



# Challney High School for Girls

December 2019

# Challney Chronicle

Where community matters



Respect • Opportunity • Achievement



CHILTERN  
LEARNING  
TRUST

# Challney Chronicle



## Head's Message



Welcome to December's issue of the Challney Chronicle. You will get a glimpse in the following pages of some of the many

activities the girls have been involved in since September.

Our mission at Challney High School for Girls is to develop 'influential women of the future' who are respectful, ready and resilient. Our annual 'Race for Life' is a fantastic example of our girls making a difference to our local community. A great strength of our girls is their care, compassion and **respect** for others. They are **ready** to get involved in social action to make a difference and certainly showed their **resilience** when running around the track! The girls could not have raised £12, 570 without your support. Thank you!

It is important to all of us at Challney High School for Girls to give the girls memorable experiences which are enriching and develop their awareness of the wider world. Already this year, all Year 7s have participated in a Sport and Well-being day. They all had a workshop on healthy eating, were encouraged to keep active through trying mini-golf and basketball and had horse-riding races on inflatable horses! Miss Dolan won the staff race! All Year 9s have visited the hospital for the 'Heart Start' project. They learnt how to perform CPR and met many professionals who spoke to them about careers at the hospital. The students participated very well in these two days and were complimented

on their respectful behaviour by the professionals involved. Well done to Year 7 and Year 9!

As the term ends we say goodbye to Mrs Skalecki who is leaving us after 18 years at the school. She leaves with our thanks and best wishes for her long service to Challney High School for Girls. Mrs Chimwe leaves us after 16 years and we thank her for her contribution to the school. We also say goodbye to Mr Hussain, our computer teacher and Miss Begum, one of our cover supervisors. We wish them well in their futures.

Finally, I would like to thank all parents, carers, governors and members of Chiltern Learning Trust for their support for our school.

I wish you all a restful and peaceful holiday.

**Joanne Mylles**  
Headteacher

### Important dates:

#### Spring term begins -

Tuesday 7 January

In the New Year there will be a letter and an invitation for parents to a workshop about the new SRE (Sex and Relationship Education) programme for September 2020.

#### Year 10 Parents' Evening -

Thursday 30 January 4.00pm—7.00pm

#### Targeted E-Bacc Evening -

Thursday 13 February 4.45pm—5.45pm

#### Year 11 Targeted Parent's Evening -

Thursday 27 February 4.00pm—6.00pm

#### Year 7 Parents' Evening -

Thursday 12 March 4.00pm—7.00pm

#### Year 9 Options and Parents' Evening -

Thursday 19 March 4.00pm—7.00pm

# Challney High School for Girls Gets Busy!

## House Maths Challenge Competition

The House Maths Challenge took place in early November. Students from Years 7 - 10 worked in teams of four to conquer two separate maths problems in the fastest time. House points were awarded for effort, completing the tasks and for the top 3 fastest teams. Year 9 teams from Ennis-Hill House successfully secured the two fastest times with a Year 10 team from Yousafzai House securing third place.

Well done to all of the students who participated and thanks go to the staff who supported the event.

Mr Fisher



A reminder -  
School recommences for students on  
**Tuesday 7 January**

## Textiles Exhibition

Year 8 textiles students had their work on display for all the teachers and students to view at lunchtime and vote on the best work in each year group. It was very successful with over 200 students visiting.

Winning students have been presented with certificates and merits.

The students' work is now on display in the Creative Arts Heartspace and outside Mrs Mylles' office.



## Design & Technology News

House Competition: The Design Technology competition this term was 'The Best Dressed Conker'. Well done to the following girls:

### ***Inspired use of the conker:***

1st place - Aysha Tariq 8J

2nd place - Amber Iqbal 9L

3rd place - Aleena Razaq 9D

### ***Quality of Making:***

1st place - Sehrish Shafique 9D

2nd place - Mariam Hashmi 9L

3rd place - Amira Fatima Shah 8J

### ***Staff Entries:***

1st place - Miss Mills      2nd place - Mrs Oakley  
Thank you to all who entered.



# Design Technology Gets Busy!

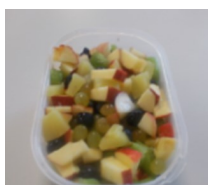
## Round the year groups...

