



Beal High School Newsletter—KS4

KS4 Newsletter 1

Dear KS4 Parent/Carer,

It has been wonderful welcoming the Year 10 students to KS4 – they have been really enthusiastic and positive. It has been a calm and purposeful start to the academic year and the students' conduct has been excellent.

The aim of this KS4 newsletter is to keep you up-to-date with 'KS4 life at Beal' and to celebrate the achievements of our students. Please do not hesitate to send us any good news or special achievements that your child has achieved outside of school, and we will make sure we include this in future newsletters.

Thank you to all parents who came on Tuesday 16th September for our Year 10 Partnership Evening. We hope you found the session valuable. We also look forward to seeing Year 11 parents at our Y11 progression Evening on Tuesday 21st October.

Form time and assemblies

Please make sure your children are always in school by 8:30 am. Registration and assemblies are crucial times of the day, as we will be disseminating advice around progression post 16, revisions and managing exam stress. This will be in addition to our PSHE programme follow-up and our whole school assembly programme, covering our students' Spiritual, Moral, Social and Cultural development.

This year, assemblies will take place every Tuesday for Year 10 and every Thursday for Year 11, all in the KS4 hall.

Year 11 Form time

Last month, all forms received revision booklets for English Language and English Literature. These will be kept in form rooms by form tutors and used during Form time to assist students with GCSE revisions. We will roll out Maths revision booklets next term and after that, a Science revision booklet covering all 3 sciences. Please encourage your child to make good use of these fantastic resources designed by our teachers by arriving to school on time to get the full 30 minutes of revision during AM registration. The best advice to retain information is to revise for short periods of time, but often.

Monday	Weekly bulletin
Tuesday	Behaviour, Attendance and Punctuality checks
Wednesday	Core Revision / PSHE week 2
Thursday	Assembly
Friday	Core or Independent revision



Year 10 Form time

Please see below the schedule for our weekly tutoring programme.

Monday	Weekly bulletin
Tuesday	Assembly
Wednesday	Behaviour, Achievement and Punctuality checks
Thursday	PSHE
Friday	Interform

Y10 HPQ project

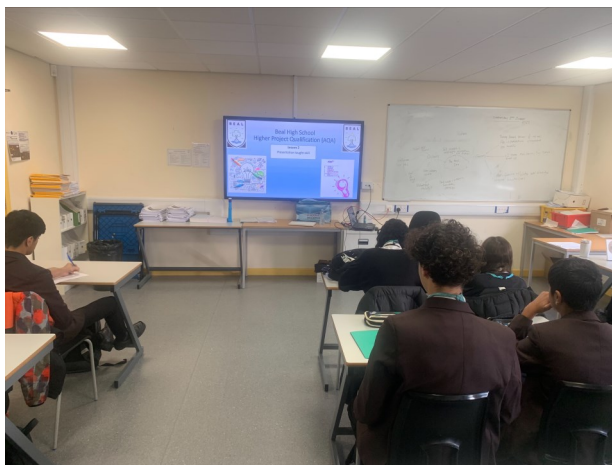
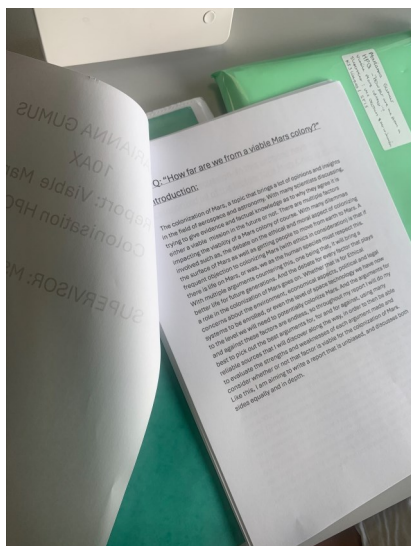
Again this year, we are running the HPQ qualification. 33 Year 10 students are currently in the process of completing their HPQ projects. This is a level 2 qualification whereby students complete an independent research project entirely of their choosing. Students were tasked with completing a 2,000 word report, a diary entry and a presentation for each project. This is an AQA accredited qualification and students worked incredibly hard on their projects. Some interesting titles being researched include:

"How far are we from a viable Mars colony?"

