Equality, Diversity, and Inclusion Lead**  
**Student Co-ordinator**  
**Teacher of History**

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## Wellbeing



### My Self Worth by Shriyanshi 1st Prize

White, white, white lies  
Everyday, I see the topsy-turvy models on  
Instagram, waists wrapped so thin in a bind,  
hips and chest like a balloon. Eyes that  
sparkled more than your daddy's new car.

Woolly hats and beaches, frolicking in the  
day, or under the stained, muddy yellow of  
the streetlamps.  
Not a care in their mind, nor a scar or  
scratch, no pain in their barbie-Doll eyes.

That's what it seems like doesn't it?  
Robot figurines in front of me, threads of a  
marionette stringing them along. A careless  
wink, a whisper in the wind.  
A perfect life through the red tinted window.

I watch as they outlive and outshine me in  
every possible way, thousands of lives  
intertwined into one show.  
"I'll never be like that," I tell myself time and  
time again... "I'm waiting for nothing."

Pink, Pink, dark dangerous pink.  
There was no prince charming for me,  
sweeping me off my feet. Blonde, Blonde hair  
and eyes so big I could lose myself in them.  
There was no one to save,  
Not from behind the brick wall:  
Stretching forever, leading to nowhere.

Like me.

Grey, grey, grey skies  
Thundering above me.

Blue, blue, blue seas.  
The expanse of the waves that crash against my sides.  
There's no end near-by,  
they go on forever.

No matter how far, or how hard I swim...  
a coldness enters my grasp.  
"Mirror, mirror on the wall, who is the ugliest of them  
all?"  
Who can't even look up no more,  
At the disgrace that is herself.

"Will I ever do anything worthwhile, not like them?"

Black.  
The darkness engulfs me,  
the curtains shroud out the light.  
The world is my box,  
No tears can break through, stuck to my black cloud  
Where no one reaches and...  
I don't reach back.

No end in sight.  
Forever goes the torment.  
My ragged blanket shields me from the judgemental  
stares.

And yet,  
And yet.....

Yellow, yellow, yellow,  
a bright sunny day!

A wisp of warmth breaks through the gaps of my  
blinds.  
Green, green leaves fall to the floor.  
My eyes open.  
I gaze at my reflection.  
The glossy pane shows me.

The real me.

The shattered mirror reforms.  
The lies online were inscribed into the now  
blissful water under me, spilling out like a plate of  
pretty alphabet spaghetti.

The sun starts to set on me, but my heart doesn't  
ache.

Gold, gold, gold.  
A round object flicks itself at me,  
"oh..."  
I had stepped into the coin.  
It had glistened warmly in my shrivelled up palm...

"I have worth," I beamed, brighter than any coin:

The world didn't seem so scary anymore.

### Self Worth by Annabelle 2nd prize

The war in my mind battles hard and strong,  
One side says, "I look right."  
One side says, "I look wrong."

I trained the soldiers all I can,  
But still the relentless turmoil began.

It starts when I look in the glass,  
When I hang out with some friends,  
When I see a pretty girl pass.

Maybe there is something wrong with me.  
The war cries get so, so loud,  
But now I'm starting to understand,  
I just need to hold my head proud.

Wise words were spoken to me,  
I need to let myself be free,  
I need to look at myself with a new light,  
The soldiers have finally ended their fight.

### Self Worth

by Helens 3rd Prize

Self worth- confidence in ones worth or abilities; self respect. Above is a definition of what Google believes 'self worth' is. However, self worth can be described in a variety of ways by a variety of people, which is quite understandable, as not all of us think the same way. So, this piece of writing will be on what I believe self worth is. I shall delve deep into the real meaning behind these two words and explore how different it can be to each and every one of us. Read on if you are willing to sit in the passenger seat of this adventure...

So, what is my understanding of self worth? I believe that self worth defines the feeling of being confident in oneself. For you to feel valuable as YOU and not as another being. For you to look at yourself and believe that YOU can succeed and achieve in anything YOU want to do, because you CAN do it. I believe that self worth is a feeling of strength and belief that doesn't just have to come from inside of you. Of course, you should believe it, however, self worth can also be gifted to you from somebody else. To receive the support and motivation from somebody else that you are WORTH SOMETHING may even be more effective than you thinking it yourself as it gives you a sense of realisation that other people believe in you so of course you should believe in YOURSELF! So, although self worth has the 'self' in it, I believe that it doesn't just come from within. It can come from anywhere. Even a little boost of confidence can end in sparking your whole idea of yourself and giving you in faith of your abilities.

