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Inside this issue:



2

Science News

3

Community
News

4

Science College Newsletter

Issue 51

Spring 2025

Celebrating Success, Wellbeing, and Spiritual Growth

As we approach the end of term, I am delighted to reflect on the many successes and activities that have enriched our school community. Our Parents' Evenings for Years 8–11 were highly successful, with an outstanding 98% attendance at the Year 11 event—thank you to all parents for your support. Year 11 pupils enjoyed a Sixth Form Taster Day, while Year 9 students look forward to their Pathways Evening after February half-term to explore GCSE options.

This term, we prioritised wellbeing during Children's Mental Health Week, with assemblies on mindfulness and exam stress management for Year 11 students. Creativity shone through in our Poetry Slam competition, where students showcased their talent and confidence through spoken word. We also celebrated National Apprenticeship Week, with subject-based activities, posters around school, and resources shared via the Personal Development Google Classroom to highlight career opportunities.

Spiritually, our students deepened their faith by participating in class Masses, Reconciliation during Advent, and leadership training for proclaimers. Their commitment to Catholic Social Teaching was evident in active charity work, demonstrating a desire to serve others. These experiences have made this term both enjoyable and meaningful. Thank you to everyone who contributed to its success. Wishing you a peaceful and restful break over the holidays.

Mrs Madeleine Moran, Headteacher



On a cold morning in November, the 6th Form Eco Warriors warmed up by clearing weeds and brambles from the community flower bed on Woodcock Hill. An outstanding effort to improve the community green spaces close to our school!

St Gregory's Eco Committee Update

Our main topics of focus this academic year are Healthy Living, Waste and Transport.

Congratulations to Justina Krehovetskaja 7M, who won our Eco Advent Calendar challenge to make something useful out of discarded Christmas packaging. Justina made a bowl and mat out of rolled up wrapping paper. She also made a "snowball in the hole" game, which was great fun. Justina won a £25 gift voucher for her amazing efforts.

Other initiatives undertaken for our Waste theme include: setting up "recycle to read" battery recycling, whiteboard pen recycling and sorting out lost property—reuniting labelled items with their owners and stocking our upcycled uniform shop with unclaimed lost property. PLEASE LABEL YOUR CHILD'S UNIFORM & P.E. KIT! For Sustainability Month in March, we will be focusing on FOOD WASTE. We are looking for new recipes to add to our Food Waste Recipe Book. If you know how to make something delicious out of left-over food, please submit it to Mrs Hovey: ghovey@stgregorys.harrov.sch.uk. For inspiration, see our recipe book [HERE](#).

For our Healthy Living topic, we have recently been focussing on promoting mental health awareness. During Children's Mental Health Awareness Week, we presented assemblies to pupils in Years 7-10; we created a PSHE lesson and ran a poster competition. Year 11 students received an assembly from an NHS expert on managing exam stress and Mrs Haines' Recycled Arts Club created a Positivity Tree, which has been erected outside the Respite Room. Respite is a room where students can speak to a trained member of staff if they are feeling upset or anxious.

In addition, last term we organised a raffle for the Rotary Club's Purple for Polio Campaign, which aims to eradicate Polio from the world. We raised £100 for this appeal, which will be tripled in value by the Melinda Gates Foundation.

As part of our transport topic, on 6th February we delivered assemblies to all pupils at St Bernadette's Catholic Primary School on air quality and how our travel choices impact the air we breathe. *St Gregory's Eco Committee*



Travel Ambassadors Campaign for Road Safety

We would like to thank all parents who responded to our school travel survey. Whilst the majority of students are using active or sustainable modes of travelling to school, 17% of parents are still driving their children to school. This causes congestion and poor air quality around our school, both of which are dangerous for pupils.

We would like more pupils to "Ditch the Ride for a Park & Stride", so on 23rd January we invited Brent Council officers to meet with us to discuss road safety near our school, including but not limited to, the crossroads of Kenton Road with Woodcock Hill. Officers have agreed to work with us on a number of initiatives to improve road safety for pupils, including parking and speeding on roads around school, as well as pedestrian crossing points.

In support of our work with Brent's officers, we will soon be sending out another questionnaire to parents to delve deeper into some of the points raised through our questionnaire last term.

Y8 Travel Ambassadors

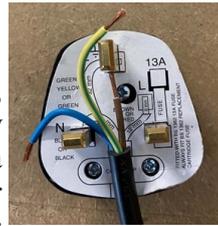
Action for the Environment

With litter pickers in our hands, every fortnight the 6th Form Eco Committee has been ensuring the park and roads around our school are clean and inviting. We've noticed a real improvement in cleanliness since we started. Well done everyone! However, one thing that stood out on our last visit was half-eaten food items discarded near bins close to school. Small actions that make a big difference include putting rubbish into the bins properly and avoiding food waste. Please help us help our environment. *Wanika Botelho 6HAK*



Science Club

Science club students have been making electric circuits, wiring a plug and designing electric circuit boards. By soldering a diode, resistors, and LED lights on to a circuit board one can turn on lights with colours (red or green). Similar circuits are used for coloured traffic lights. Students also worked with ammeters, voltmeters, bulbs, batteries, switches and electrical cables to make parallel and series circuits. Wiring a plug correctly is a key life skill, too. We also had fun doing the activities. *Sophie Makeviciute 8H*



Christmas STEM Event

On Friday 13th December a group of Year 7 students visited Middlesex university for the Christmas STEM event, entitled: “Exploring Rollercoaster versus Ride-Simulator—Which is most thrilling?”

The students had the opportunity to solve puzzles and they all experienced the roller-coaster simulator, which was very realistic! (I shut my eyes when it was my turn!).

