

Celebrating a Fantastic First Half Term!

What a busy, yet wonderful, first half term it has been! It has been an absolute joy to welcome all of our students back and, particularly, to see everyone settle so positively into the new academic year. The energy in the school has been fantastic, and it's been incredibly rewarding to see both students and staff embrace our new Class and Calm procedures with such enthusiasm. It truly feels like we are all strongly committed to the principle of 'one school, one standard', ensuring a focused and supportive learning environment for everyone.

This term, we have been thrilled to offer a host of diverse and enriching trips that have truly widened our students' experiences and provided them with opportunities to grow outside the classroom. Highlights have included:

- The challenging but rewarding DofE Silver expedition.
- The essential fieldwork for our A Level Geography NEA (Non-Exam Assessment).
- A fascinating Latin trip to Bath to explore Roman history.

Our first successful trip to Outward Bound in Wales for a group of twelve students, which focused on teamwork, resilience, and personal development.

These are invaluable experiences that help build character and confidence alongside academic learning.

We have also taken time to celebrate the richness and

diversity of our school community. This month, we have proudly celebrated Black History Month. Our dedicated Equity Prefects and Commission have done an outstanding job of leading these celebrations, preparing a whole-school assembly, running fun and engaging ACS (African Caribbean Society) games nights, organising a fantastic talent show, and hosting a vibrant flag fest on the final day of term.

This week, we have also been delighted to celebrate Diwali. It was wonderful to see our students lead a fantastic assembly, sharing their personal experiences and illuminating the significance of the Festival of Lights. These student-led events are key to fostering a supportive and inclusive school culture.

To our students in Year 11 and Year 13, as you approach your internal examinations next term, the half term break presents a vital opportunity. While it is absolutely essential that you take time to rest and recharge, it is equally important that you use some of the break to focus on your preparation for these exams. Finding a balance between a well-deserved rest and dedicated revision will set you up for success. We know you can do it!

On behalf of all the staff, I would like to wish all our parents and students a very safe and relaxing half term break. We look forward to welcoming everyone back refreshed and ready for the next term.

Miss S Totty, Interim Headteacher



Cross Country Champs



English Schools Cross Country championships took place today at Somerhill School in Tonbridge. The Junior girls team did exceptionally well at an exceptionally high level of competition, they placed highly in the ranks. All girls performed exceptionally well and we a credit to themselves and our school. C Woodgate, PE Teacher.

Strong Turnout for Year 11 Expectations Evening as Students and Families Focus on “Marginal Gains” for GCSE Success

The year 11 expectations evening was held on Thursday 2nd October. we were very please to see that over 70% of parents/ carers were able to attend the event The evening is one of the most important events in the lead-up to the GCSE exams. It provided key information and strategies needed to successfully navigate the high-pressure year ahead.

The vent followed the year 11 EDGE session on Wednesday 1ae using with year 11 is 'small or marginal gains.

Mrs M Franz, Senior Assistant Headteacher



John Locke Institute Global Essay Prize 2025

We are immensely proud to share that four of our International Relations students from last year have been shortlisted for the final of the prestigious John Locke Institute Global Essay Prize 2025. Ava E, Shaelyn R, Darisimi O and Hannah B were all nominated for the global prize.

This year’s competition saw over 65,000 entries from students worldwide, making this an extraordinary achievement. Townley stands out as one of only a handful of state-funded schools globally to have not just one, but three students reach the finals. A huge congratulations to our students on this remarkable success!

Mr F De Fabiani, Senior Assistant Headteacher



Celebrating Black History Month 2025 at Townley Grammar

October at Townley has been alive with energy, reflection, and celebration as we mark Black History Month 2025. Across the school, students and staff, have come together to uplift voices, explore heritage, and spark meaningful conversation.

Thank you to our brilliant Senior Equity Commission Prefects who led assemblies, workshops and collaborated with school leaders to ensure inclusive and inspiring celebrations. Through these events, we aim not only to remember but to amplify voices, deepen understanding, and strengthen our community’s commitment to equity. Black history is not just a month of reflection it’s a continual journey of learning, respect, and growth.