**Year 7** have had a busy start with their introduction to Design and Technology.



In Resistant Materials the girls have made a coat hook from steel and used Computer Aided Design to create their unique toppers.

In Food, they created beautifully colourful and nutritious fruit salads, pasta salads and soup.



In Textiles they worked with embroidery stitches to create the name of their year group.

**Year 8** have been busy building on the skills that they learnt in Year 7 and using different equipment, machines and materials.

In Resistant Materials the girls have made a clock using CAD/CAM (Computer Aided Design, Computer Aided Manufacture).



In Food, they created wonderful bread rolls, frittata and savoury rice.

In Textiles they made embroidery samplers and appliqué letters.



**Year 9** have been given more independence in preparation for their GCSEs.

In Resistant Materials the girls have made a mirror project, using hand and machine tools. They also had the opportunity to cast keyrings in pewter.



In Food, they created tasty samosas, spring rolls, shepherds pie and many other nutritional savoury dishes.

In Textiles they experimented with different skills and techniques to make a cushion or wall hanging.



There are 4 main reasons why we study Design Technology (**Food, Textiles, Resistant Materials/Engineering**) in school.

1. To learn to cook and apply principles of nutrition and healthy eating.
2. To learn crucial life skills: by working with a range of ingredients/materials, by learning lots of different practical skills and by using a range of tools and equipment.
3. To be creative.
4. To solve problems and consider others' needs, wants and values.

If your daughter is absent from school, please notify us by calling 01582 571427. State her name, form and reason for absence.

Thank you!

# Physical Education Gets Busy!

## Stay Active Day

Year 7 took part in a 'Stay Active Day' to promote the importance of being active and eating healthily. It was an enjoyable day and the girls all left with a new water bottle to encourage them to drink more water to stay hydrated.



## Boccia Tournament

A fantastic Boccia tournament was held at Challney High School for Girls, led by our Year 10 leaders. The Boccia team thoroughly enjoyed it and it was great to see the girls competing against other schools.



## Netball

The Year 7 and 8 Netball teams have been competing against other schools in Luton this year. Both teams have had an excellent season with some fantastic results. It has been great to see both teams training weekly to prepare for the games.





# Career Spotlight / RE News



Mechanical Engineers create solutions and solve problems, playing a central role in the design and implementation of moving parts in a range of industries.

## Apprenticeships

Apprenticeships allow you to earn money, combining on-the-job training with study. They can open doors to a wide variety of engineering jobs and can be taken at different levels, including intermediate, higher and degree apprenticeships. You will generally need a minimum of five GCSEs (or equivalent) including English, maths and science or technology subjects, often at grades 9 to 4.

## Vocational Qualifications

Known as Tech levels or T-levels, these include qualifications such as BTECs and NVQs in engineering. Vocational courses prepare you for a particular job, industry or sector. They are often very practical and may include coursework assignments related to real-work scenarios, as well as links with employers. Vocational courses are offered at different levels and can lead onto apprenticeships, higher education (university) and employment.

## University

After completing A-Levels, T-levels, IB, Highers, BTEC Level 3 or equivalent, you may decide to go on to study engineering at university.

Degree courses (BEng) normally last for 3 or 4

years, while Masters courses (MEng) last for 4 or 5 years. Some courses involve a year working in industry or a year abroad. Students can take a 'general engineering' degree or they might decide on a particular type of engineering, for example civil, electronic, design, mechanical or one of the many other types of engineering.

You normally need to have studied maths and physics (or chemistry for chemical and biomedical engineering), or a related vocational course to Level 3, in order to apply to engineering degrees at university.

## RE Christmas Competition

Throughout November students were encouraged to participate in the Religious Education competition, to find out more about how Christmas is celebrated around the world. Students learned about a wide range of cultural and religious traditions, from performing Nativity plays to eating KFC on Christmas Day! By also looking at how Christmas is celebrated in Refugee Camps around the world, students were reminded of the hardships many people are facing at this time of year.

Well done to our winning entries in each year group:

Year 7 - Nooria Amar & Maleehah Akhtar 7P

**RE Competition Winners Year 7**

**Christmas Competition**  
Special mention for great work!

**Austria**  
Villagers of all believed that Krampus and his perverse army of 48-tempered devils roamed the Tyrolian mountains of the Alps, making overall mischief. The elves took particular delight in plugging toy dolls, and the people were terrified. Krampus was a creature of the forest, a half-goat, half-demon. He was said to be the most feared creature in the region. He was said to be the most feared creature in the region. He was said to be the most feared creature in the region.

