

w/c Monday 9th March 2026

Sporting Success



Rugby

Well done to our T1 Rugby team who came 3rd in the borough tournament, losing 4-3 in the semi finals. A fantastic effort from all who played in their first Rugby tournament.



Football

Well done to our Year 10 Football team, who beat St Marks 4-2 to take us joint top with one league game remaining. Once again a massive thank you to our sponsor T10Sport, for sponsoring our school kit this year. Sponsors website- <https://todd10sports.com/>



Well done to our Year 7 girls football team for their 4-0 win against Springwest

Well done to our Junior girls team for your performance against Springwest



STUDENT WEEKLY

Week B

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Rivers Readers

Over the last half-term a group of Year 8 students have been visiting Oriol Primary school to mentor year 5 students. They have been a credit to the academy and the year 5 students have reported how much they have gained from the experience.

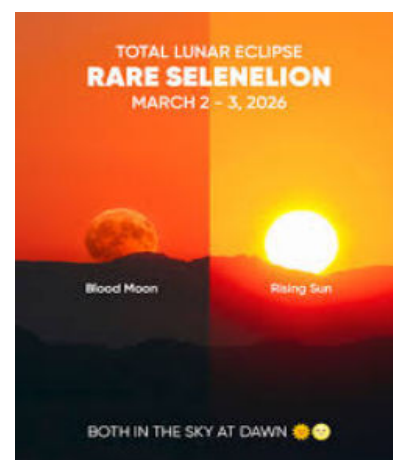
A year 9 cohort have also been visiting Oak Hill Academy in Feltham and have also had excellent feedback and are doing a brilliant job.



Science Fact of the Week

Selenelion: How An Atmospheric Effect created An "Impossible" View
During this week's Lunar Eclipse

During an eclipse of any kind, the Moon and the Sun are on opposite sides of the Earth. So, it should be impossible to see the eclipsed Moon and the Sun in the sky at the same time. When bright objects like the Sun or the Moon are just below the horizon, our atmosphere creates a mirage, making them look like they are just above it, similar to a perceived shift in size of objects when looking at them through water. It is thanks to this that the Selenelion is possible. The eclipsed Moon will be visible as it is above the horizon, while the rising Sun will just appear to be above the horizon, allowing both to be seen in the sky at the same time.



Disparity

Pronounced: duh-spae-euh-tee
(noun)

A great difference or inequality between things.

Etymology: originates from the Latin *disparitas*, meaning "difference" or "inequality". It is a combination of the Latin prefix *dis-* ("not") and *paritas* ("equality").



Transform



Synonyms & Antonyms



Use



Career Link

AM Notices

Next week there will be no year 11 intervention on however it will start again the week after

Year 11 Deep Learning Day will be taking place on Thursday 12th March where we will have a range of external visitors onsite to teach them some key life messages.

Progress Checks will be taking place in all subjects for students in years 7 to 10 and 12 in the week beginning March 16th. Check with your teacher what day the test will be on and what topics you should revise.

STUDENT WEEKLY

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OVERVIEW - WHOLE ACADEMY					
	Monday	Tuesday	Wednesday	Thursday	Friday
ARTS- Angelou and Bowie	Word of the Week	Assembly	Silent Reading Y7/8/9 Y10/11/12/13 PSHE	Y7 Aspire Award 8/9 Guided Reading Y10/11/12/13 PSHE	Y7/8/9/10 Numeracy Ninja Y11/12/13 Quiz
COMMUNICATIONS- Attenborough and Berners Lee	Word of the Week	Y7 Aspire Award Y8/9 GUIDED READING Y10/11/PSHE 12/13 Assembly	Assembly 12/13 PSHE	Silent Reading Y7/8/9 Y10/11/12/13 PSHE	Y7/8/9/10 Numeracy Ninja Y11/12/13 Quiz
MATHS AND WELLBEING - Turing and Simmonds	Word of the Week	Y7 Aspire Award Y8/9 GUIDED READING Y10/11/PSHE 12/13 Assembly	Silent Reading Y7/8/9 Y10/11/12/13 PSHE	Assembly 12/13 PSHE	Y7/8/9/10 Numeracy Ninja Y11/12/13 Quiz
SCIENCE AND TECH- Franklin and Latimer	Word of the Week	Y7 Aspire Award Y8/9 GUIDED READING Y10/11/PSHE 12/13 Assembly	Silent Reading Y7/8/9 Y10/11/12/13 PSHE	Y7/8/9/10 Numeracy Ninja Y11 Quiz	Assembly/12/13 Quiz

LAST WEEK		ACHIEVEMENT POINTS -	
Totals	Achievement	Totals	Achievement
Arts	1279	Maths & Well-being	1335
Communications	1467	Science & Technology	1093

Science Stars of the Week

PE Extra Curricular Timetable

	Break 1	Break 2	After School (3.15 - 4.15)	
Monday		Girls Basketball Y7-9 (Boys Gym)		
Tuesday			Boys Basketball (Y7-10) BOR/JDU/AFI/DSU Boys Gym	Netball (Y7-Y10) EMR Girls Gym
Wednesday		Girls Football Y7-9 (Boys Gym)	Boys Football (Y7-Y10) AFI/DSU/BOR/AOR/ JDU Field	
Thursday			Girls Football (Y7-10) EMR/AFI Field	
Friday				

