

KS4 Newsletter 3

Dear KS4 Parent/Carer,

We have reached the end of a productive and successful term. The students were engaged with their learning and continued to focus on making good progress in all their lessons. We also handed out a huge number of certificates to celebrate the achievements of our students in various subjects for this term. Well done to all the students whose effort and consistent hard work was recognised! Wednesday 17th felt very festive with our Christmas Jumper Day, raising a significant amount of money for 'Save the Children'.

We wish you a wonderful Christmas break and a happy New Year when it arrives. We hope the New Year brings you joy and happiness.

KS4 Food bank

A huge thank you to all KS4 students (and their parents) for the generous contributions towards our Redbridge Food bank.

Over the past few weeks, students have been bringing in items to support the Redbridge Foodbank.

Year 11 have collected 9 crates of food: 3 XL crates and 4 large crates, all full to the brim!

In Year 10, the best Form was 10DR, regularly bringing in items such as tinned good, sanitary items and toothbrushes to support those who are in a financial crisis.

'This has been a really good opportunity to help those in need. Every week, we would get cans from our house, bring them in and take them to the Year 10 office to add to the collection. Our form tutor encouraged us every week, saying that this is for people in need and for those who need help. 'Christmas is for giving and it would be good to help others.' Our form did really well, bringing the most items overall. We are pleased we are making a difference to those in need'. - Jahvell (10DR)

Emma, from the Redbridge Food bank, is arranging for a driver to come and collect all the food from Beal on Thursday, right in time before Christmas.





Christmas Jumper Day & Lunch

Well done to all students who wore something festive on our 'Christmas Jumper Day' and thank you to all those who contributed.



Christmas lunch

Thank you to our lovely canteen staff for cooking our wonderful Christmas dinner. As always, it was a very busy service with festive songs playing in the background!



Jack Petchey's "Speak Out" Challenge!

The "Speak Out" Challenge is a programme managed and delivered by Speakers Trust, the UK's leading public speaking organisation and is supported and funded by the Jack Petchey Foundation. The "Speak Out" Challenge gives communication skills training to Year 10 students in every state school in London and Essex. 60 students from Year 10 were nominated by their English teachers to attend over the course of two days. Last week students attended the workshops and learnt a range of public speaking skills. These skills are essential to our students' future, from helping them prepare for their GCSE English speaking and listening to future career opportunities.

Sarina in 10FT said: *'My experience at the Jack Petchey Speak Out Challen was really positive overall. It made my fear of public speaking easier to handle. I enjoyed the activities as they gave me the opportunity to speak to peers I wouldn't usually speak to.'*

The skills I learnt were valuable and I can see myself using what I've learnt at the workshop in the future. I particularly enjoyed writing my own speech because it gave me a chance to express what I feel passionate about. In the end I learnt how to ease my fear of speaking in front of groups of people'. 'The workshop boosted my confidence and it will be very useful for the English GCSE speaking component. We played a variety of games throughout the day. It was a great experience!' Simra Mumtaz (10CL)

'The JP workshop was very helpful as I feel it made me more comfortable to stand in front of an audience or crowd and speak. We played lots of games to help us feel more confident and that really helped'. Zacharia Saeed (10PM)

A huge thank you to Mrs Kezaabu-Lubowa and Mr Hodgson for organising the event and supporting the students throughout the process



Huge congratulations to the 10 finalists below: Mahd Ashraf (10TT), Gabrielle Nkeaka(10AA), Shivani Ramachandran (10KJ), Gursimrat Kaur (10FGE) and Deen Wasil (10TT), all in the photo below.

Other finalists include Ayah Hussain (10DR), Adam Gulnawaz (10AX), Mateen Hairulzihan (10 KH), Inaaya Alon (10DR) and Jannat Ullah (10KJ).

Phase two will take place on Tuesday 3rd February where the finalists will perform in front of their peers in assembly. A panel of SLT will choose a winner and a back up to represent Beal High School at the Redbridge Regional finals on 25th February 2026 at Ark Isaac Newton Academy.



BSF High-Fliers Insight Event

On Thursday 4th December 2025, the Beal Sixth Form leadership team held an event for a select few students in Year 11 who have been identified as having demonstrated exceptional achievement and are expected to secure outstanding outcomes at GCSE. The purpose of the event was to share what we have to offer students should they join the Sixth Form in Year 12. We discussed:

The BSF Maths School – a pathway unique to our Sixth Form, tailored to students interested in mathematics-related disciplines at University and pursuing mathematics intensive careers.

Our prestigious High-Fliers programme which helps prepare students for their applications to Oxbridge Universities.

Our MDV (Medicine, Dentistry and Veterinary Science) programme and what we have to offer.

