



The



LONDON ACADEMY  
OF EXCELLENCE  
TOTTENHAM

# Newsletter

Spring 2024

*The Place for Academic Rigour*



1

## Headteacher's Address

Message from Jan Balon



20

## Co-curricular Events

Bake sales, cooking workshops, open mic nights and more



2

## UCAS & Post-18 Destinations



24

## Fast Fashion Free February

Pushing for sustainability - clothes exchange and fashion show coverage



4

## Admissions

Y11 Enrolment Update



26

## Ramadan Iftar Conference 2024

In conversation with Ms Amina Ali



5

## Careers

CV and Employability workshops, Degree Apprenticeships



27

## Chrysalis East

Latest Updates from the Chrysalis East team



8

## STEM

Articles from Biology, Psychology, and Physics



29

## Alumni

Alumni are giving back to LAET in various ways



13

## Arts & Humanities

Articles from Music, Politics, and Philosophy & Religion



30

## Safeguarding & Well-being

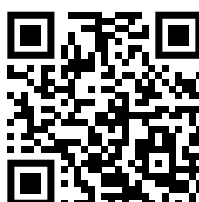
Touching on the importance of online safety



18

## Guest Speakers

Holocaust Survivor, John Hajdu MBE, award-winning novelist Faridah Àbiké-Íyímíde, opera Singer Jonathan Lemalu, & sports reporter Chris Dennis



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**Mr Jan Balon**  
Headteacher

The Spring term is always an important one in shaping the next steps for students at LAET. For Year 13, the majority of offers for university or apprenticeships are made and the exam countdown clocks tick towards May. Fortunately, with so many fantastic offers this year, we hope that students are looking forward to showing what they can do in the Summer exams.

This term has a bumper crop of offers, including 21 to Oxford or Cambridge and huge numbers to other leading universities (50+ to World Top 100 Universities such as Warwick, UCL, King's College and Nottingham). Year 13s are also busy applying to some unique LAET internship or degree apprenticeship opportunities at prestigious firms such as Rokos Capital Management, the Texel Group and Natixis. The quality of these opportunities, which are exclusive to LAET students, speaks to the impression made by alumni in previous years.

For Year 12 students, the messages on futures take shape in the Spring term, with a morning spent focusing on post-18 options at the end of February and a Futures Evening for parents and carers on 7 March. It was fantastic to meet so many families, who should take such pride in the young person we see flourishing at LAET. Year 12s have also been focused on applications to the myriad of work experience, summer school and internship opportunities on offer in the summer before Year 13. We wish them all luck in these competitive applications!

I hope you enjoy our Spring 2024 Newsletter!

*Year 12 students gaining an insight into what university is like via our mini-university fair featuring 20 Russell Group Universities.*



by **Ms Rosie Emery**  
Higher Education Coordinator

***Spring Term has been an especially busy term for the Futures team, beginning with the final round of UCAS applications ahead of the January 31 deadline.***

## University Offers

This year we submitted a total of **354 applications**. Of these, **169** students have now received all decisions from their universities and, following on from our 7 February assembly on Firm and Insurance choices, **22 students have already confirmed their destinations**.

We are delighted to have **11 offers from Cambridge** and **10 from Oxford**. **27** offers have also now been made for **Medicine and Dentistry**, with a number of decisions still pending.

## Harvard

by **Helen Drummond & Sarah Holmen**

Congratulations to Jessica Farley (2023), who became the first student from LAET to be accepted into Harvard. Her success shows that LAET students get into top universities within the UK and worldwide. Jessica was supported by LAET's US Advisor **Joan Bomfim**, who is also the **Chrysalis East** Chemistry Partnership teacher, meaning that as well as teaching A-Level Chemistry she also delivers science lessons to children from Year 4-11 to ensure a pipeline of future scientists from the local area.

[See page 29 for more on the work of Chrysalis East.](#)

## Oxbridge

In December we nominated 7 students for Corpus Christi Cambridge's Arts and Humanities Pelican Programme, designed to enhance students' super-curricular learning, and to stretch and challenge their oracy skills. Decisions were announced in January and, of the 7 students nominated, 6 were successful and one was placed in reserve. Early January also saw the launch of the University Access Programmes Spreadsheet, a resource that brings together all of the access programmes offered by universities and institutions across...

***(continued overleaf)***

## Oxbridge (continued)

across the UK, together with college-specific Oxbridge offerings and links to various scholarships and bursaries. This is a resource we intend to build on and develop, making it easier for students to navigate the vast number of opportunities available to them.

On 26 March we will be taking 15 Year 12 students to the Haringey Access Conference at Fortismere School, hosted by Murray Edwards College, Cambridge. LAET students who were selected on the basis of teacher recommendations and academic merit will have the opportunity to learn more about the Oxbridge admissions process, and life at an Oxbridge College, and will participate in a subject-focused session in the STEM/Arts and Humanities field.

## John La Rose Award Scheme

A record number of 14 students submitted applications to the John La Rose Award Scheme this year, all of whom were shortlisted for the selection event held at LAET on 22 February. The scheme is part of Haringey Council's efforts to make access to higher education fairer for young people studying in the borough. This comes in the form of a termly bursary throughout the duration of their course and the provision of a mentor to support them with the transition to higher education. We are currently awaiting the results of the shortlisting.

## London Interdisciplinary School (LIS) Visit

On the 18th of January, LIS visited LAET to deliver a workshop on climate change and sustainability and to promote their interdisciplinary degree programme. One attendee in Y13 has gone on to apply to LIS and is currently holding a conditional offer for 2024 entry to their programme.

## Unifrog

Towards the end of January we launched Unifrog with Y12, setting up accounts and assigning a range of tasks to support in exploring courses and post-18 pathways. Increasingly we are using Unifrog as a resource to monitor students' progress, identify targeted opportunities, and to provide intervention support. The information gained from Unifrog informed tutor discussions in Futures Evening and will continue, along with data from our Careers and HE Surveys, to inform the support we provide, including the assignment of UCAS referees.

## Drop Down Day



We have organised a wide range of HE events this term including, notably, the Y12 Drop Down Day on 27 February. The day consisted of a carousel of events, including a bespoke Mini University Fair with representatives from over 20 UK Universities and Higher Education institutions, including the University of Cambridge and other top-ranking Russell Group Universities, a degree apprenticeships session with LAET alumni, a talk from the University of Bath, and a range of HE-focused Unifrog activities.

Looking forward, we are in the initial stages of planning our annual June trip for students in Y12 to several University Open Days. This year we hope to take the entire cohort to one of the following destinations: The University of Birmingham, The University of Warwick, or King's College London.