The idea of self worth can make the whole world a better place. If everyone has the confidence to strive for greatness and believe they contain the ability TO strive for greatness, the possibilities are that they will achieve greatness.

This is possible has it has been proven that those who go day by day with elite mentalities to do well and pursue their goals do go on to achieve their dreams. This is due to the fact that their self worth and confidence is high. No matter what setbacks they receive their mindset ultimately challenges these obstacles for them to be obstacles no more!

Many that want to achieve tend to stare in awe at the sight of others smothered in success and think to themselves "oh how I wish I was them." Well, to all those that think like that, have a deep thought and acknowledge whether you believe in yourself enough to do what THEY do for you? Do you have instant reactions to setbacks saying to yourself "I'll just try again" or "I'll try harder next time" and "I've got this?" Or do you say, "I'm so bad at this" or "why am I even trying" and "should I quit?" If the last option, is you then listen here. Negative self talkers provide themselves with negative energy and do not succeed. However, positive self talkers provide themselves with positive energy leading them to success in their goals. This is exactly why if you want to pursue your goals it is a necessity for your SELF WORTH to be as HIGH as it can be!

So, this is what self worth defines as to me. So, I'd like to finish this piece on these wise words: If you've got dreams, you need to believe.

**Mrs S Latif, Student Mental Health and Emotional Wellbeing Support Officer**

## Attendance Update

Would parents/carers please ask students to sign in at room 1B (next to room 2) if they arrive to school late.

It is essential that we know who is and is not in school at any time particularly for fire regulations.

If they are late to school after an appointment – or for any other reason – please write a note in their planner.

**Mrs S McGee  
Attendance Officer**

## Update - Year 10 Work Experience 10<sup>th</sup> – 21<sup>st</sup> July 2023

As we rapidly approach our work experience period we would like to update you on what happens next.

All students will be provided with a work experience pack on Friday 23<sup>rd</sup> June. Full details of their placement and a parent/carer consent form will be enclosed in the pack. The parent/carer consent form must be returned to the work experience department as soon as possible to ensure that we know you have seen the details of your child's placement and agree with all the information provided.

We **strongly** recommend that all students contact their placement either by telephone or email before they commence their placement, ideally to contact them from Monday 26<sup>th</sup> June. This allows the student to ask any questions to the employer prior to them starting and also for the

employer to give them any updated information such as starting times and who they should report to on their first day.

I will be available during the work experience period for any queries and all details to contact me will also be in the pack. I look forward to hearing about the many successful placements when we return in September 2023.

**Mrs K Smith**

**Work Experience and Business/Community Links Coordinator**

### **DATES FOR YOUR DIARY**

<b>Date</b>	<b>Event</b>
<b>29<sup>th</sup> May – 2<sup>nd</sup> June 2023</b>	<b>Half Term</b>
Wednesday 7 <sup>th</sup> June 2023	Catchup Vaccination Day
Thursday 8 <sup>th</sup> June 2023	Governors Staffing Meeting
21 <sup>st</sup> – 23 <sup>rd</sup> June 2023	Year 12 Eastbourne Trip
Thursday 22 <sup>nd</sup> June 2023	Governors Finance Audit & Risk Meeting
Tuesday 27 <sup>th</sup> June 2023	Summer Showcase
Thursday 29 <sup>th</sup> June 2023	Challenge Day 3
Friday 30 <sup>th</sup> June 2023	Induction Day Year 12 Cultural Day
Tuesday 4 <sup>th</sup> July 2023	Year 6 Induction Day/Evening
Thursday 6 <sup>th</sup> July	Year 7 Parents Evening
Monday 17 <sup>th</sup> & Tuesday 18 <sup>th</sup> July 2023	Discover Days
7 <sup>th</sup> – 14 <sup>th</sup> July 2023	Celebration Presentations
10 <sup>th</sup> – 21 <sup>st</sup> July 2023	Year 10 Work Experience
Wednesday 19 <sup>th</sup> July 2023	Summer Term Finishes students leave early
<b>Thursday 20<sup>th</sup> &amp; Friday 21<sup>st</sup> July 2023</b>	<b>INSET Days</b>