Mr F De Fabiani, Senior Assistant Headteacher

Building Confidence and Resilience: Year 11 Students Embrace the Challenge of Their Silver DofE Practice Expedition



Silver DofE practice was truly a wonderful experience. Whilst doing the map planning I was able to ask Mr Quinn for help to give me the confidence to read the map and navigate using the compass so that we could make our way to each checkpoint with barely any hiccups. Although we got lost once or twice, we were able to get back on track. Though the journeys were tiring it gave me a feeling of accomplishment when we reached to the camp site on the first day. When I woke up on the second day, I had a newfound confidence after having already completed the first day. After having breakfast, we were ready to seize the day. As we saw members of the public, they gave words of encouragement. As we almost reached the campsite on the second day, I was confident that we are well equipped to handle our Silver DofE in April. The Practice walk has made me hopeful for the real expedition. - Jessica Year 11



Year 12 Psychology Students Gain Insight into Mental Health at Bethlem Museum of the Mind



On Monday 13th October, Year 12 Psychology students visited the Bethlem Museum of the Mind, located in the grounds of the Bethlem Royal Hospital - the oldest psychiatric hospital in the UK, if not the world, with a history tracing back to 1247.

To support their study of Clinical Psychology, students were introduced to the long and controversial history of the hospital and explored artwork from former and current patients, including William Kurelek's famous painting *The Maze* about his experience of psychiatric treatment. Students also learnt about the current work of the hospital in treating psychiatric conditions - treatments now have a strong focus on art therapy, trauma-informed care and recovery-oriented activities. Students were clearly inspired to think about a career in clinical psychology, with lots of questions asked about work experience opportunities and what a typical day looks like for hospital staff

The Museum of the Mind is also open to the public Wednesday-Saturday from 9:30am to 5pm - I would highly recommend visiting if you have any interest in mental health!

Mr J Pugh, Teacher of Psychology & English

Adventure, Teamwork and Challenges on Unforgettable



Ten students embarked on an unforgettable trip to Outward Bound in Aberdovey, Wales, for a week of fun-filled adventure. After a six-hour journey in the minibus, we finally arrived at the Outward Bound Centre, nestled high in the hills overlooking the sea. Once we had settled in, unpacked, made our beds, and enjoyed a hearty meal, it was time for our first activity — the famous Jog and Dip. At 8 p.m., we found ourselves running down to the beach and plunging into the fresh sea, fully submerged beneath the waves. Despite the cold, spirits were high as we sang songs together, laughing and embracing the refreshing, positive energy that came with this exhilarating icebreaker.

The following day, we packed our bags and rucksacks, ready to venture to Barmouth for a day of scrambling and climbing across rocks and hills. After several hours of challenging terrain, we arrived at a field that would become our home for the night. Wild camping, wild weeing, and eating army-style

food were all firsts for many of us — experiences that pushed us well outside our comfort zones. Thankfully, the campfire and toasted marshmallows in the evening helped calm our nerves and brought everyone together.

The next morning, we were awoken early by the sound of sheep bleating nearby. After packing up the tents and having breakfast, we set off on our seven-hour hike to conquer the 983m summit of Cadair Idris. It was no easy feat — steep climbs, tired legs, and unpredictable weather tested us all — but with teamwork, encouragement, and determination, we finally reached the top. Although the summit was



Triumph: Students Conquer Outward Bound Trip to Wales



shrouded in clouds and the views were hidden, the sense of achievement made every step worthwhile. After a quick lunch at the peak, we began our long descent, tired but proud.

Thursday began with a thrilling jetty jump, as everyone once again stepped out of their comfort zones. Afterwards, we headed up into the mountains for some gorge walking, navigating streams and climbing rocks as a team. During our final evening, we took part in a team-building activity and spent time reflecting on our journey — the fears we had faced, the challenges we had overcome, and how much we had grown together over the week.

Before setting off for home, we couldn't resist sampling some Welsh ice cream, even in the rain! The journey back included a very welcome McDonald's stop, before we safely returned to our families — tired, proud, and full of stories to share from an unforgettable adventure.

Watching the students take on and achieve every challenge was truly inspiring. Being part of their journey — witnessing their courage, teamwork, and the new friendships formed — was a privilege and one of the most memorable weeks of our teaching careers.