*by Ms Crystal Leung*

Events, Lettings and Admissions Coordinator

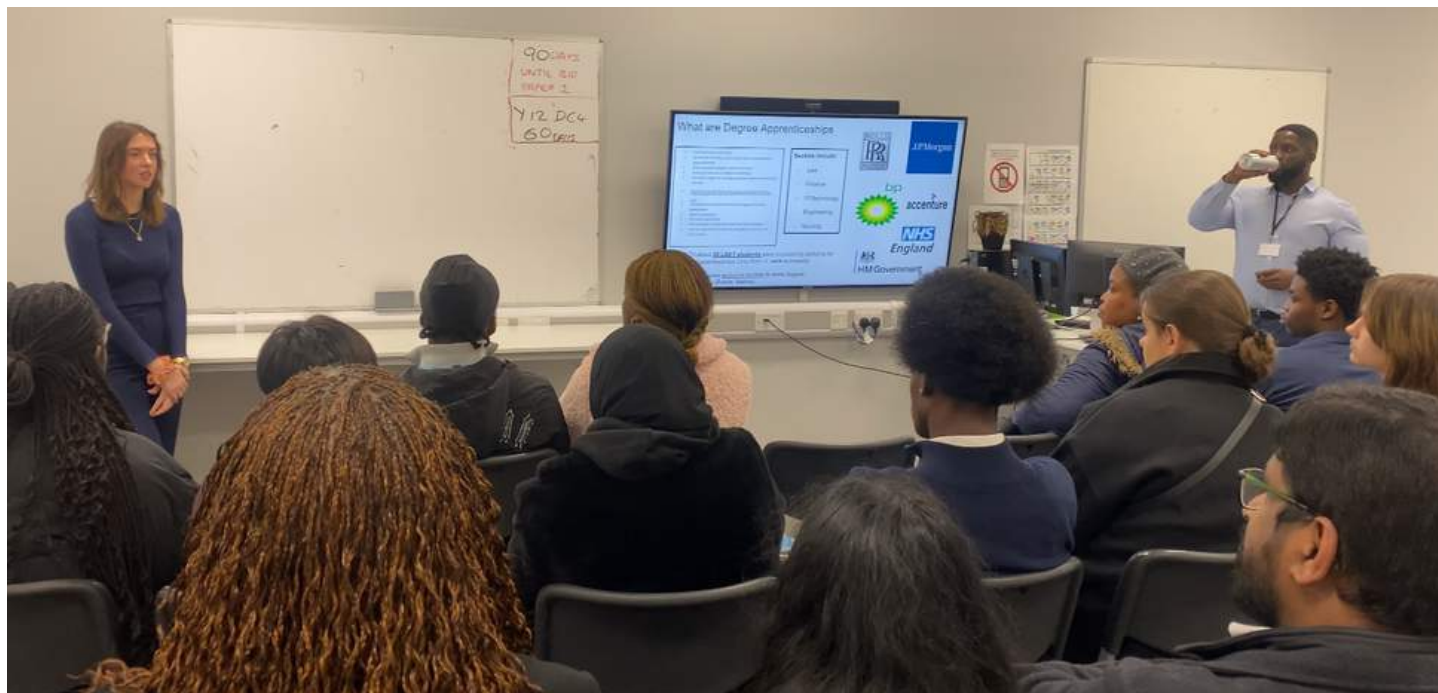
We have had **our most comprehensive admissions cycle ever** this year for 2024-2025 entry. After recruiting in more than twenty secondary schools in the autumn term, we hosted two Open Evenings in November 2023, where we showcased LAE Tottenham's facilities, subjects, teachers, and students. Each subject magnificently displayed its offerings in various classrooms with the help of our incredible Year 12 students. We had 1650 people attend over the two Open Evenings with spectacular feedback. Parents and students were "in awe at the facilities and highly admired the silent study areas and respect[ed] the fact the school still provides adequate revision areas even out of lesson for students". It was a collective effort to "showcase what an excellent sixth-form LAE is".

In December and January, we hosted two Open Mornings for parents/carers which included a tour of the building to see classrooms, teachers, and students during a normal school day. We had 80 parents attend these over the two sessions and members of SLT assisted in guiding the parents and answering their questions.

When applications closed on the 2nd of February, we had a total of 2403 completed applications, 340 of which were from feeder school students. In February and March, over 1300 applicants attended an alignment consultation meeting with a member of LAET staff, the majority of which took place on our alignment consultation mornings on Saturday 24th February and Saturday 23rd March. It was brilliant to get the chance to speak to prospective LAET students about their aspirations and achievements. Offer letters will go out to successful applicants in April.

Many thanks to all of the staff who supported our admissions process, including several teachers from our partner school Highgate.

**LAET Alum, Armela, leading a talk during Year 12 Futures Evening on her current experience with a degree apprenticeship via Texel.**



by **Mr Obi Onyido**

Careers and Employability Lead

***The Careers team have been working hard this term to ensure that students not only know what career pathways are available to them but have also assisted them in refining their ability to craft great CVs and make sure they stand out in interviews.***

## Real Estate Investment Internship Interviews

Students recently participated in an essay competition to win a place on a Summer Internship. 8 of those students were shortlisted and were interviewed by Partners and Directors from Knight Frank, REVCAP, Bank Leumi, Brotherton and Longmead.

Congratulations to the following students who have secured Summer Internship places.

**Hang Tran  
Zahra Hussain  
Nasko Natov  
Nikol Petrova  
Amino Nor  
Mohammed Osman**

## Deloitte Employability Workshop

The Deloitte Risk advisory team have been delivering a series of online employability workshops at LAET. On the 6th of February they delivered a workshop on CV Applications and Applications. This was attended by 15 students and a number of Deloitte staff. In breakout rooms students looked at the importance of writing concisely and identifying transferable skills.

## Alternatives to Medicine (University of Exeter)

Over 30 Students attended a session held by the University of Exeter where they learned about student life. This included information on the different allied health degrees that are offered at the University.

## TEXEL Scholars Employability Sessions

The annual Texel scholars programme provides 20 year 12 students with a small bursary of £500, 4 employability sessions and an Insight Day visit to Texel's Liverpool Street offices. The first workshop looked at roles in finance, focusing on the insurance sector.



*LAET students at a CV workshop held by Dartmouth Partners Recruitment Agency.*

## LAET/Highgate Employability Mentoring Programme

35 students from LAET and our partner school Highgate received mentoring support from professionals in Law, Pharmacy, Engineering, Finance and more. Students collaboratively worked on a task set by mentors over a few weeks and presented their findings to their mentors.



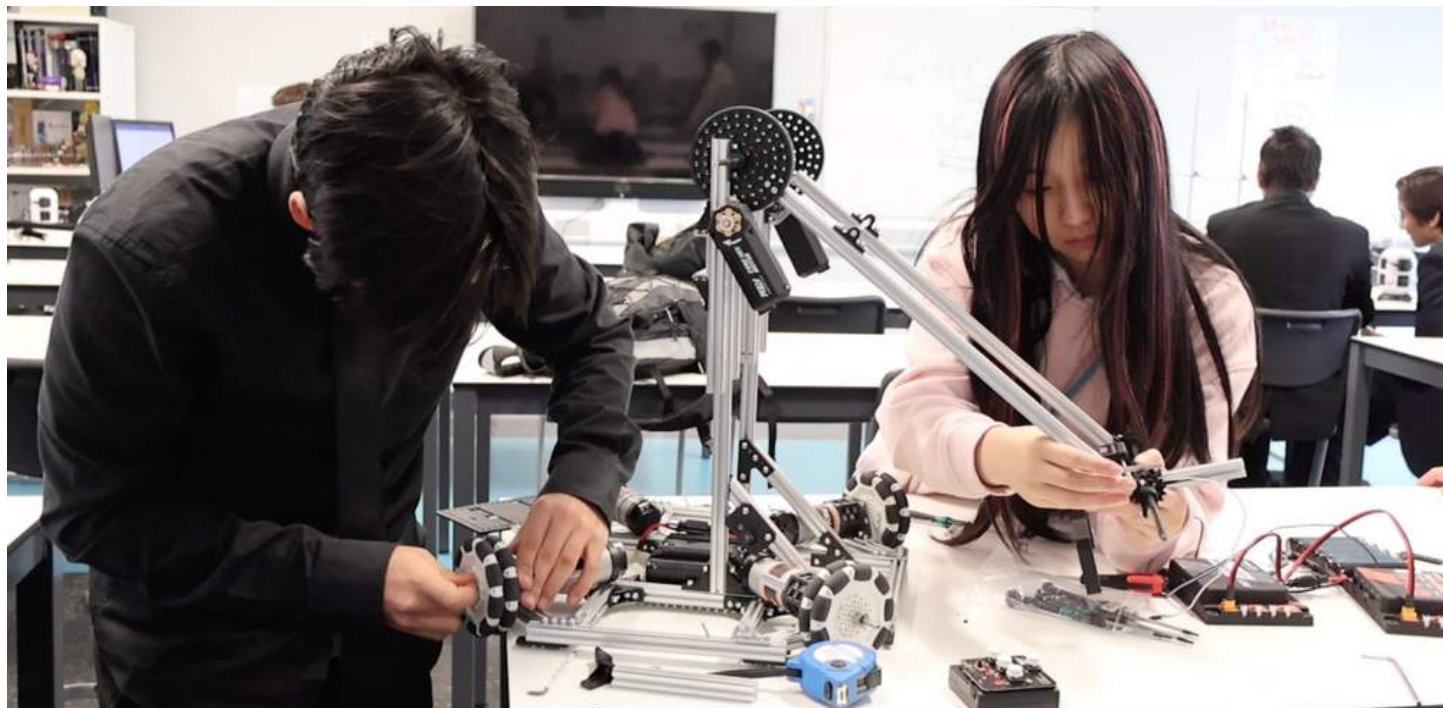
*70 students participated in mock job interviews with representatives from the Bank of America.*



*Natixis Scholars and LAET Alumni Britney Basuama and Liban Ali spoke to Year 13s about how the Natixis Scholarship has expedited their professional and academic growth.*



*LAET's Team Orion hard at work perfecting their robot's arm, claw, and drivetrain mechanisms.*



## Physics

*LAET's Physics students are constantly busy with a wide range of clubs and activities. Included here are reports for five of these extracurriculars, written by our own brilliant students.*

### LAET Robotics

by **Abisha Yogakumar**  
Year 12

The LAET robotics club is comprised of numerous students with different levels of expertise ranging from an intermediate level to total beginners (like me!)