"To what extent do the habits of young adults in the western world increase their overall happiness?"

"To what extent has Formula One reduced its carbon emissions from 2019 to 2025, and what more will they do?"

"To what extent have human society and language been affected by mainstream ideas, resources and the media throughout time?"





Leadership opportunities

Leadership roles are a valuable investment in your future, with research showing that students who participate in activities outside of their studies tend to have higher grades and more positive educational experiences in general. Leadership roles offer a space for personal exploration and growth beyond the limits of academic achievement.

Year 11 Prefects:

We are delighted to have appointed the following 19 students to the role of Prefects. It was an incredibly tough two-stage process to appoint all applicants. To start with, all applicants had to write a formal application letter. A proportion of candidates were then asked to come in for an interview. Similarly to how university interviews are conducted, we had three members of staff on the interview panel. All successful students answered questions confidently and maturely and as such, they fully deserve the role! We are already working closely with our prefect team to action methods of fundraising for both local charities and the Y11 Prom and we look forward to seeing them leave their mark on our BHS community.

Our Year 11 prefects are: Simran (11GW), Sophie (11HU), Swarmim (11IO), Jakub (11BX), Simrath (11OA), Dawud (11BN), Rayyan (11NA), Vanessa (11SF), Simrah (11S),

YEAR 11 PREFECT TEAM



Head Boy

Abhishek Siram 11YF



Head Girl

Haifa Qureshi 11YF

Year 10 Prefects

Over 60 students applied to be a prefect this academic year, writing 300 words explaining why they should be selected. The applications were strong which made the selection a very challenging process! Prefects will take on a variety of roles this year, working as Media Monitors to help out in assembly, Admin support to help on parents' evenings, Charity Reps to raise money and organise all of the interform competitions. Prefects are in the throng of organising interform events for Year 10, ranging from simple quizzes to volleyball matches and talent shows. We are really excited about seeing the various events being led by our new prefect team.





Our Year 10 prefects are: Gabrielle (10AA), Tara (10AA), Maanuja (10AA), Yunus (10AX), Marianna (10AX), Shivdev (10CL), Trinity (10CL), Isra Abdal (10DR), Jahvell (10DR), Elina (10FGE), Gursimrat (10FGE), Jalal (10FT), Twila (10FT), Judi (10FT), Alvi (10KJ), Shivani (10KJ), Milap (10KZ), Harshini (10KZ), Areebah (10PM), Rayan (10RF), Mariam (10RF), Deen (10TT), Ridwan (10TT), Sandeep (10TT)

The BHS student forum 2025-26

We are delighted to have appointed our new BHS Student Forum delegates for 2025-26. Congratulations to the following students!



Freya
11YF



Faris
11OA



Jasleen
11SF



Amira
10KZ



Hasan
10PJ



Rayyan
10KZ

'We had candidates put themselves forward and deliver a 2-minute speech to the year group on Monday 29th September. On Wednesday 1st October, students had the opportunity to vote for the three candidates of their choice at lunch. Dr4 was set up like a real polling station with students being crossed off the list and given ballot papers before going in, one by one, to make their choices behind a screen. It was a very serious affair'. Ms Pryce

The Student Forum consists of 21 BHS students from years 7-13 and exists to build community cohesion across BHS and ensure every student has a voice, is heard and plays an important part in driving school improvement. The forum will give the opportunity for students to discuss ideas, emerging issues and creative solutions with each other in a safe and supportive environment, where they can work collaboratively and creatively across year groups to inform the decision-making processes in the school. Meetings will take place once a half-term on Wednesdays after school. Students will be taking part in an exciting trip to the Houses of Parliament on Monday 20th October.