Our highly successful Extended Project Qualification - a qualification worth half an additional A-level which develops research and study skills.

Our Personal Development Programme.

There was also a Q&A session with Year 12 and 13 students who discussed their Sixth Form journey. This is what some of the Year 11 had to say about the event:

'The Sixth Form insight event really helped me connect with what Beal has to offer. Learning about the different pathways, hearing from staff, and getting a sense of the environment made the transition feel much more real and reassuring. It gave me a clearer picture of where I want to go academically and made me more confident and excited about the next stage of my studies'. Aamir Lodi (11YF)

'I found the insight event useful as it gave me an opportunity to consider where my destination after GCSE's could be. One thing that stood out to me was the amount of support which Beal Sixth Form provides to their students, encouraging them to engage in super curriculums as well as helping students through application and interview processes for university, and finding opportunities and events for students to participate in. The insight event provided me with an idea of how sixth form life could look like at Beal and reassurance knowing I will get the support that I need.' Jasleen Sheemar (11SF)

'I found the sixth form insight event to be an excellent welcome into Beal Sixth Form, through understanding the dynamics of both the school, as well as the extensive and far-sighted pathways that it provides for its students. I believe it offered us students an opportunity to assess our academic future in a different manner, guiding us into feeling more secure in our choices moving forward.' Jakub Abdelmeguid (11BX)



Jack Petchey award

Congratulations to Tashrique Mahmud (11NA) who won the Jack Petchey award for KS4. Tashrique received a £300 award, which he chose to give to the PE department, a badge and a certificate celebrating this incredible achievement.

This is what his peers had to say about him:

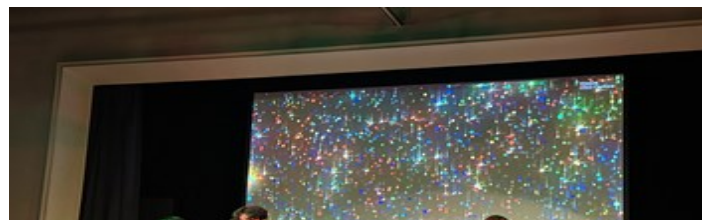
'He is a very-hard working student in lessons and always provides teachers with help, he's also always useful to us as students during lessons. Tashrique tutors me from time to time, which shows how he likes to help others; he is quite selfless. He also encourages others to do well and pursue their own goals, and will always help them along the way'.

'I believe that Tashrique truly deserves the Jack Petchey Achievement Award because he consistently goes above and beyond, not just in his own learning, but in uplifting those around him. Whether it's supporting classmates through challenges, showing resilience in the face of setbacks, or contributing positively to the school community, he leads by example'.



Winter Concert

Well done to all students who participated and supported with the Winter concert. A lovely time was had by all. We were very impressed with the skills of the participants this year, whether they were singing, playing, dancing or acting!



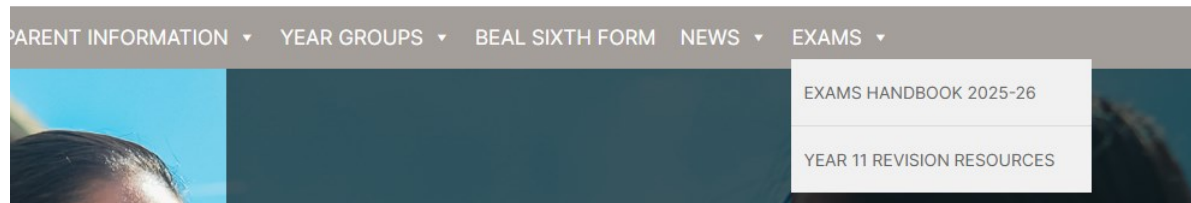
Year 11 Mock Exams

A reminder that mock exams will take place **from January 6th until January 16th 2026**. For the full schedule of the mock exam, please refer to the letter sent on November 21st.

Revisions links and guidance for mock exams in all subjects have been placed in the Exams section of the website.