**Russia**  
The Russian Orthodox Church is the largest Christian church in the world. It is the official religion of Russia and has a long history of influence in the country. The church is known for its distinctive onion-shaped domes and its role in the lives of its followers.

**Marwa Shah & Madinah Jarra! 7P**

**Zainab Ilyas 7N**

**Nooria Amar & Maleehah Akhtar 7P**

**Adeeba Farooq, Alesha Choudhury 7N**  
**Amina Ditta, Hafsa Ishtiaq 7T**  
**Aaminah Sultan, Human Khan,**  
**Zainab Seher, Nahiha Miah,**  
**Reem Zeafer, Ume-Fayba Ahmed 7P**  
**Mira Rashid, Mehreen Ahmed,**  
**Aysha Ahmed, Rianna Siddiqui 7A**

# RE News / House News

## Year 8 - Amira Shah + Aysha Tariq 8J

**RE Competition Winners  
Year 8**

**Amira Shah + Aysha Tariq 8J**

**Sehar Watif 8J**

**Sharia Farooq 8U**

**Christmas Competition**

*Special mention for great work!*

**Fatimah Ahmed 8J  
Sophia Ghani 8J  
Tehreem Khan 8J  
Gazia Hussain 8J**

## Year 9 - Sarah Khan 9D

**RE Competition Winners  
Year 9**

**Sarah Khan 9D**

**Christmas Competition**

*Special mention for great work!*

**Russia (Orthodox Christian)**

- Christmas in Russia is normally celebrated on January 7th.
- The date is different because the Russian Orthodox Church uses the old 'Julian' calendar for religious celebration days.
- Some people fast (don't eat anything) on Christmas Eve, until the first star has appeared in the sky.
- Some Orthodox Christian Russians also don't eat any meat or fish during the Christmas Eve meal/fest.
- In Russian 'Happy Christmas' is 'rozh-dzh-den-2019!'

**Zipporah Oppong + Zanib Iqbal 9O**

## Year 10 - Maryam Zaman 10T

**RE Competition Winners  
Year 10**

**Maryam Zaman 10T**

**Zara Ahmed 10T**

**Applonia Kanyange 10E**

**Christmas Competition**

*Special mention for great work!*

**Hamna Rashid 10T**

# Ennis-Hill



### Head of House message

Another great term for Ennis-Hill with students showing their commitment, drive and enthusiasm in support of Team EH by participating in a range of inter-House competitions and events this term. Highlights included the Conkertition, Maths Challenge & Black History Month poster competition! A great effort by all those students who participated and won Team EH those all important house points.

**Mr Mehta**

## STUDENT LEADERSHIP TEAM 2019-20

An Apprentice style application and interview process was held in September to recruit a new Student Leadership Team for 2019-20. We were inundated with high quality applications and after careful consideration a short-list was prepared. We then interviewed selected students.



Well done to the following girls for securing these positions and we wish them well with their new positions of responsibility.



# House News



**House Captain**  
Ikram Kouroughli

**Vice Captain**  
Hamnah Baig



**Marketing & Communications Lead**  
Dhaneza Mohan & Zainab Khawar



**English SC**  
Nimra Shah



**Maths SC**  
Amgad Ahmad



**Science SC**  
Destiny Lewis



**MFL SC**  
Saima Khan



**Creative Arts SC**  
Ayiza Zafar



**Humanities SC  
& Assistant**  
Hifsa Ramzan &  
Liyana Khan



**Sports SC & Assistants**  
Alejandra Richard & Zipporah Oppong Kyekyeku &  
Saffah Shahnawaz



**ICT SC**  
Tahrira Akther  
Milky & Jannat  
Miah Begum

Unity is strength. . . when there is teamwork  
and collaboration, wonderful things can be  
achieved.

*Mattie Stepanek*

## HOUSE SPECIAL AWARD

Congratulations to our House Captain Ikram Kouroughli who was Awarded the House Special Award for her outstanding contribution to Ennis-Hill.