Mrs Greener, Learning Manager Year 9 and Mr White, Learning Manager Year 8





Geographers Make Waves on Jurassic Coast Adventure!

Our recent A-Level Geography trip took us to the stunning Jurassic Coast, where students swapped classroom walls for sea cliffs, beaches, and a whole lot of fresh air. We explored iconic sites like Durdle Door, Lulworth Cove, Lyme Regis, Chesil Beach, and Weymouth - all perfect backdrops for collecting data for our coursework.

Armed with clipboards, ranging poles, and plenty of snacks, students investigated coastal erosion, longshore drift, and human impact on the landscape. The fieldwork was a great success, with lots of valuable data collected (and the occasional pebble stashed away for "research purposes").

We stayed at a PGL, which meant it wasn't all about measuring wave frequency – after our fieldwork, we enjoyed the sunny weather with some fun evening activities, including laser tag and the giant swing. It was a great way to unwind and enjoy some time together outside of studying. It was a fantastic trip that brought geography to life, gave students a taste of real-world fieldwork, and created plenty of laughs and memories along the way.

Mr. L Hicks-Pattison, Head of International Relations, Teacher of Geography



Year 9 Bring History to Life on Epic Oxford & Bath Adventure!

On the 25th September 29 bold year 9s and three hardy teachers set out on an epic overnight adventure. Travelling by coach we travelled first to the Ashmolean, one of the finest museums in the world, where we were able to handle and analyse objects over 2000 years old, and then go round the newly reopened Roman galleries. Following some free time in Oxford, we headed to our hostel and the evening was taken over by our incredible student talent show. There was rapping, dancing, poetry, theatre and even a talking apple. After *some* of us slept, we travelled into Bath for our grand finale, Aquae Sulis, one of the best-preserved Roman Bath houses, that we had just been learning about in school. After more free time, including necessary visits to gift shops and Ms Burch's favourite bookshop we travelled home. An amazing experience, and huge thank yous to all the students and my colleagues Ms Venuso and Mr Wilson.

Ms Burch, Curriculum Leader - Classical Civilisation

Futures Forum Inaugural Talk: Independent Learning and Research skills

by Elleanore P, 12.11

As part of the Townley Future Forum programme on Wednesday afternoon, we had the privilege of attending a talk organised by some of the year 13 EPQ students, in order to celebrate their hard work and dedication to their passions in completing their EPQs.

Each presentation explored a unique topic, showing the range of interests and depth possible in an EPQ.

One student examined femininity in the Bible, analysing how female figures were portrayed in religious texts. Another explored the legal system in India, looking at the influence of ancient ideas on modern legal systems. There was also a project focused on women's education in STEM, discussing barriers and progress, and another on the social and cultural impact of

football.

After their presentations, the Year 13s offered useful tips on structuring research, keeping track of sources, and managing time effectively. The advice they imparted really highlighted the importance of being genuinely interested in a topic, not only for the EPQ itself, but also in the context of university and other future endeavours we may have.

Editorial note: this inaugural talk was followed two weeks later by another on Financial Awareness and Management, continuing the bi-weekly talks series aiming to prepare Townley Sixth students for their future pathways.

ACS Games Night: food, fun and phenomenal talent

by Deborah A, 12.3

A celebration of community spirit filled the school hall on Friday October 10th, as the African Caribbean Society hosted the annual ACS Sixth Form Games Night, for an evening of friendly competition, cultural celebration, and delicious food. Organised by the Year 13s, the event highlighted the importance of student leadership and cultural appreciation within the school community.