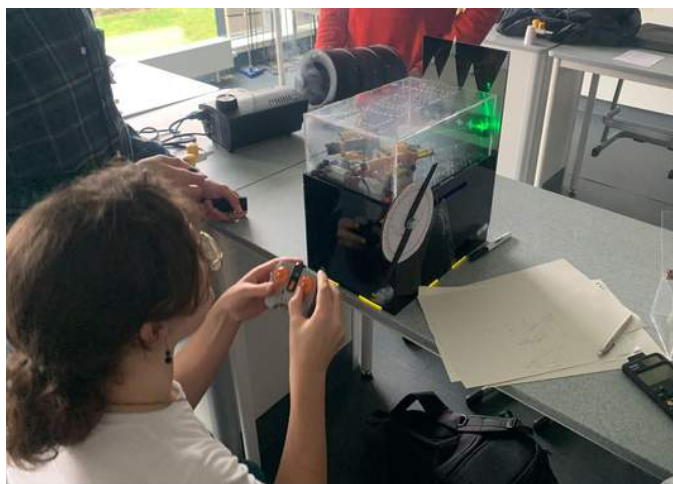
We have around 10 people in our team: Marino, Bea, Berkan and Mohammed are responsible for the drivetrain; Yamin and Annas are responsible for the arm mechanism. Berkan is also responsible for the coding and I am responsible for the finance. We also have team hoodies which look amazing (because I designed them!)

### Safe-cracking club

by **Tariq Rashid**  
Year 12

When I went to the safe-cracking club on the first day, I didn't expect that I would end up spending a total of 72 hours designing an intricate physics puzzle. Safe-cracking club had us design and build a safe which could only be cracked by solving physics-related puzzles.

We built two puzzles: one using parallax and lasers and another using Tesla coils and electrostatic forces. We had to study those topics extensively to build the safes. This culminated in us competing at Dulwich College on the 4th of February in the safe-cracking finals. (Pictured on next page.)



Competitors attempt to solve a puzzle involving lasers and parallax to crack 'Euclid's Arcade'. The safe was designed and built over a number of months by LAET students.



One of the LAET safe-cracking teams, Sina, Mustafa, Rafiul and Andy, with their safe 'Euclid's Arcade'.

## Planet Hunting with Python

by **Jimena Montes Aguado**

Year 12

In Planet Hunting, we had the chance to work with data on observed exoplanetary systems provided by the University of Queen Mary.

Utilising Python we analysed Kepler's dataset to obtain information about these exoplanets such as their radius, orbital period, and distance from their star. This unveiled 4 'hot Jupiters', large planets with high temperatures situated near their stars.

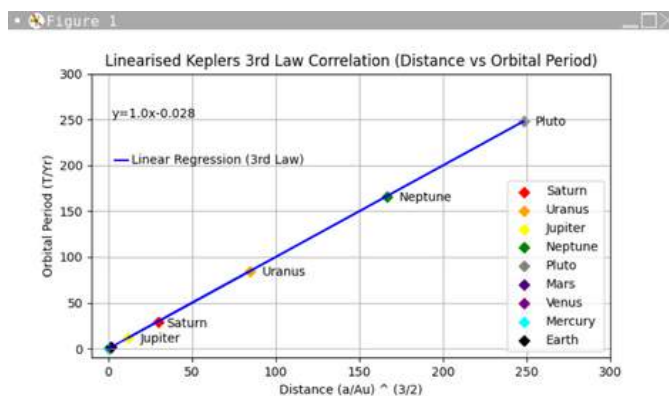
## Computational Physics Club

by **Malaika Arshad**

Year 12

Computational Physics uses computational tools to test models and analyse data. In the club, we have used Excel or Python to verify relationships between solar system planet parameters while also preparing for the BPhO Computational Physics Challenge.

We use various Python libraries like Matplotlib and Numpy to simulate and animate the paths of orbits of planets in our solar system. So far we have learnt numerical methods, linear regression and coding in Python.



Computational Physics students have used Python to code a linear regression from first principles and used this to verify Kepler's 3rd law. The example shown was plotted using Python by Mustafa Khan (Year 12).

## Queen Mary University Particle Physics Masterclass

by **Milla Martinez-Groom**

Year 12

On the 7th of March, LAET Y12 physicists spent the day at Queen Mary University for an intense particle physics masterclass. The day was focused on neutrinos; lightweight subatomic particles with a neutral charge. We investigated different neutrino types and carried out various calculations using data from the USA NOvA project.

The day gave us insights into what being a researcher in Physics entails, and we look forward to more experiences like this in the future!



Our fantastic students at Queen Mary University for a particle physics masterclass.

# Psychology

by **Mr Imran Yad**  
Lead Teacher of Psychology

## Phobias

Currently, the year 12 students are studying psychopathology, the study of mental illness.

Over the past few weeks, they have looked at various mental disorders, most recently phobias. Students have explored how we can explain and treat phobias using the behaviourist approach, which believes all behaviour is learned. One of the treatment options students learn about is systematic desensitisation, where a person is gradually exposed to an anxiety-producing object, event, or place while being engaged in some type of relaxation at the same time in order to reduce the symptoms of anxiety.

In order to experience this in person, all year 12 students will have an opportunity to attend a live demonstration of how this type of therapy can be used to treat Arachnophobia with the help of Rosie (Ms Nabi's pet tarantula).



Rosie seemed to feel at home during her visit to LAET.

*"This half-term we started studying psychopathology. As part of this topic, we learnt about phobias which included the behavioural approach to explaining and treating phobias. Ms Nabi brought in a tarantula which we used as an opportunity to test this theory and see if it is correct outside of the textbook."*

**Kamil Mianowski**  
Year 12

## Scholars

The year 12 Scholars have learned about various interesting and famous psychological studies, and will use their knowledge to now create their own research. The aim is to investigate how sports (at LAET or outside) impact our students' mental health.

They will go through the process of formulating hypotheses, designing a procedure, creating questions, testing participants, analysing results and finally reflecting on their research's strengths and weaknesses.

**(continued overleaf)**



*"In Psychology Scholars we have begun preparation to do a study on the effects of sports on mental health. We are currently working on questions for a survey we plan to send out. I'm really looking forward to gathering and analysing the data found from the questionnaire."*

**Joshua Rivera Clavijo**  
Year 12

## Biology

by **Mr Ms Rachel Crowdy**  
Biology 2i/c

### Up Learn Biology

Year 13 Biology students have been supplementing their independent study with Up Learn, an online programme, fully funded by the school, which combines evidence from research in the cognitive sciences with AI technology to embed and deepen students' biological knowledge, skills and exam techniques.