Rivers Extra Curricular PE Timetable Spring 1

London Youth Games Trials

On the next few pages are some exciting opportunities open to students to take part in the London Youth Games. If you are interested in attending one of these trials, please see Mr Field in PE

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London Youth Games GIRLS BASKETBALL

REPRESENTING HOUNSLOW

Trials and training sessions at Osterley Sports & Athletic
Centre, 120 Wood Lane, Isleworth TW7 5FF

Starting Tuesday
14th April 2026,
from 17:00 - 18:30


For school year 9-11

Must live or go to
school in Hounslow

Qualifiers
24th May 2026

Book now by scanning the QR code or emailing:
Jonathan.Barbour@lamptongroup.co.uk

Lampton
Leisure

On behalf of
 London Borough
of Hounslow



London Youth Games BOYS VOLLEYBALL

REPRESENTING HOUNSLOW

Trials and training sessions at Brentford Fountain Leisure
Centre, 658 Chiswick High Road, Brentford TW8 OHJ

Starting Monday
13th April 2026, from
16:30 - 18:00

For school year 7-11

Must live or go to
school in Hounslow

Qualifiers
30th May 2026

Book now by scanning the QR code or emailing:
Jonathan.Barbour@lamptongroup.co.uk

Lampton
Leisure



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London Youth Games **BOYS BASKETBALL**

REPRESENTING HOUNSLOW

Trials and training sessions at Osterley Sports & Athletic
Centre, 120 Wood Lane, Isleworth TW7 5FF

Starting Wednesday
25th March 2026,
from 16:30 – 18:00

For school year 7-11

Must live or go to
school in Hounslow

Qualifiers
23rd May 2026

Book now by scanning the QR code or emailing:
Jonathan.Barbour@lamptongroup.co.uk

Lampton
Leisure



On behalf of
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of Hounslow



London Youth Games BADMINTON

REPRESENTING HOUNSLOW

Trials and training sessions at Osterley Sports & Athletic
Centre, 120 Wood Lane, Isleworth TW7 5FF

Starting Wednesday
22nd April 2026, from
16:30 - 18:00

For school year 7-11

Must live or go to
school in Hounslow

Finals
14th June 2026



Book now by scanning the QR code or emailing:
Jonathan.Barbour@lamptongroup.co.uk

Lampton
Leisure



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Represent Hounslow at the

MINI MARATHON

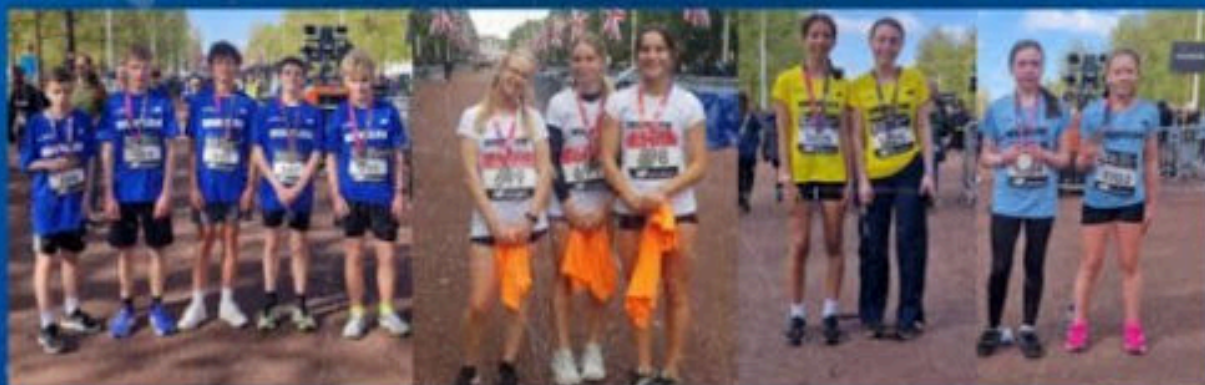
Would you like the chance to represent Hounslow crossing the world-famous TCS London Marathon Finish Line on The Mall?

2.6km Race

Taking place on
Saturday
25th April 2026



For age groups under 12 – under 18 | Must live or go to school in Hounslow



Book now by scanning the QR code or emailing:
Jonathan.Barbour@lamptongroup.co.uk

Lampton
Leisure

On behalf of
London Borough
of Hounslow

tcs  MINI LONDON
MARATHON 26



w/c Monday 9th March 2026

Message from the School Nursing Team



➤ **The Benefits of Good Sleep**

Quality sleep is crucial for our physical and mental health. It improves cognition, concentration, productivity, and overall mental health.