The night's entertainment was a dynamic mix of music and fast-paced games. Competitive energy was high during the first to 'pop the balloon' and first to 'grab the cup' challenges,

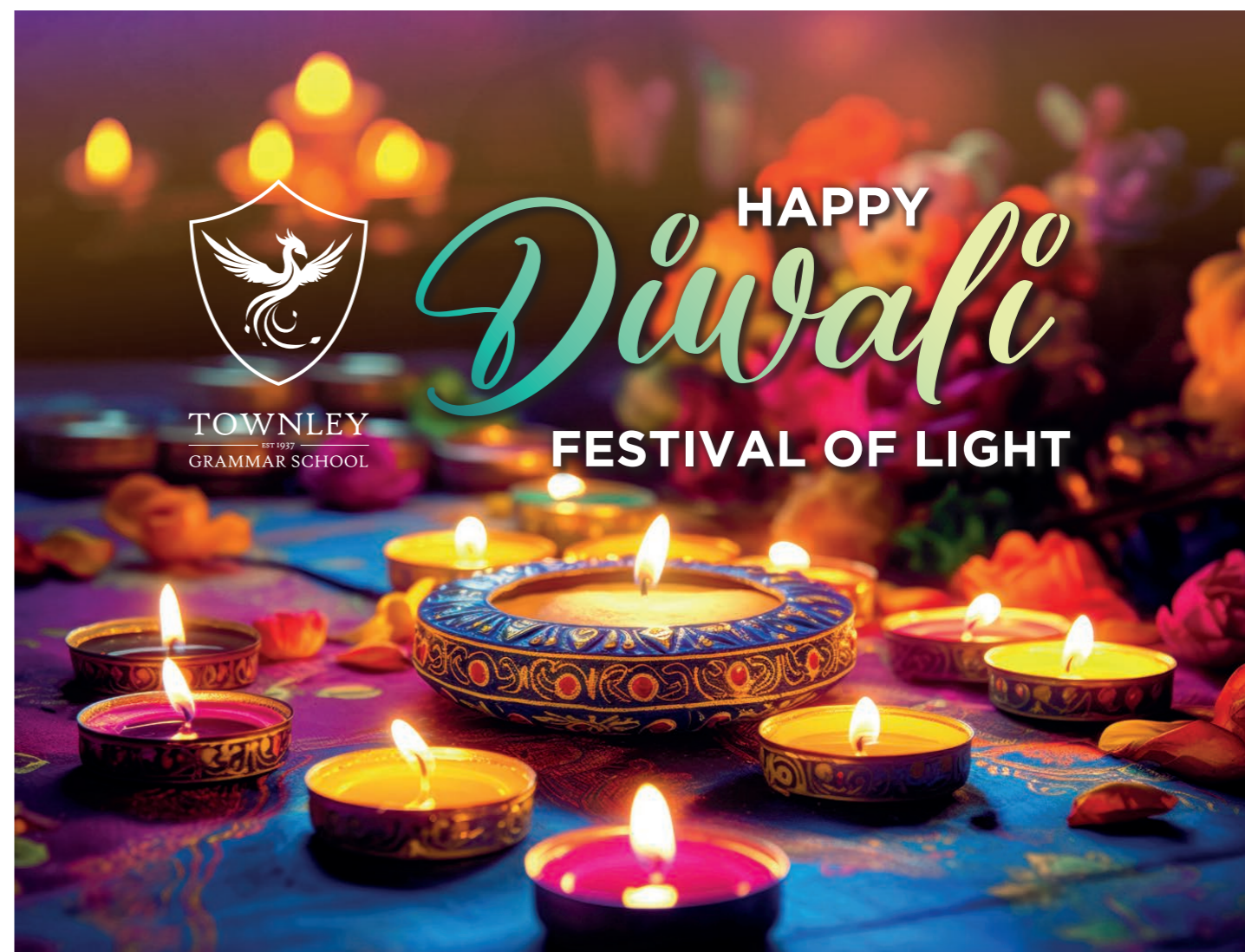
which had students on the edge of their seats.

Two standout moments of the evening involved the Year 12 v Year 13 rap battle, enabling the creation of impromptu musical works of art, causing eruptions of excitement in the hall. Equally, a performance by a Townley alum - who launched his music career during his sixth form years - resonated with the audience, serving as an inspiring example of student success.

The culinary offerings were also a highlight, with a wide array of snacks complementing a main spread of

jollof rice, mac and cheese, and succulent chicken. The food provided a comforting taste of home for many and introduced others to a vibrant culinary tradition.

The success of the game's night, from the lively games to the inclusive atmosphere, demonstrates the power of student-led initiatives. It underscored the ACS's role in fostering a sense of belonging and cultural pride among the student body. Looking ahead, the event sets a high standard for future community-building activities organized by the student body.