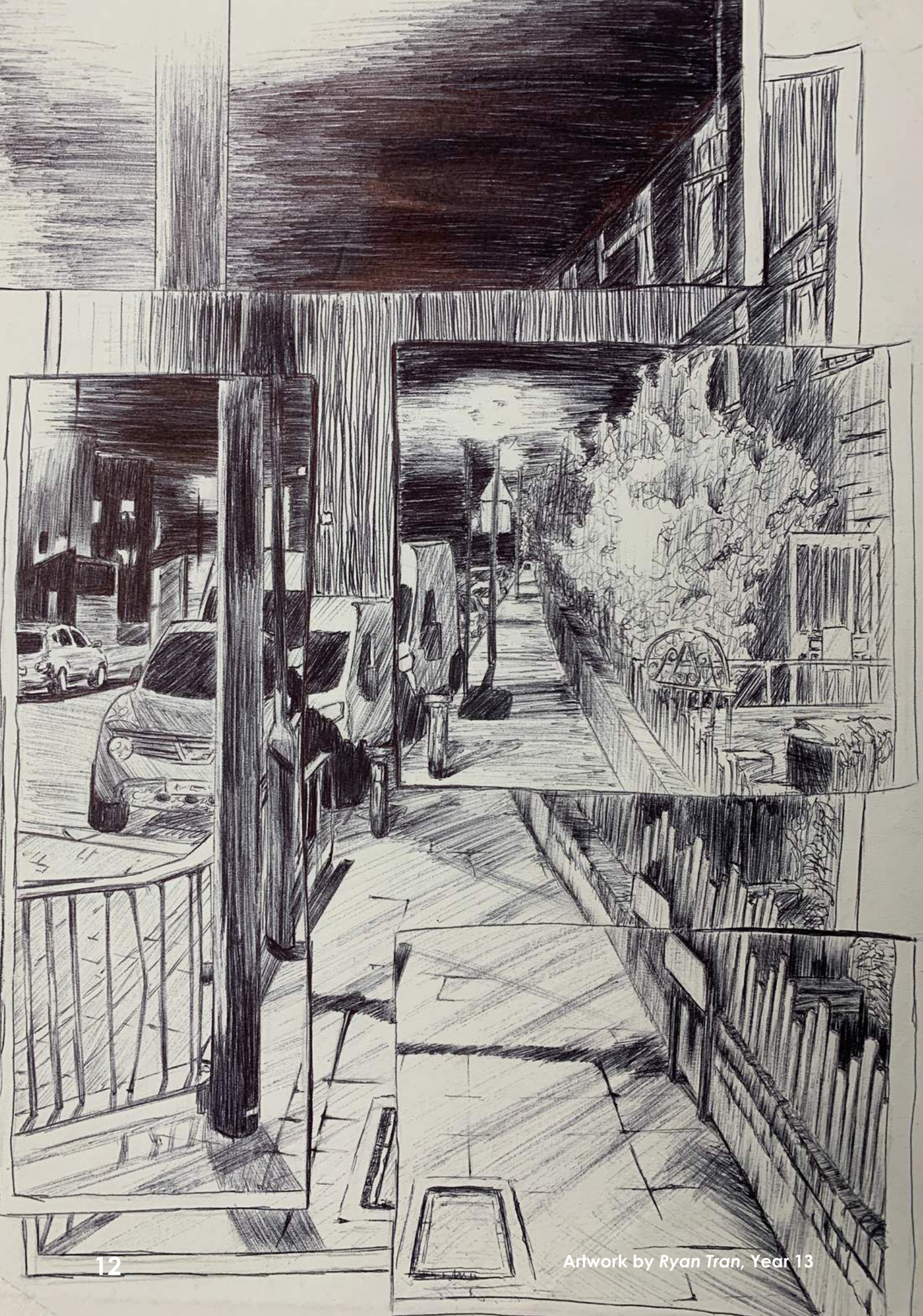
A large and growing number of students have successfully incorporated Up Learn into their ongoing exam preparations, and have already completed over half of the entire course.

Up Learn have a money-back guarantee, claiming that 97% of students who complete the course by the time of their exam will achieve an A or A\* in

their exams, so the progress so far is encouraging! The LAET Biology department are encouraging Year 13 students to engage with Up Learn by offering small prizes to those who reach various milestones, and a celebration event for all who complete the course before their first Biology exam in June. They will soon be rolling it out to a group of Year 12 students.



Artwork by **Ella Squires**, Year 12



Students put their musical talent on display at the Jackson Lane Arts Centre.



## Music

by **Ms Emma Rivlin**  
Lead Teacher of Music

### Performances

The music department has been busy with trips to perform at Jackson's Lane Theatre and the regional heats of the National Festival of Music for Youth, industry mentoring with music manager Nick Worthington and recording sessions with Progression Sessions at the Selby Centre.

We also attended a concert at King's Place and performed at Lorenzo House, a local home for elderly people. Special congratulations to Angelina who sang with Flames Collective at the BRITS! (Pictured above right.)

*"It was an honour to perform with Raye on the O2 stage let alone for the Brits. It felt unreal and magical and I couldn't be more grateful, especially for the fact that I got to perform there again on Friday the 15th for RAYE's headline show."*

**Angelina Oviosa**  
Year 13



Angelina Oviosa on the BRITS red carpet before her performance.

## Music Partnership Events

Musicians have participated in partnership events at Highgate School including a joint A-level study day, a joint Y12 solo platform concert and the LAET and Highgate Young Musician of the Year adjudicated by John Rutter.



LAET students Angelina and Leila (far left) alongside Highgate students at the January 2024 Highgate Musician of the Year competition, judged by John Rutter (pictured right).



LAET students engaging in a joint Music study day at Highgate School.

# Politics

by **Dr Lucy Cane**  
Lead Teacher of Politics

## Speaker Series

The Politics department has been running a speaker series for year 12 students showcasing various careers they might wish to pursue. This 'Futures in Politics' series has featured speakers including an MP, a civil servant at the Treasury, the ambassador to Angola, a university lecturer, and more!

# Philosophy & Religion

## LAET x Latymer School x Highgate School Joint Conference

In an intellectually stimulating collaboration, students from Latymer School, Highgate School, and LAET came together for a riveting conference centred on the theme of truth in Philosophy and Religion. The event marked the first conference of its kind within the school and was held to foster critical thinking and scholarly discourse while showcasing the rich diversity of perspectives among the participating schools.



Representatives from each school delivered insightful talks, framing their discussions around renowned philosophical and religious theories. From Latymer School, students presented analyses of concepts such as moral relativism and the need to create distinctions between realism for personal beliefs and anti-realism for theological discussions. Highgate School students offered perspectives framed around dialethism, the concept that a statement can be true and false simultaneously and the extent to which science can tell us anything about reality. LAET students contributed their reflections on whether necessary truths can exist beyond human invention and whether there is such a thing as a "true self".

Following each talk, more students took to the podium to engage in lively rebuttals, offering counterarguments and alternative interpretations. This interactive format encouraged critical engagement and respectful dialogue, allowing participants to deepen their understanding of the complex issues at hand.



**Professor José Zalabardo's recently published book, *Pragmatist Semantics* (2023), defends a pragmatist account of what grounds the meaning of central semantic discourses.**

The culmination of the conference was marked by a spirited debate, where students from all three schools engaged in rigorous intellectual exchange on topics related to truth, morality, and the human condition. The day concluded with a captivating keynote speech by Professor José Zalabardo, who has written extensively on epistemology, metaphysics, and related areas as a professor of Philosophy at University College London.

LAET's four speakers: Gabriel Fletcher (top left), Milena Zukowska (top right), Muhana Hussain (bottom left), and Lilia Cauchemez-Turmanzide (bottom right).





*John Hajdu MBE alongside Year 12 & Year 13 History students.*



## John Hajdu MBE

LAET was honoured to have John Hajdu MBE, a Holocaust survivor, share his testimony and that of his family with our Year 12 and Year 13 History students. Within his talk and subsequent Q&A session, John recounted what life was like as a young Jewish person during the Holocaust in Hungary, the subsequent socialist regime in Budapest, and his life after escaping to the UK.



*Jonathan Lemalu alongside Year 12 musicians.*



## Jonathan Lemalu ONZM

This term LAET was also visited by world-class opera singer Jonathan Lemalu, whose talent has graced prestigious stages such as the Metropolitan Opera, Royal Opera House, English National Opera, and Glyndebourne. Lemalu's visit to LAET was marked by an unforgettable session blending insightful Q&A segments with breathtaking performances from the A-level set work, Mozart's timeless masterpiece "The Marriage of Figaro." Jonathan was accompanied by LAET's very own Ms Emma Rivlin and Ms Ghislane Reece-Trapp (Lead Teacher of Music and Teacher of Music respectively). As LAET Music students eagerly listened, Jonathan shared anecdotes from his illustrious career, providing invaluable insights into the world of opera and the craft of performance.



Chris Dennis and Duke's Head of MFL, Penny Anthony.