- ❖ Sleep helps support memory and learning
- ❖ Sleep helps clear waste from the brain and promote brain health
- ❖ Sleep supports brain health, and brain health supports sleep
- ❖ Sleep supports immune health, and immune health supports sleep
- ❖ Sleep helps the immune system to clear bacteria and viruses
- ❖ Sleep helps to recycle old cells and maintain our bodies and energy level

➤ **How much sleep does everyone need?**

- ❖ Toddlers and babies need 12 to 17 hours
- ❖ Children need 9 to 13 hours
- ❖ Adults need 7 to 9 hours

➤ **How to achieve a good night sleep?**

- ❖ Keep regular sleep hours
- ❖ Create a relaxing bedtime routine
- ❖ Stop using electronic devices before going to bed
- ❖ Avoid stimulants after lunch
- ❖ Make at least 7 hours per night your goal, or 9 hours for a child.

www.teensleephub.org.uk

www.thesleepcharity.org.uk

www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-fall-asleep-faster-and-sleep-better/

www.uhs.nhs.uk/Media/UHS-website-2019/PatientInformation/Other/Sleep-hygiene-3276-PIL.pdf

11-19 years old? Young people in Hounslow can text a School Nurse on **07507 333 176** for confidential advice and support.



Receive an answer within one working day from a qualified School Nurse
(Monday to Friday 9.00am-4.30pm)

Parents and carers in Hounslow can text a School Nurse on **07312 263 080** for confidential advice and support for their child or teenager.



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Hounslow School Nursing Service

Young Carers Action Day

Wednesday 11th March

Give me a break!

The theme for Young Carers Action Day 2026 is **'Fair Futures for Young Carers'**, a call to ensure every young carer has the same chances to learn, grow and thrive as their peers

The Carers Trust

Young carers face a huge array of challenges as a result of their caring role. Carers Trust young carer surveys repeatedly show that many young carers are disadvantaged in multiple aspects of their lives, including mental and physical health, finances, education and employment.

If you're a young carer and would like to get involved in Young Carers Action Day we would like to hear from you. Please email: youngcarers@carers.org.

[Signup to the Carers Trust Newsletter | Carers Trust](#)

Hounslow Young Carers Project

Hounslow & Ealing Young Carers Project is delivered by Brentford FC Community Sports Trust and offers support and advice to young carers aged between 8 and 18, who live in the London Borough of Hounslow or Ealing

The project is a chance for young carers to have a break from their caring role and to meet other young carers who are in a similar situation.

Voluntary agencies, as well as schools, can make a referral.

Please contact Kathryn Sobczak at ksobczak@brentfordfcst.com for further information.

[Friends of Hounslow Young Carers | Facebook](#)

[Young Carers | Brentford FC Community Sports Trust](#)

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Extra Curricular Timetable - General ECAs

	BEFORE SCHOOL	BREAK 1	BREAK 2	AFTER SCHOOL
MONDAY		ORIGAMI CLUB - SBO - 219		DRAMA CLUB - XHU - 135 YEAR 11 ENGLISH INTERVENTION (3-4PM)
TUESDAY		CRAFT CLUB - ISH/LSI - 271 UNO CLUB - EMA - 112	ART CLUB - ESH - 124	CODING CLUB (YEAR 7) - PRA - 111 BOYS BASKETBALL - BOYS GYM NETBALL - GIRLS GYM MOCK TRIAL BAR - WBE/HSM - 272 DEBATE CLUB - LMU/HSM -272 YEAR 11 HUMANITIES INTERVENTION 3-4PM (WEEK A) YEAR 11 MFL INTERVENTION 2-4PM (WEEK B)
WEDNESDAY	BREAKFAST CLUB CANTEEN PJO /VSH	ART CLUB - HMU - 121 YEAR 7 GIRLS BASKETBALL - GIRLS GYM YEAR 11 - YEARBOOK - HSM - 261 MUSIC CLUB - LHA - 135	MOCK TRIAL BAR - WBE/HSM - 151	BOYS FOOTBALL - BOYS GYM KS3 SCIENCE CLUB - LPO - 232 MATH HOMEWORK CLUB - BSH - 203 KS3 DT CLUB - TBA - 139 YEAR 11 SCIENCE INTERVENTION SING! 3-4PM - LHA - 135
THURSDAY		WELLBEING CLUB - EMA - 112	HUMANITIES CLUB - JCA - 172	GIRLS FOOTBALL - PE BLOCK ANIME CLUB - SRE - 273 YEAR 11 MATHS INTERVENTION 3-4PM YEAR 11 OPTIONS INTERVENTION 3-4PM YEAR 11 MUSIC COURSEWORK CLUB - LHA - 135

To sign up to a club, simply attend and the teacher will add you to the register

Useful information:

- **Lunch money needs a top up?** If you need to top up your lunch money account, the easiest way is online: **School Gateway details:** <https://login.schoolgateway.com/0/auth/login>
- **Lost something?** First try retracing your steps, if you can't find it, lost property is taken to reception, please ask here.
- **Biometrics/Fingerprints not working ?** Please inform your AM, who will contact the school office.

Worried? Need support?

- Speak to any teacher/your AM or there is- [The SHARP System](#)
- If you are looking for support and advice regarding a mental health issue for yourself or someone close to you, then you will find lots of help at Kooth [Here is the link.](#)
- If you have a notice you would like added to the student weekly, email Mr Wormald (twormald@rivers-aptations.org) by Friday 9am the week before.