E: admin@bealhighschool.co.uk



Top achievers of the week – students with the most achievement points in their year group

Week 17th November – 21st November

Year 10

1st- Krishay Aravinthan (10CL)

2nd – Jaeden Kudhail (10KZ)

3rd – Niam Montel (10KJ)

Year 11

1st – Simrath Jheetha (11OZ)

2nd – Meeran Zaheer (11BX)

3rd – Gabriel Voichovschi (11ZA)

Week 24th November – 28th November

Year 10

1st- Zacharia Saeed (10PM)

2nd – Daniel Sava (10AX)

3rd – Heer Dobariya (10AX)

Year 11

1st – Hira Fatima (11YF)

2nd – Atun Levy (11BX)

3rd – Simran Sidhu (11GW)

Week 1st December – 5th December

Year 10

1st - Ayman Djaouti (10AA)

2nd – Zaynah Rahman (10KZ)

3rd – Vivian Nguyen (10KZ)

Year 11

1st – James Lascov (11ZA)

2nd – Naail Ahmed (11BX)

3rd – Hannah Javaid (11IO)

Week 8th December – 12th December

Year 10

1st - Jahvell Simms (10DR)

2nd – Gurnoor Singh (10CL)

3rd – Jaeden Kudhail (10KZ)

Year 11

1st – Zaynab Sohail (11BN)

2nd – Amani Khan (11BI)

Joint 3rd – Zayb Inamullah (11KN) and Nadia Dumitrescu (11GW)

Reminders....

Year 11 intervention timetable – January onwards

Please see below our updated intervention timetable for Year 11. These sessions are open to all students who are taking these subjects at GCSE.

TABLE 1: LUNCHTIME INTERVENTIONS				
		ART & DT interventions arranged by classroom teachers, please liaise directly with your respective DT teacher .		
Monday	Tuesday	Wednesday	Thursday	Friday
	MFL: FRENCH TIME: 1.30 – 2PM LOCATION: 116	TRIPLE SCIENCE TIME: 1.30 – 2PM LOCATION: LAB 19	Sociology Time: 1.30 – 2pm Location: 12	MEDIA STUDIES TIME: 1.30 – 2PM LOCATION: RM1
		MFL: SPANISH TIME: 1.30 – 2PM LOCATION: 118		
TABLE2: AFTER SCHOOL INTERVENTIONS				
Monday	Tuesday	Wednesday	Thursday	Friday
MFL: GERMAN TIME: 3.20 – 4.20 LOCATION: 113 AND 114	P.E TIME: 3.20 – 4.20 LOCATION: ROOM 120	ECONOMICS TIME: 3.20 – 4.20 LOCATION: SF4	MATHS TIME: 3.20 – 4.20 LOCATION: HAWKINS ROOM	3D DESIGN (KASPERKOWICZ) TIME: 3.20 – 4.20 LOCATION: DT3
PHOTOGRAPHY TIME: 3.20 – 4.20 LOCATION: 108		MFL: SPANISH TIME: 3.20 – 4.20 LOCATION: 118	3D DESIGN (VAGHELA) TIME: 3.20 – 4.20 LOCATION: DT1	
GEOGRAPHY TIME: 3.20 – 4.20 LOCATION: 53 AND 56		PHOTOGRAPHY TIME: 3.20 – 4.20 LOCATION: 108	RELIGIOUS STUDIES TIME: 3.20 – 4.20 LOCATION: 112	
COMBINED SCIENCE TIME: 3.20 – 4.20 LOCATION: LAB 3		FOOD TECH TIME: 3.20 – 4.20 LOCATION: ROOM 30	FOOD TECH TIME: 3.20 – 4.20 LOCATION: ROOM 30	
HISTORY TIME: 3.20 – 4.20 LOCATION: 64,67,66		BUSINESS STUDIES TIME: 3.20 – 4.20 LOCATION: SF6	HISTORY TIME: 3.20 – 4.20 LOCATION: 77	
DRAMA TIME: 3.20 – 4.20 LOCATION: DR4		ENGLISH TIME: 3.20 – 4.20 LOCATION: 95		
		MUSIC TIME: 3.20 – 4.20 LOCATION: 71		

There are other additional intervention sessions running, where staff have liaised directly with students and parents to request attendance.

Sixth Form references

If a student is applying to a Sixth Form or college, they should give the following contact for Beal High School:

year11references@bealhighschool.co.uk.

All references will be written by the Year 11 team via this email.

Punctuality

I would like to thank you for your continued support in reinforcing our expectations around punctuality. Being on time to lessons is something that is entirely in an individual's control and is also a mark of respect for the other learners in the class and the teacher. We ring 2 bells, with a 5-minute interval to allow travel time. If your son/daughter often receives late marks, please continue to discuss this with them and raise the profile of punctuality as an important standard.

I would also like to take this opportunity to remind parents and carer of the expectations, should a child arrive late at school. All students must be on site by 8:30am.

Any student arriving after 8:30am must sign in at Reception and get a red slip. They will then be asked to complete a same day lunch time detention.

Thank you for your continued support and we hope you have a great break.

Kind Regards

Cecilia Chantaduc

Vice Principal & Head of Upper School

Andrew Round, Head of Year 10

Ahsun Raja

Assistant Principal KS4

Vinay Vaghela, Head of Year 11

Alex Clift-Matthews

Assistant Principal KS4