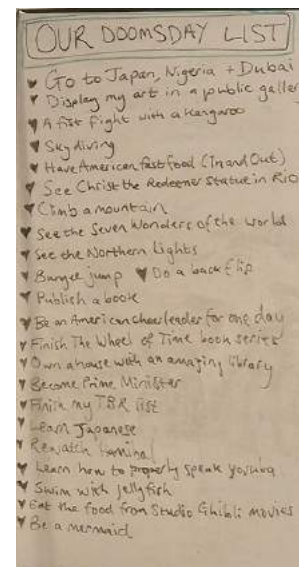
## Chris Dennis

The Head of MFL at Duke's Aldridge Academy (one of LAET's feeder schools), Penny Anthony, met the Sports reporter Chris Dennis who was giving a talk to Year 12s on the importance of languages. Ms Anthony brought Year 9 pupils whom she wanted to encourage to take up a language at GCSE.

Chris' specialities lie in tennis and athletics and he has covered multiple Olympic, Paralympic and Asian Games, World Championships, four Grand Slams and was the lead commentator for Eliud Kipchoge's sub-two-hour marathon in Vienna in 2019.

Alongside English, he also broadcasts in French and speaks German, Spanish and Mandarin Chinese.

Amy Tran (Year 12) chaired the talk with Faridah and helped students gain an insight into her time at university and the themes explored within her books.



## Faridah Àbíké-Íyímídé

In celebration of World Book Day (WBD) 2024, LAET was honoured to have novelist Faridah Àbíké-Íyímídé come in to speak to our students and students from Duke's Aldridge Academy and Gladesmore Community School about her award-winning and international best-selling novel **Ace of Spades**, her WBD title **the Doomsday Date**, and new novel **Where Sleeping Girls Lie**. During the talk, Faridah spoke about her life experiences, sources of inspiration and her desire to be a part of the change she would like to see regarding increased diversity within published fiction.

During the session, Faridah also invited students to create their own 'Doomsday List' inspired by her book **The Doomsday Date**. Before the world hypothetically ends, some students would want to make sure they've swam with jellyfish and have seen the Northern Lights (among other things)!



Scan this code or [tap/click here](#) to read the Spring LAET Library Newsletter with more coverage on this talk as well as marvellous articles written by our students

LAET students alongside Meriam (pictured middle) with the dishes prepared during the session.



by **Ms Mayaane Ben Ari**

Co-curricular & Enrichment Activity Co-ordinator

***Co-curricular events have been non-stop this term, with students taking up various opportunities to develop or display their creativity. Alongside this, students have also had the opportunity to engage with their community on a deeper level, both within the school and beyond.***

## Algerian Cooking workshop

A group of 15 students attended a cooking Workshop on Tuesday evening at Migrateful Cookery School, learning about Algerian cuisine and culture from an Algerian refugee. The students cooked Chorba and Bourek, which are normally prepared and eaten during Ramadan and learned the secrets of cooking the perfect couscous. At the end of the workshop, we sat down together for a big feast and enjoyed all the delicacies prepared throughout the evening.

***“The Migrateful cooking class was an incredible experience! We learned how to prepare traditional Algerian dishes. The chef, Meriam, taught us different techniques to enhance flavours and educated us on the cultural history behind each dish. We chopped, seasoned, and cooked together,***

***creating a feast of aromatic delights. The best part of the workshop was enjoying the delicious meal we made at the end with everyone. It was a true celebration of Algerian cuisine that I am glad to have taken part in.”***

**Afia Osei-bonsu**

Year 12



## Open Mic Night



Hosts Tyra Omisanya and Tyra Samuels-Chen (Year 12) maintained a positive and respectful atmosphere throughout the event.

Building our identity and figuring out who we are is a lifelong journey. Hoping to give stage to these thoughts and questions, a group of year 12 students came up with the idea of organising an Open Mic event inviting students and staff to perform original pieces, inspired by the theme of identity.



## Care Home Performances

Following a successful Christmas Carols performance, LAET students attend monthly performances at the nearby care home - 'Lorenco House'.

*"It was a wonderful experience to be able to perform to such an audience. I had fun getting to practise my pieces properly to people so close to home."*

*I felt as if I were really making a difference to my community and this event has inspired me to volunteer more and use the skills I develop at school outside of this environment as I will do later in life. So why not start now? I'm really glad I got involved and can't wait until we do another session."*

**Suraya George** (pictured below)  
Year 12



By the end of International Women's Day, the wall was completely filled with names of women students and staff were grateful for.



## International Women's Day

by **Azhar Hasan & Josnet Maselo**

FemSoc leaders

Year 13

This year, our school celebrated International Women's Day (IWD) by fostering a community of support and empowerment. Students and staff showed solidarity by wearing the symbolic colours of purple, white, and green, representing justice, purity and hope respectively. Additionally, we honoured the achievements and contributions of women throughout history by inviting individuals to sign names and inspirational quotes of powerful women on our women's appreciation wall. Alongside this, we highlighted the often-overlooked contributions of women in various school subjects by showcasing hidden female figures. This included exploring their achievements and impact across different fields. Our aim was to inspire and empower students by

recognising the significant role women have played throughout history. Through these initiatives, we emphasised the importance of gender equality and the need to amplify the voices of women in all aspects of education and beyond.



**3 trailblazing women (Mamie Phipps Clark, Dorothy Higgins, Elinor Ostrom) among others on our display board.**



## Bake Sales

**Sally Saqr** and **Mareeha Khan**, on organising Bake Sales using their Jack Petchey Award funds, and raising over £2000 for the charity 'Time To Help':

*"Organising and executing our bake sale to raise funds for building a well in Pakistan was truly heartwarming! It all began with the simple idea of making a meaningful impact, and we were overwhelmed by the support we received from our fellow friends, teachers and classmates – the turnout was truly remarkable. After careful consideration, we partnered with a reputable charity 'Time to Help'. To make the event extra special, we collaborated with a local bakery to craft custom cupcakes that were a hit with everyone, and we also added some delicious Krispy Kreme doughnuts to the mix. Despite the challenges of organising such an event, the joy of seeing our school community come together and surpass our fundraising goals was incredibly fulfilling. Knowing that our efforts will directly contribute to improving access to clean water for those in need fills us with gratitude and motivation to continue making a positive difference in the world!"*



**On the last day of the month, students came to school in thrifted clothing.**



***In a world where fashion trends come and go in the blink of an eye, it's crucial to pause and reflect on the environmental impact of our clothing choices. February marked a significant milestone for LAET, as students and staff joined forces to participate in Fast Fashion-Free February (FFFF) for the third year.***

This educational initiative, spearheaded by the Environmental Society and the Fashion Society, aimed to raise awareness about the detrimental effects of fast fashion on our planet, review our collective carbon footprint, and promote sustainable alternatives.

FFFF was not just about abstaining from purchasing fast fashion items (which more than 208 of our students pledged towards over the month); it was a holistic approach to fostering a more sustainable mindset within the school community. The initiative encompassed educational quizzes, clothing swaps, and a captivating fashion show, all aimed at inspiring participants to rethink their consumption habits and embrace a more eco-conscious lifestyle.

***"What I found most deeply moving about the process was the outpouring of support for teachers and students taking part in the fashion show and the genuine admiration for the thrifted clothes. On more than one occasion this FFFF I have heard a student say 'I'm coming back here', after visiting the thrift store TRAIID in Walthamstow. That's the best news I've heard."***

**Ms. Deborah Syme**  
Teacher of Geography

The clothing exchange helped bring joy to the project, encouraging people to get new clothes by swapping, not buying. Students and staff were encouraged to bring good quality clothing and accessories they no longer needed and exchange them for tokens which could be spent at the Fast Fashion Free Market within the school.

**(continued overleaf)**

*Students and staff took to the runway to show off avant-garde sustainable clothing combinations & creations curated by the Fashion Society.*



## Fashion Show

The culmination of Fast Fashion-Free February was the much-anticipated fashion show, hosted by Levent Dogan (Y13), the president of LAET's Fashion Society (funded by the grant he won via the Jack Petchey Award Scheme 2023). Historically, Levent has had a particular concern for environmental issues, leading visible mending workshops during Fast Fashion-Free February in 2023, joining London Citizens, and creating a sustainable fashion business.

This wasn't your typical runway event showcasing the latest trends; instead, it was a celebration of creativity, sustainability, and individuality. Students and staff came together to showcase their unique style using sustainable, ethically sourced clothing items from TRAIID or by upcycling old garments into new, fashionable pieces with some pieces being made of paper. The runway was alive with diversity, showcasing that sustainable fashion is for everyone, regardless of age.