REDBRIDGE FOOD BANK COMPETITION - KS4

This year, both the Year 11 and Year 10 cohorts will be competing against each other to see who can contribute the most amount of donations to the Redbridge food bank. From now until the 1st of December, both year groups have been asked to bring in non-perishable items (such as canned foods) to later donate to our local charity. Students will need to bring the items and hand them to their form tutors. We will regularly compare the size and number of items brought in by each year group to crown an overall winner. The aim of this initiative is not just to win the competition, it is to give back to the community in a positive way and foster a sense of charity among students. Our school community is coming together to help make a difference and support local families in need, we hope to see many contributions made for this great cause!' The Year 11 Prefects

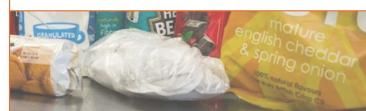


ACCEPTABLE ITEMS

- Cereals
- Tinned fruits
- Vegetarian food items (not fresh)
- Jam / Spreads
- Shower Gel
- Long Life Milk
- Tinned Tomatoes
- Dried Pasta
- Tinned Rice Pudding
- Tinned Custard
- Tinned Fish

Every Friday until Christmas, the Prefects will come to form to collect items to add to the store.

First collection starts 17th October





Be Internet Citizens': empowering young minds at Beal

On Friday 10th October 2025, Beal High School proudly hosted an exciting event that brought together students, teachers and digital experts for a morning of inspiration and learning. 'The 'Be Internet Citizens' workshop, delivered in partnership with ParentZone, YouTube, and our local MP Wes Streeting, aimed to equip secondary school students with the tools to navigate the digital world safely and responsibly, tackling the spread of misinformation and disinformation online. 60 students from years 9, 10 and 11 gathered in the new Maths school block to take part in interactive sessions focused on spotting misinformation, understanding online influence, and building positive digital communities. The energy in the 'Hawkins' room was electric as students engaged with trainers, asked insightful questions, and collaborated on activities designed to sharpen their critical thinking and media literacy. Local MP Wes Streeting then spoke to the students about how misinformation online can be a threat to our local and national democracy, and the importance of checking sources and establishing objective truth. Next up for the students involved is to lead a series of whole school assemblies to raise awareness of safety online so all students at the school benefit from the visit. Well done to all of the year 9, 10 and 11 students involved and thanks to staff too for supporting the event.





'Last Friday, I was fortunate enough to attend the Internet citizen workshop, in collaboration with YouTube. They taught the difference between Misinformation (when something is shared by mistake) and Disinformation (something shared on purpose to harm others), as well as some of the dangers of AI and how it could trick people into believing wrong things. We were also told to always hit pause, think and research when we are unsure about information being given on social media and the news. We were given the chance to vote for either 'cheese and onion' or 'salt and vinegar' crisps after hearing amazing pitches about both of them. The local MP also came along to tell us about his experience with misinformation and disinformation, proving that even experienced politicians make the same mistakes as us. At the end we had the chance to do activities. My group created a poem about mis and disinformation. It was a lot of fun, and we enjoyed working together. Overall, I had a great time'. Judi Ibrahim (10FT)

'The event was very interesting, and the people running it were very friendly and entertaining. I learnt some new information, and definitions of words which I didn't know before, and the activities were quite fun. I really liked it; I thought that the persuasive speeches on crisps were a funny way to show the different ways people could get influenced'. Laila Jivanjee 10AA

'The 'Be Internet Citizens' workshop was very engaging and informative as it allowed us to actively participate in discussions and share our opinion on what's on the internet and whether it's misleading or not. We particularly focused on misinformation and disinformation and the intent of people spreading fake news and AI - generated videos on the internet. I found this workshop very useful as it broadened my understanding that what we see on the internet isn't always true and that we should always check it on legitimate sources. There was also a point in the workshop where we were allowed to collaborate with other people and make advertisements and create short speeches/presentations on what we had learnt. Additionally, the talk from our MP Wes Streeting was very interesting as he talked about how even a person like himself can become victim to misinformation and disinformation and encouraging us to always be cautious and wary'. Jasleen Sheemar (11SF)





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

Week 8th September – 12th September

Year 10

- 1st - Jai Virdee (10KZ)
- 2nd – Gaafar Mohammed Ali (10CL)
- 3rd – Zain Faizal (10FGE)

Year 11

- 1st - Roshen Nagarajan (11IO)
- 2nd - Uzair Rafiq (11BX)
- 3rd - Urvi Hirani (11HU)