Ikram is a Senior prefect and has been a role-model to students since joining Challney. An individual who leads by example and is always willing to accept a challenge and inspire others. A worthy recipient of this highest of accolades. Well done Ikram!



### Winning Teams from Maths Challenge Competition

#### 1ST PLACE (ENNIS-HILL)

Khadijah Hussain 90  
Samina Rahman 90  
Zanib Iqbal 90  
Tahsina Hamid 90



#### 2ND PLACE (ENNIS-HILL)

Alishba Khan 90  
Zoe Potter 90  
Zara Islam 90  
Haya Kamran 90





## House News



### Brady

It has been a really busy term for Brady house as we have been taking part in a lot of competitions, from conker designing to maths challenges and benchball tournaments - we have had it all. We saw success in all competitions but triumphed in both the History and RE competitions, coming a very close second in a competitive benchball competition.

The school turned pink on Race for Life day on 18 October where we saw the whole school run 5k! It was an amazing day showing the generosity of the Challney community raising £12, 570 for good causes. Well done to all houses involved in the day, plus a special mention to Brady house who raised the most money in the school!!

We have lots to celebrate in our end of term celebration house assembly with many of our students reaching the top 10 for merits in the school, which is a great achievement. As I write this, Brady house are in the lead in the school for merits which is fantastic, but things can change quickly so it is important to keep striving towards achieving as many merits as possible. In the new year I want a big push on participation in the house competitions ensuring students are taking part in what they can (points for participation = more merits!)

Congratulations to everyone in Brady for all your achievements this term, enjoy your well deserved Christmas break and I look forward to more success in the new year!



**Miss Hayes**

### KARREN BRADY'S RULES FOR SUCCESS

Karren's success over the years has been born of passion, vision and ambition, but realised through determination, hard work, and a clear set of rules consistently applied in every aspect of her life and career.

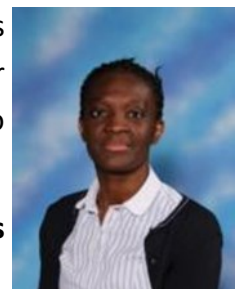
1. Work hard / 2. Have confidence / 3. Embrace ambition / 4. Have courage to take a risk / 5. Take a reality check / 6. Learn to juggle / 7. Plan to win / 8. Know how to negotiate / 9. Grasp the bottom line / 10. Communicate

### Yousafzai



Congratulations to all the students who represented House Yousafzai in the various inter-house competitions this term. I applaud the amazing creativity you have shown on the "Best dressed conker" challenge, I appreciate your resilience during the Maths challenge and your team spirit in the Benchball competition.

Once again you have made us proud. Thank you for representing our house with so much passion and positivity.



**Miss Jean-Louis**

LET US MAKE OUR  
FUTURE NOW, AND LET  
US MAKE OUR DREAMS  
TOMORROW'S REALITY.

MALALA YOUSAFZAI

# House News

## STUDENT LEADERSHIP TEAM 2019-20

Well done and welcome to the students who have been appointed last term as they take on their new roles within Yousafzai.



Sagithiya Muthuraman 11Y  
House Captain



Aiyla Mahmood 9D  
Vice Captain



Fahima Khan Majlish 9A

Communication/  
Market  
Leaders



Taskin Amin 9D



Maria Siddiqui 10C  
Maths



Seerith Shah 10C  
English



Sarah Khan 9D  
Science



Muskan Ali 8T  
PE



Nishat Hussain 8T  
ICT



Lyba Alam 10C  
Languages



Aribah Wajid 10C  
Humanities



Maalika Tariq 8T  
Arts

## Competition Success...

### 3rd place on the Maths Challenge!

A superb House Competition to mark International Maths Day 2019.

Congratulations to those students who represented our House and took the 3rd place!

Maria Siddiqui 10C

Seerith Shah 10C

Lieba Fatima 10C

Marya Destigheer 10E

### 3rd place on the benchball competition!



### Conkertion

Inspired use of conker:

Third Place: Aleena Razaq 9D - Trolls



Quality of Making:

First Place: Sehrish Shafique 9D -Cat

Staff Entries:

First Place: Miss Mills - Autumn family





# House News / Library News

## Jemison



The House Subject Captains have been busy organising many different events and competitions this term including a bake off, a maths challenge, bench ball and even a conker decorating competition.