## In Conversation with Levent

As part of our coverage of Fast Fashion-Free February, we had the opportunity to sit down with Levent to get a deeper insight into his experience and perspective on sustainable fashion. When asked why he thinks Fast Fashion is such a prominent issue today, especially in urban cities such as London, Levent acknowledged that it is a complex issue, citing socio-economic factors as a primary motivator for indulgences in fast fashion. The affordability of fast fashion, particularly in light of the cost of living crisis, has contributed to the increased popularity of fast fashion brands. Levent also noted that, despite the cost-effectiveness of fast fashion, it creates larger issues of hyper-consumerism and subsequent waste; he believes there needs to be a way to bridge the gap between the affordability and sustainability of clothing within the industry. He also recognised that there have been recent efforts to boost sustainability in fashion, particularly through online shopping avenues such as Vinted, Depop, and eBay.



*Students delivered speeches and presentations highlighting various aspects of Islam and the importance of Ramadan.*



*In celebration of LAET's annual Ramadan Iftar Conference, we sat down with Ms Amina Ali for a breakdown of what the event is and what makes it so special to our students and staff.*

## In Conversation with Ms Amina Ali

My name is **Ms Ali**, and I'm a Teacher of English. I was the main organiser of the event but of course, I couldn't have done it without the help of my esteemed colleagues.

### What is the Iftar Conference?

The Iftar Conference is an annual event. Last year was the first, and this was the second year. Essentially, it is a gathering of staff and students, learning about Ramadan and different aspects of Islam and then breaking our fast together. It is an opportunity for students and staff who are non-Muslim or who do not observe fasting to try and fast for the day so they can understand the experience of fasting during the working day and deepen their understanding overall.

### What motivated you to contribute to the event?

Honestly, it was such an honour to plan the event and this is exactly what I'm passionate about, creating an inclusive and real sense of belonging for our students. This is the sort of thing I wish existed while I was in school/sixth form. So to be able to provide that sense of...

**(continued overleaf)**



belonging, community, coming together, empathy and understanding for something Muslims go through during this time of the year was really important to me. It is a really special month to me, my favourite month of the year, and to be able to spread awareness about it and help people understand this month is something so dear to my heart.

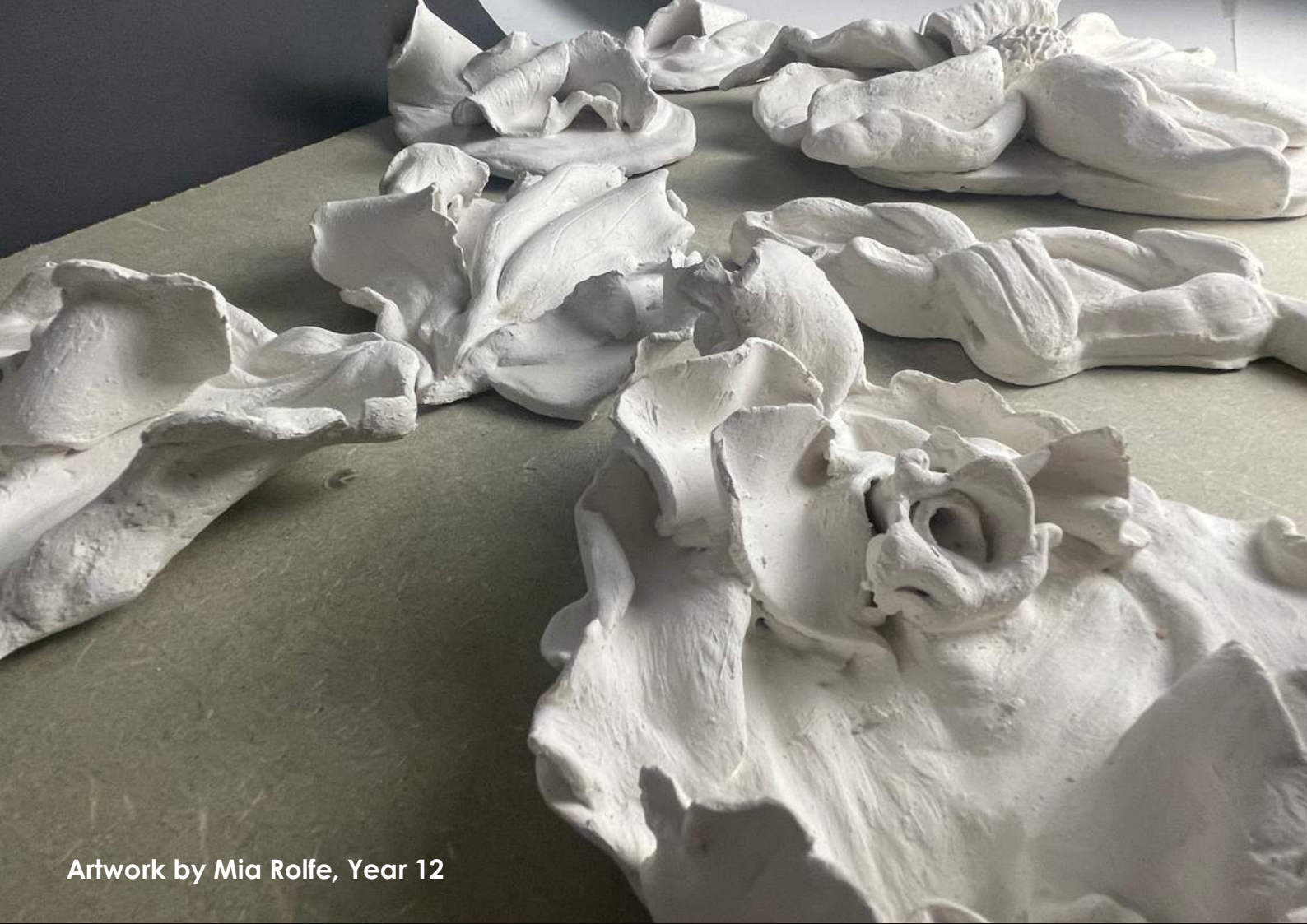
### What were some of the highlights or memorable moments from the Ramadan Iftar Conference?

I honestly really enjoyed planning it. It was my first time planning such a large gathering so that was a milestone for me. It was a big event which was also catered and had 280 students and staff in attendance. The highlights were the students decorating the school the evening before, the students preparing their speeches and presentations with me before (we did a practice run and had quite a few bloopers), and on the day listening to them beautifully execute their speeches and presentations. Not to forget the delicious food as well. The fact that we made sure the food was from a local Somali business on Tottenham High Road enabled us to give back to the community simultaneously. We were really intentional about that. Lastly, it was great having students be able to indulge and eat food that was locally sourced which they may not have done in the past while also supporting local black businesses!