Week 15th September – 18th September

Year 10

- 1st -Inaaya Alom (10DR)
- 2nd – Zunoorain Soomro (10PM)
- 3rd – Zeeshan Ahmed (10CL)

Year 11

- 1st - Meeran Zaheer (11BX)
- 2nd – Aleena Rashid (11BX)
- 3rd – Hannah Javaid (11IO)

Week 22nd September – 26th September

Year 10

- 1st - Inayat Rabbani (10DR)
- 2nd - Heer Dobariya (10AX)
- 3rd - Trinity Okito (10CL)

Year 11

- 1st - Aarman Gorthy (11IO)
- 2nd – Maisha Baloch (11ZA)
- 3rd – Cavalli Brown-Gordon (11BI)

Week 29th September – 3rd October

Year 10

- 1st - Zainab Nayyer (10PM)
- 2nd – Eshal Ahmed (10PM)
- 3rd – Tangika Sarker Begum (10PM)

Year 11

- 1st - Zayan Butt (11IO)
- 2nd – Atun Levy (11BX)
- 3rd – Mimansha Kumar (11GW)

Week 6^h October – 10th October

Year 10

- 1st - Rayyan Ahmad (10KZ)
- 2nd – Kasmala Ali (10KZ)
- 3rd – Danjela Behluli (10AX)

Year 11

- 1st - Zaynab Sohail (11BN)
- 2nd – Verity Agyemang (11GW)
- 3rd – Swarnim Srivastava (11IO)





In other good news

Macmillan Bake Sale



On Tuesday 30th September, the Year 10 Prefects and Year 8 Charity Reps joined forces and worked very hard to sell a wide range of shop bought and homemade sweet treats to raise money for Macmillan Cancer Support, as part of the nationwide Macmillan Coffee morning. Students used their persuasive skills well, selling to students across the school and many members of staff. Congratulation to the students for raising £398.52!



Work experience

Congratulations to Afrin Nur (11KN) for securing a week-long career enhancing workshop at ARUP's London head office which will take place this half term! She has beaten a tough competition as these places are open to many schools across London. There are several workshops planned throughout the week, each focused on one of the many disciplines in the built environment industry.

In addition, congratulations to Zainab Sohail 11GW and Janani Anandakumar 11GW for securing spaces with JP Morgan Chase.

Judo news

Over the summer holidays, Mert Salim, his sister Aylin Salim and their sensei Turan were invited to Cyprus by the president. They visited the presidential Palace where they were honoured and given recognition awards for their achievement in judo for promoting their home country Cyprus in Judo in the UK. They ended up in national newspapers with over 100,000 views.

On Saturday 6th September Mert competed in a very important competition to keep his place in the England squad and on the Olympic programme. On the day Mert did not manage to get into his weight group and was forced to fight in the 'over 90 kg' category. All his opponents were over 100 kg but this did not phase Mert. He went on to fight courageously and won all his fights, becoming the new British champion for the over 90kg category. Congratulations!





On Saturday 6th September Mert competed in a very important competition to keep his place in the England squad and on the Olympic programme. On the day Mert did not manage to get into his weight group and was forced to fight in the 'over 90 kg' category. All his opponents were over 100 kg but this did not phase Mert. He went on to fight courageously and won all his fights, becoming the new British champion for the over 90kg category. Congratulations!



Coming up

Year 11 Progression Conference

On Tuesday 4th November Year 11 students will participate in the Year 11 progression conference 2025. This will provide them with support for preparing for their GCSE exams and making decisions for their post-16 education. We have booked in experts from different fields to come in for this and we are looking forward to the Year 11 students receiving high quality information, advice, and guidance. More details will be circulated on Wednesday 23rd October.

Stepping Up your Study Skills – Workshops from UCL



Stepping Up Your Study Skills

Stepping up your study skills is a 6-week online series of webinars for Year 11 students, designed to equip them with the tools they need to study more effectively, manage their wellbeing, and approach their GCSEs with confidence. Each session includes interactive elements such as polls, quizzes and activities to help students apply the techniques they will be learning. Applications are now open

[Stepping Up Your Study Skills | Access and Widening Participation - UCL – University College London](#)





Some important reminders....