Our KS4 House and Vice Captain have been working closely with the KS3 Subject Captains to plan the next house assembly to celebrate achievements throughout this term.

Next term, all students from Jemison will be asked to select a local charity and we will be working together to try and support the chosen charity.

Well done to all the students and staff in Jemison who got involved this term and thank you for representing our house. We have many more exciting events and competitions planned for next term.



**Mrs Oakley**

### English News



We just wanted to say a big CONGRATULATIONS to **8Y2/En** for being the first Accelerated Reader Class of the Week.

You have ALL made a HUGE improvement in your reading and quizzing. Amongst yourselves you managed to accrue a WHOPPING 73 merits!! Your book recommendation folder is really starting to take shape. Keep it up!!

**Mrs Mohamad and Mrs Mlaouhi**

**CHALLENGE HIGH SCHOOL FOR GIRLS**

**Library Volunteers Needed**

We need volunteers to help with:

- Shelving returned books
- Labelling & cataloguing new books
- General tidying of the Library

If you are interested in helping and/or would like more information please email me at [nharlock@challneygirls.luton.sch.uk](mailto:nharlock@challneygirls.luton.sch.uk) or telephone me on 01582 571427.

**CHILTERN LEARNING TRUST**

Respect . Opportunity . Achievement

### Accelerated Reader Scheme

Every time a student passes an Accelerated Reader quiz, the number of words in the book they are quizzed on is credited to their account. E.g. if the book has 354 words in the story they are credited with 354 points.

Once they have read one million words they become a member of **The Millionaires' Club**.

For each million words they read they will gain an entry into a prize draw to be held before the end of the school year. One million words will give them one entry into the prize draw, two million words will give them two entries into the prize draw and so on.

The following students have already read over a million words this term and are now members of the Millionaires' Club! Well done to:

**Rinaaz Khan 8L**

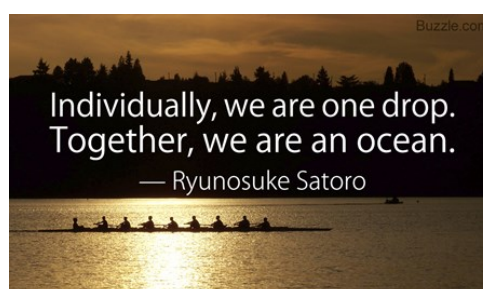
**Nooria Amar 7P**

**Hannah Ayaz 8L**

**Alina Choudhury 8B**

**Maryam Khalil 8I**

**Sanaa Abbas 8B**



# Challney High School for Girls Goes Pink!

## Challney Girls CAN CERTAINLY be proud...

On 18 October 2019, we held our annual 'Race for Life' here in school. Year on year, we raise our game with the amount of money collected and this year we reached a staggering £12,570! This is the most money we have ever made and everyone is ecstatic and humbled by this enormous amount.

On the day, as always, the atmosphere and buzz in school was electric. Every year group arrived with smiles on their faces and were absolutely raring to go for their race. Mr Rogers and Mr Sadiq from the Trust came and joined us at points in the day. We also had some amazing company and support from Courtney (CRUK), Denise Coats (cancer survivor) and Bianca Johns (Community Fundraiser at the Luton and Dunstable Hospital).



This year, we decided to split the money three ways and all charities are delighted with our efforts. The money has gone to CRUK, the Luton and Dunstable Breast Cancer Unit and the Association of Breast Surgeons. I am sure you will agree that these are amazing causes and it gives us great pleasure to be helping our local community.

A special mention to all the students, staff, parents and amazing community we have. We had a number of anonymous contributions on-line, cheques and cash from parents and families for huge amounts and of course the sponsorship effort by our amazing students.

Congratulations to every single one of you who completed the race and to everyone for your superb effort all round.

As a school, we aim to 'develop influential women of the future' and needless to say, we have certainly substantiated this. None of this would be possible about the support, dedication and passion that you all show to help others.

Thank you all from the bottom of our hearts.

**Miss Ponsonby**





# Student Well-being

## Student Well-being



The internet can be an amazing tool when it is accessed in a positive way. Used unwisely and without discretion it can lead to our teenagers'

well-being becoming adversely affected.

Our teenagers are generally more technologically minded than we are and do not necessarily see the potential risks to themselves. So what can be done?