The students then had the opportunity to watch a lecture delivered by Professor Brendan Walker. Professor Walker revealed the secret art and science behind thrill seeking - what’s going on in our body and mind, and why we love being scared. He used examples from his own career as a ride designer, and from research conducted at Middlesex University.

Professor Walker also explained why roller coasters deliver such intensely thrilling experiences, and he posed the following question to us: “Could a ride simulator do better?” Many of us agreed that it could! *Mrs Woodhouse, Science Teacher*



Riding the simulator

Y10 Scientists Examine the Impact of Diet on Healthy Living

What are ultra--processed foods?

Ultra-processed foods (UPFs) are industrial products made mostly from substances extracted from foods (like oils, fats, sugars, starches, and proteins) and contain little or no whole foods. They often include ingredients like preservatives, flavour enhancers, and artificial colours, which are typically used to make the food more palatable or extend its shelf life.



Why are UPFs bad for you?

Nutrient Poor: They generally lack essential nutrients like vitamins, minerals and fibre that are found in whole foods.

High in Calories: They often have high calorific content, leading to weight gain and associated problems, like obesity.

Additives and Preservatives: These foods contain artificial additives and preservatives, which may contribute to digestive issues, allergic reactions, increased risk of chronic disease, hyperactivity and behavioural issues.

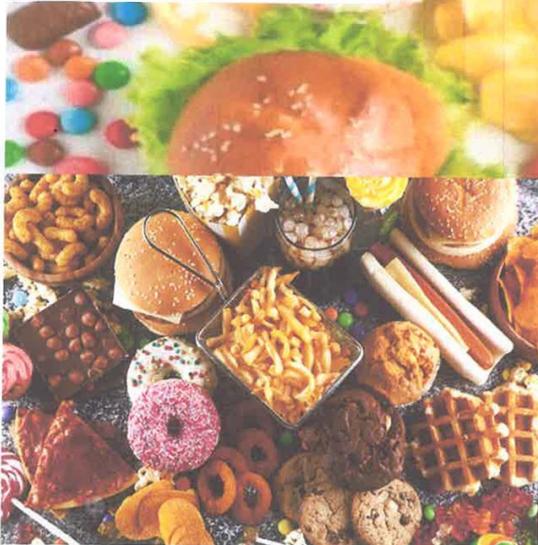
Increased Risk of Chronic Diseases: Regular consumption is associated with a higher risk of chronic diseases such as heart disease, diabetes, and certain cancers.

High in Nutrients of Concern: UPFs are high in sodium, added sugars and unhealthy fats which can lead to weight gain, diabetes, heart disease, high cholesterol levels and metabolic issues.

Biological Aging: Scientists have conducted studies suggesting that consuming UPFs can lead to accelerated biological aging.

Risk of Cancer: Consuming UPFs can make you more susceptible to colorectal (bowel) cancer.

Poster created by Treivon Robinson 10J

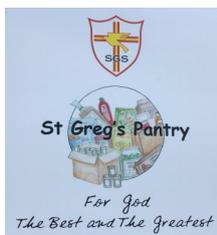


Great British Spring Clean Call-up

St Gregory's Eco Committee will be leading a community litter pick in Woodcock Park on 26th March in support of Keep Britain Tidy's Great British Spring Clean. We will meet by the Mural bridge in the park at 10:30am for one hour. Litter picking equipment and gloves can be provided, but please bring your own if you have it. To let us know you are coming, please email:

ghovey@stgregorys.harrow.sch.uk. *Y9 Eco Committee*

St Greg's Pantry



St Greg's Pantry stocks a variety of foods and toiletries, free of charge to anyone in the St Gregory's family who might need a little extra help.

The Pantry is open during term time on Saturdays from 9:30am—11:30am. Any family is welcome to use this facility occasionally or regularly.

If you would benefit from this facility, or if you wish to donate, please contact *Mrs Hovey on ghovey@stgregorys.harrow.sch.uk* or your child's Head of Year.

Girls' Pre-loved Uniform Required

The upcycled uniform shop is as popular as ever, but we are short of girls' blazers, skirts and PE tops. If you have uniform and/or PE kit your child has grown out of and is in good condition, please donate it via the School Office. Not only does this reduce waste, it helps parents save money and all proceeds are used to purchase food for St Greg's Pantry, supporting families in need. *Eco Committee*

No Nuts Please

We have several children in school who suffer from a severe nut allergy. Please could I take this opportunity to remind you that our school has a "No Nuts Policy". This includes a coconut allergy and we would ask that families avoid using coconut products.

Mrs Camangon, Medical Welfare Officer



Kenton Area Traders' Association

On 30th October, the Kenton Area Traders' Association (KATA) hosted the festive lights switch-on event on Kenton Road. The event was attended by local residents, businesses, councillors, police officers from Kenton's Safer Neighbourhood Team and pupils from three Kenton schools. The massed choirs of St Gregory's Catholic Science College, Uxendon Manor Primary School & The Mount Stewart Schools sang festive songs and performed Diwali dances prior to a community countdown to the illumination of the festive lights, which was led jointly by the Mayor of Harrow, Cllr Salim Chowdhury and the Mayor of Brent, Cllr Tariq Dar. Both Mayors commented on the wonderful community atmosphere and wished everyone a very happy festive season.

At the KATA meeting on 23rd Jan, the KATA welcomed representatives from the Met's Cyber Resilience Team. The team will be visiting businesses with a member of the Safer Neighbourhood Team to help you review your cyber security and GDPR procedures. This service is free of charge. To find out more and to sign up to regular and informative updates from the cyber resilience team, you can view their newsletter [HERE](#).

Mr Mandalia, Chairperson, KATA

Right: Festive lights switch-on event.
Far Right: Delegates at a recent KATA meeting, held at Blue Ginger Restaurant.