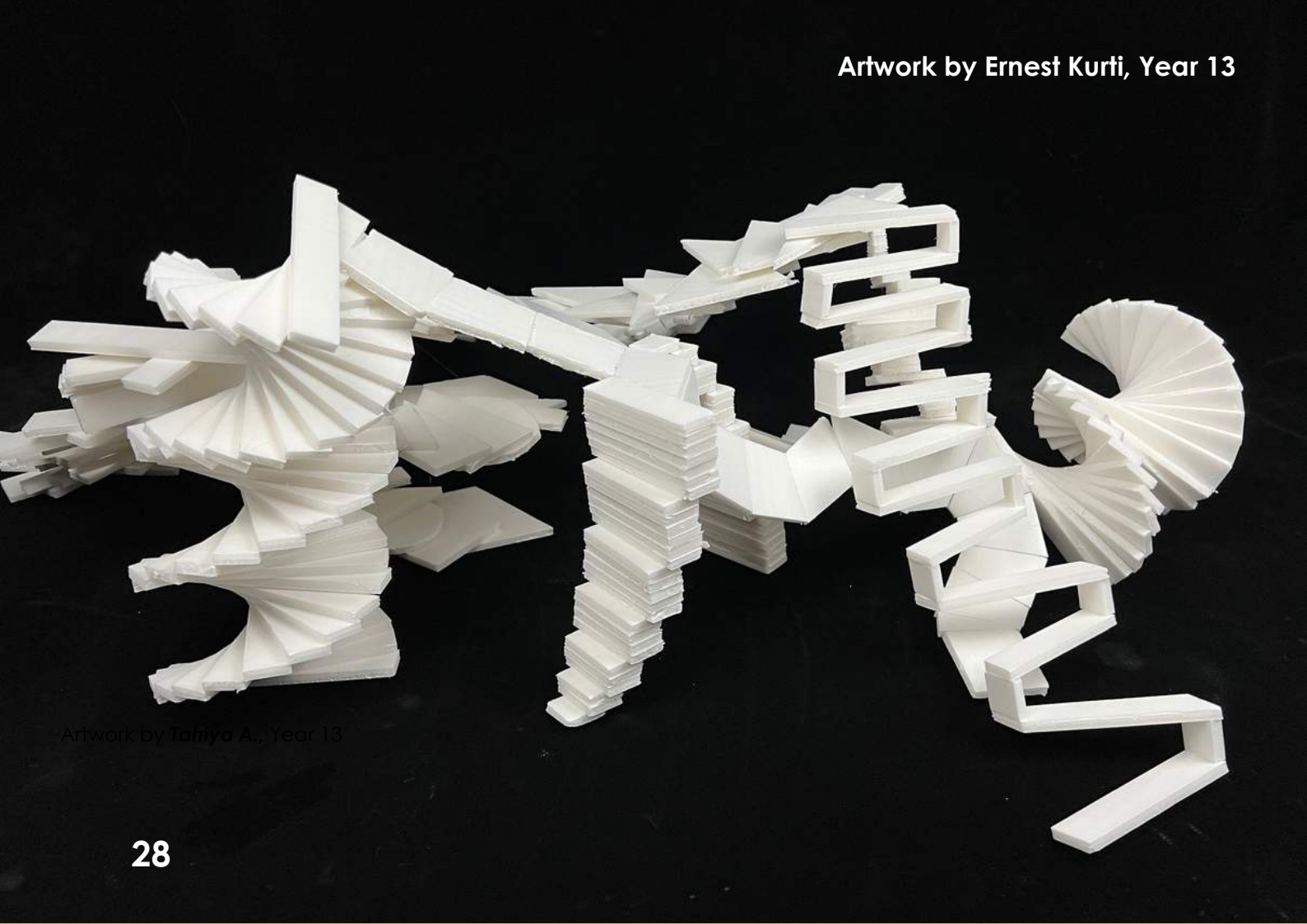
### Looking ahead, do you have any plans to continue hosting similar events and how do you see them evolving?

It's really important for students to have a sense of belonging but also invite their peers who may not be from the same ethnic or religious background and learn about each other's faith and cultures. So I'm definitely here for this sort of event happening next term. In fact, on **April 17th**, I am helping organise alongside members of the Somali society a '**Shaah iyo Sheeko**' which translates to 'Tea and Chat', a common Somali saying. So Somali students within the school are organising the event but everyone is invited and it will be a time to talk about topical issues amongst other things and create a safe space for them to discuss subjects which are important to them.





Artwork by Mia Rolfe, Year 12



Artwork by Ernest Kurii, Year 13

Artwork by Tahiya A., Year 13

made possible through generous support from



by **Ms Helen Drummond**  
Director of Chrysalis East

&

**Ms Sarah Holmen**  
Chrysalis East Programme  
Assistant

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***Chrysalis East is a donor-funded outreach programme that aims to help students in Tottenham achieve success at school. We work with partner schools and the LAET community.***

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The past term has been busy, ranging from future planning (by discussing career and university paths one can achieve through higher education) to cultural activities. The Chrysalis East team is busy preparing its first impact report which we will share with families in the Autumn.

## Year 11 Programmes

We run a variety of Year 11 programmes to boost the grades of local students, including Tuesdays after school where triple scientists from Gladesmore, Woodside, and Dukes come for revision on a variety of topics, as well as for a science careers session.

By covering such a wide range of topics, students are able to grasp the impact of science and tackle complex concepts so that they can understand them accurately and get an understanding of A-level science at LAET. We run similar sessions to support English and Maths attainment. We also teach Further Maths GCSE for the schools locally that don't have the resources to do so.

For Year 11s who need more dedicated support, we are running a three day revision residential this Easter holiday. While the main focus is revision sessions for the core subjects, the students will also have many opportunities to enjoy activities such as laser tag and climbing. Applications from feeder schools are higher than ever this year and we hope that our additional effort will ensure we see as many of them as possible achieve the grades required and start at LAET in September!

## Women in STEM Careers Panel

Through the Chrysalis East funder, **Rokos Capital Management**, we also run a series of career events aimed at improving students' knowledge and understanding of the world of work.



***Through Rokos Capital Management's 'Women in STEM' panel, students manage to expand their professional networks.***

On February 27, 40 students attended a "Women in STEM" Careers Panel where they discovered potential career paths available if you study Physics, Maths or Computer Science at university.

Following on from this will be a visit to the Rokos Capital Management head office on Savile Row in May to allow students to meet employees and have an insight day within the field. Currently, 20 students have applied to attend this trip.

made possible through generous support from



Students conversing with a member of Rokos Capital Management, gaining a deeper understanding of where STEM can take them professionally.

## Theatre

Outside the classroom Chrysalis East also places importance on wider issues that impact student confidence and learning.

In March 50 students went to see Ryan Cameron's play 'For Black Boys Who Have Considered Suicide When The Hue Gets Too Heavy'. It's the third time we have used our funding to buy tickets for this show, and the themes discussed always leave a powerful mark on those attending and follow-up sessions will allow students to discuss and digest these. This year we are taking Year 10 students along with Year 12 Drama students, plus those students who volunteer each week to support the delivery of our English outreach programmes.



Multilingual Sports reporter, Chris Dennis also paid LAET a visit.

Here he is beside Penny Anthony, Head of MFL at Duke's Aldridge Academy.

**For the full story see page 19.**

**A summary of half a term's delivery by the Chrysalis East team, often supported by LAET students:**



- Y12/13 Tottenham Phoenix Creative Magazine
- Y12/13 Robotics Club
- Y12/13 A-Level Coaching and Intervention
- Y11 'Empowered English' at Duke's and Park View
- Y11 Physics Olympiad Training at Gladesmore
- Y11 Science 'Stretch and Inspire'
- Y11 Science booster and revision sessions at Woodside and Duke's
- Y11 Science top-set support at Park View
- Y11 Further Maths GCSE for Duke's and Woodside
- Y11 Maths interventions at Duke's
- Y11 Maths extension sessions at Woodside and Park View
- Y10 Science lunchtime club for girls at Duke's
- KS3 After school Maths clubs at Duke's and Gladesmore
- Y9 Scholarly Reading at Park View
- Y8 Creative writing at Duke's and Park View
- Y8 MESME Maths Circle for Park View and Woodside students
- Y7 Breakfast Reading Club at Duke's and Park View
- Y7 Science Club for Duke's
- Y7 'Creative Transitions' project at Duke's
- Primary KANO Computing Club at LAET
- Y4 Creative Writing Day at LAET
- Y5 After-school reading club at Lancasterian
- Y6 Robotics Workshop at Lancasterian



LAET Alumni Rayan, Keziah, Andre and Medicine student Kieran participated in the Alumni Panel during LAET's Futures Drop Down Day.



by **Ms Krysten Chantrelle**  
Alumni Support Lead

***This term has been very busy for the LAET Alumni Community and we plan to continue expanding our Alumni Initiative.***

## Pastoral Curriculum

In February, we introduced Alumni engagement in the Year 12 and Year 13 Pastoral curriculum. We held two different types of sessions: for Year 12, five of our Alumni participated in a Q&A panel speaking about their Degree apprenticeship experiences. Many of the Year 12s were able to leave with a better understanding of the pathways available to them after sixth form and were encouraged to consider options other than University. Our Alumni community also put on a similar session for Year 13s and hosted a Q&A panel focussed on transitioning to University and navigating cultural differences. The Year 13s left the session feeling connected to the Alumni Community and gained exposure regarding life at University.

## Annual Networking Event

We also have our annual networking event which Year 13s and Alumni are invited to attend on the **4th of July 2024**. It will feature a series of interactive workshops, an opportunity to meet people from various industries, network with fellow alumni, and participate in a Q&A panel session. More information on this will be provided over the coming months.