To find out more read: Social Media:

A Practical Approach by Dr John Coleman.

[https://74fa8c0e-59f4-4e39-806a-f511b0f9fadb.filesusr.com/ugd/b5791d\\_6ebf5e0aa4b9438f834ecc8545f78377.pdf](https://74fa8c0e-59f4-4e39-806a-f511b0f9fadb.filesusr.com/ugd/b5791d_6ebf5e0aa4b9438f834ecc8545f78377.pdf)

**Mrs Masters**

## Ten top tips for a digitally healthy household

1. Remember - the younger the child, the more support and guidance they'll need
2. Be aware that extra support may be needed at certain ages, such as 10 - 13
3. Find non-technological activities for children to enjoy
4. Stay alert for any signs of inappropriate use of the digital world
5. Make sure devices are switched off at night and for half an hour before bedtime
6. Work out some rules together....
7. ....and respect the rules yourself!
8. Be aware of the positives, as well as the negative side of technology
9. Have a regular family digital detox
10. Aim for digital resilience

## Safeguarding Awareness topic of the term:

### What are 'county lines'?

You may have heard of the term 'county lines' in the local and national news. Below you will find some information to help you as a parent to be informed about this issue.

'County lines' is the police term for urban gangs supplying drugs to suburban areas and market and coastal towns using dedicated mobile phone lines or "deal lines".

'County lines' is a major, cross-cutting issue involving and linking into: drugs, violence, gangs, safeguarding, criminal and sexual

exploitation, modern slavery and missing persons.

### Who is vulnerable to county lines exploitation?

- Children as young as 12 years old being exploited by gangs to courier drugs out of their local area.
- Both males and females: 15-16 years is the most common age range
- There is increased use of social media to make initial contact with children and young people, 'grooming' them to become involved.

You can see more information at: <https://www.safe4me.co.uk/portfolio/child-criminal-exploitation-county-lines/>

**Miss Ponsonby**

# Community

## Celebrating Black History Month

During Black History Month in October, the History department encouraged students to take part in a research competition, discovering more about some fascinating, but often forgotten, individuals in history. The task afforded our students the opportunity to recognise, appreciate and celebrate the diverse communities we have in Britain, and continued to enhance our key school value of respect.

We had some outstanding entries from across Key Stages 3 and 4, with the following students being awarded 1st, 2nd or 3rd place:

### KS3:

1st Place - Aysha Tariq 8J

2nd Place - Mariam Chowdhury 7N

3rd Place - Amira Shah 8J

**Competition Winners Year 7 & 8**

*Special mention for great work!*

- Eesha Hussain 7P
- Zainab Asghar 7T
- Saffah Shahnawaz 7T
- Madihah Jarral 7P
- Maliha Razaq 7I
- Zalaikha Yasin 8A
- Arooj Farhan 8I

Winners: Aysha Tariq 8J (1st), Mariam Chowdhury 7N (2nd), Amira Shah 8J (3rd)

### KS4:

1st Place - Amgad Ahmad 10T

2nd Place - Sarah Khan 9D

3rd Place - Aqsa Karim 10T

**Competition Winners Year 9 & 10**

*Special mention for great work!*

- Kayenath Shah 10T
- Ayiza Zafar 10T

Winners: Amgad Ahmad 10T (1st), Sarah Khan 9D (2nd), Aqsa Karim 10T (3rd)

**NHS**  
Luton Children & Adults  
Community Health Services

**FREE online learning for parents launched in Luton**

**UNDERSTANDING YOUR CHILD**

**SOLIHULL APPROACH**

FREE online learning for ALL parents, carers and grandparents living in Luton who care for children and teenagers

Designed to help you recognise emotions in yourself and your child that bring changes in behaviour

This FREE online learning can be accessed via:  
[www.inourplace.co.uk](http://www.inourplace.co.uk)

**HATTERS**  
(Access Code)

Audio options available in English and Urdu

Further information can also be found on our website:  
[www.cambscommunityservices.nhs.uk/solihullapproach](http://www.cambscommunityservices.nhs.uk/solihullapproach)

Flying Start Luton  
Luton Children and Adult Services are part of Cambridgeshire Community Services NHS Trust

A peaceful and safe Christmas and  
Happy New Year to everyone!