Year 11 infographic

Please see below the timeline for all key dates in Year 11. This was shared with all students at the beginning of the year to help them visualise this year's important milestones.





Year 11 Leavers' hoodies

An online shop link has been created for students to order their leavers' hoodies.

You will be able to select both the colour and size of the hoodie from the available options. All hoodies will be delivered to school but orders must be placed before 13th February 2025. Any orders after this date will NOT be processed.



Communication

I want to highlight the important role parental involvement plays in our shared mission. Parents and carers are key partners in a child's development and parental trust in our school is crucial.

The only way schools can be effective is through open and honest communication. Please do ensure you keep in contact with the school, via your child's Form Tutor in the first instance or your child's Head of Year. Should you have any concerns related to a specific subject, please contact your child's subject teacher or the Head of Department. The best way to do so is to email the admin mailbox adminmailbox@bealhighschool.co.uk





Unifrog student events this year

Unifrog events 25/26: Students

September

- **w/c 22 Sep - Post-18 options series:** Not sure what to do after school or college? Learn more about options like apprenticeships and going to university.
- **w/c 29 Sep - University application masterclasses:** Get tips from the experts to help you craft an outstanding application to get onto your dream course.

October

- **w/c 6 Oct - 'Day in the life' series:** What does someone at work actually do in a day? Find out what it's like from employees and apprentices in a range of sectors.
- **14 Oct - Unifrog University Fair:** A virtual fair to hear from different UK universities about how to choose what and where to study, and advice on getting in.

November

- **w/c 10 Nov - Apprenticeship application masterclasses:** Expert tips from some of the biggest employers on how to write a great application and ace the interview process to get an apprenticeship.

December

- **2 Dec - GCSE choices:** How do you choose the right subjects for GCSEs? We'll share some key things to think about!
- **3 Dec - Post-16 options:** Not sure what to do after GCSEs? Explore your options with schools, colleges, and employers and discover the best fit for you.
- **9 Dec - How to prepare for exams:** If you have mock or real exams coming up, this webinar will give you top tips on revising and getting ready.

January

- **20 Jan - Post-university applications:** So you've sent off your university applications - now what? Join us to learn things like how to choose between offers and prepare for student life at university.
- **w/c 26 Jan - Getting started with university research series:** Things you should know and practical advice on how to start your search to find the perfect university.

February

- **11 Feb - Unifrog Apprenticeship Fair:** A virtual fair for you to chat to lots of top employers who offer apprenticeships for young people. Learn how to apply and what it's like to work in different sectors.

March

- **w/c 2 Mar - Careers week webinars:** A series during National Careers Week to help you make choices about your future career, and learn how to make it happen.
- **18 Mar - Subject discovery fair:** A virtual fair to hear from different universities with a focus on discovering the right subject for you.
- **25 Mar - How to prepare for exams:** Tips to help you revise and get ready for upcoming exams.

April

- **w/c 20 Apr - Soft skills to succeed series:** What skills do employers look out for? Find out which soft skills you need to apply for jobs, apprenticeships, and internships, and how to demonstrate them in your application.

May

- **w/c 11 May - 'Day in the life' series:** What does someone at work actually do in a day? Find out what it's like from employees and apprentices in a range of sectors.

June

- **3 Jun - Unifrog University Fair:** A virtual fair to meet universities from around the world to help you choose what and where to study, and learn how to apply successfully.
- **w/c 8 Jun - University advice webinars:** Learn about aspects of university life, from how to budget and live affordably to extracurricular activities.
- **w/c 15 Jun - Taster lectures:** Ever wondered what a real university lecture sounds like? We've invited lecturers from a range of popular subjects to show you.
- **29 Jun-3 Jul - Virtual Work Experience Week:** A week of virtual work experience with five top employers to develop your skills!



Log in and scan to
sign up or visit:
[unifrog.org/student
/webinars](https://unifrog.org/student/webinars)

Thank you for your continued support.
Kind Regards

Ms C. Chantaduc
Vice Principal & Head of Upper School

Mr A. Round
Head of Year 10

Mr A. Raja
Assistant Principal KS4

Mr V. Vaghela
Head of Year 11

Mr A. Clift- Matthews
Assistant Principal KS4