## Academic Representatives

Additionally, we have expanded our Academic Representative initiative this year which was designed to support current Year 13 students with a subject they need more support with over 8 weeks. Currently, we have gone through 5 weeks' worth of sessions and Year 13s feel as though they have made great progress and leave the sessions with tangible resources to support their revision for their exams. We currently have subject reps in History, Chemistry, Economics, Philosophy, Politics and Psychology within which 29 Year 13 students receive support.



## Careers and Professional Development Series

We have more amazing things to look forward to next term, so keep a lookout! We are launching a Careers and Professional development series which focuses on providing Alumni and our current Year 13s with exposure to particular industries and career progression. We will explore important themes such as 'How to convert an internship into a grad scheme' and 'Top tips to be successful in an interview - explained'.



Artwork by Nicoletta Dorcu, Year 13

## A reminder of the Safeguarding Team



Deputy Head (Pastoral)  
**Elaine Brown (0.8)**  
Designated  
Safeguarding Lead



Mental Health Lead  
**Paul Spraggs**



SEN LSA  
**Kate Harley-  
Chambers (0.6)**



Safeguarding Officer  
**Serenea Wellington**

## Safeguarding News

by **Ms Elaine Brown**

Deputy Head (Pastoral) & Designated Safeguarding Lead

*These are the latest safeguarding & well-being updates within LAET with a dive into 'Online Safety' and links to further resources including our own recorded workshops.*

Having introduced students to the safeguarding team in Autumn term, we have continued to proactively address our safeguarding priorities with students this term, as well as respond to the individual needs of students.

### A reminder that our school safeguarding priorities for 2023/4 are:

**Mental Health**  
**Positive peer relationships**  
**Online Safety**  
**Safety in the Local Area**

These issues are addressed through **Personal Development Sessions** held every Tuesday, **assemblies** and the **ongoing vigilance** and **support** of our staff. By monitoring Personal Development and 1:1 sessions, students' form tutors play a key role in their wellbeing.



### Reducing screen time

As a new initiative for this academic year, students can now engage with informal clubs most lunchtimes and borrow from a selection of games to foster a sense of wellbeing and joy away from screens (as pictured above)!



## Online safety focus

LAET takes online safety extremely seriously and we deploy monitoring and filtering tools on all school devices in conjunction with our Acceptable Usage Policy to ensure that students are kept safe online at school. With personal devices/ at home, we would recommend parents & carers to speak to your children about steps to keep themselves safe online. Through a brief announcement at Y13 parents' evening and a virtual parent workshop, we signposted a wide range of valuable resources to support online safety at home. Please look at the slides from the online safety parental workshop for further guidance on how to approach discussions about online safety. For parental controls, the Internet Matters site offers guidance across different devices and network providers.

## Personal Development Updates

by **Ms Sarah Lloyd**  
Assistant Head (Pastoral)

### Positive Disagreement

In our personal development curriculum this half term, we saw the launch of 'positive disagreement' sessions designed to equip students with essential tools of empathy, active listening, respect, and kindness when debating.

In an increasingly polarised world, we value the importance of such skills, and we have been delighted to see how well students engaged with the discussions in tutor sessions.

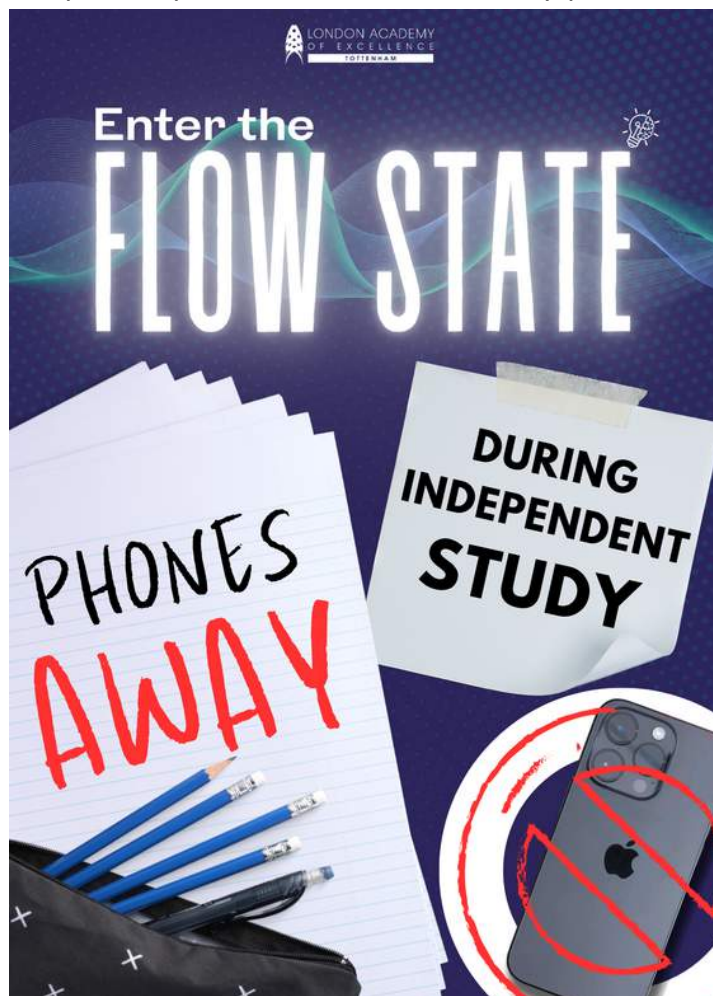
The sessions culminated in debates chaired by students in the final week of term on cancel culture.

### Professional Standards - Phones & Flow State

We have also focussed on specific professional standards, and in particular, helped students reflect on the damaging effects of mobile phones on their concentration.

All our study spaces are now phone-free zones to help students enter a 'flow state' when working in independent study.

These posters are placed in both Year 12 and Year 13 study spaces to encourage students to create an ideal work environment for themselves.



## Online Resources

The following sites are also recommended for specific risks online (tap/click):

- [10 Top Tips Sheet](#)
  - Advice to give young people about risks online
- [UK Safer Internet Centre](#)
  - Especially for cyberbullying and helpline
- [InternetMatters](#)
  - 14+, Sexting, Cyberbullying
- [Thinkuknow](#)
- [#Asktheawkward](#)
  - ThinkUKnow guide to conversations
- [NSPCC](#)
  - Helpline for parents and resources.
- [Parentzone](#)
  - Guide to different online platforms.

### LAET Recorded Workshops

(tap/click/visit our website)

- [How to keep your child safe online](#)
- [Safeguarding at LAET and Local Safety](#)

### How to report a safeguarding concern

The Safeguarding leads can be contacted via email at the following address which is monitored during term time and the school holidays: **safeguarding@laetottenham.ac.uk**  
Alternatively, if you would prefer to speak to a member of the safeguarding team please call the school's main office phone number on: **0208 3526020**.



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# Upcoming Events

## April

### Monday 15th

Start of Summer Term

### Tuesday 24th

Student President Voting Begins

### Saturday 27th

LAET & Highgate Pizza Express Jazz Club  
Concert

## May

### Monday 13th

Year 13 Art A Level Private View at  
Sarabande

### Wednesday 15th

Public Exams Begin

### Friday 17th - Monday 20th

Geography & Chemistry Trip to Iceland

### Wednesday 22nd

Year 12 Politics Trip: Parliament/SCOTUK

### Friday 24th

Year 13 Farewell Celebration

### Monday 27th - Friday 31st May

Half-Term Holiday

## June

### Saturday 22nd

University Open Day Trips

### Thursday 27th - Friday 28th

LAET Summer Festival

### Friday 28th

LAET & Highgate STEM Conference

## July

### Monday 1st

LAET Festival of Sport

### Wednesday 3rd & Friday 5th

Taster Days for LAET Offer Holders

### Wednesday 3rd - Friday 5th

Physics Trip to European Space Centre,  
Belgium

### Thursday 4th

Alumni Networking Event

### Wednesday 10th

End of Summer Term

## August

### Thursday 15th

A-level Results Day

### Thursday 22nd

Year 12 Enrolment

### Thursday 29th

Year 13 Prizegiving & Prom

## Contact Us

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