As Diwali, the joyous "Festival of Lights," arrives, our students organized a Diwali assembly signifying the importance and the eternal meaning of this festival. The festival's name derives from the Sanskrit word Deepavali, meaning "row of lights," and this is visually represented by the countless diyas (oil lamps), candles, and strings of lights

that illuminate homes and streets during this time. At its core, Diwali symbolizes the triumph of light over darkness, knowledge over ignorance, and good over evil. Families and friends gather during this time to offer prayers for prosperity, exchange gifts and delicious sweets, and reinforce bonds, celebrating a message of hope, unity, and kindness

that resonates with people of all backgrounds. To celebrate, our very own students created a wonderful, interactive video and organised a beautiful dance performance, showcased in whole school assemblies this week. We wish you all happy and peaceful Diwali from our Townley community!

Keertana P, 12.6 Demeter,
(Diwali assembly lead)

Team Building Friday afternoons: a warm welcome to Townley Glory A, 12.10

Team Building was a great opportunity for all 282 of us to simultaneously get to know each other better and work together as a team. Split over two weeks, the indoor week was full of activities like bench-ball, UNO and Mafia. I will admit - the socialising was a bit awkward at first because we were branching out and talking to people from different schools (including Townley's lower-school girls), but we settled-in soon enough,

introducing ourselves to each other. The Year 13s hosting each event were friendly and helpful, and even joined in with the activities that we were doing.

By the second of the two sessions, we were pretty comfortable with each other. The outdoor activities were equally as good - I'd go as far as to say even better (no offense, of course - I really enjoyed UNO that first week!). Outside, we did rounders, a penalty shootout, capture the flag

and more. We were really supportive of each other during our activities, even if we were not so confident of our own performance; the cheering and laughing really lifted our team spirit.

Overall, Team Building was a great opportunity for us to socialise with each other, especially in September, the very beginning of our two-year journey; it was good to form connections with others and get comfortable with our new friends.

Townley Sixth's Inaugural Quiz Night: Quizzers, Assemble! Temitayo B, 12.4

Setting up for the Sixth Form Quiz Night was a huge group effort, demonstrating the fruitful nature of collaboration. As the night commenced, there was a buzz of anticipation and competitive spirit in the air, with groups assigning who would lead their team to victory for each topic - for example I knew I had the politics round in the bag and was deeply excited to stretch my brain for it.

There were multiple themed rounds across the quiz, with some questions being particularly challenging (and therefore more satisfying to

answer). One question I particularly recall queried which metal band had recently had a 'farewell performance', and with some rock enthusiasts in my group, an intra-team debate opened on whether it was famed heavy metal band 'Black Sabbath' or thrash metal band 'Megadeth'. Though we did not reach the answer correct, there was a small victory in seeing my teammate's eyes light up in excitement to geek out about their rock music knowledge. Towards the end of the night, with the energy dwindling as people prepared to go home, one of my

favourite 'feel good' jams started to play (24k gold by Bruno Mars) - chosen as the departing song by the evening's Yr13 music curator. Filled with newfound invigoration, my friend and I started to dance, causing a chain-reaction of everyone getting up and enjoying the music too! The no judgement environment that Townley provides and the overall camaraderie so quickly developed across our year group was illustrated in full force, with everyone mingling and finishing the Quiz Night in particularly good spirits! Overall, it was truly an event to remember.

Research: Why Breathing Is So Effective at Reducing Stress



The YES! for schools (Youth Empowerment Seminar) is an initiative that promises to transform youth aged 13-18. The programme uses a combination of powerful breathing exercises, meditations and yoga along with mindful awareness towards various emotions, enhancing their emotional intelligence and resilience, and helping them cope with anger, fear and anxiety.

The programme is offered by the UK branch of the charity, International Association for Human Values (IAHV), and taught by a team of professionals who are deeply committed to the welfare of youth.

The purpose of the programme is to empower youth, by providing them with effective and proven tools and techniques to handle stress, anxiety, emotions of anger and violence, and constructively channel their energies to allow them to overcome challenges and thrive even in the most stressful situations.

Highlights

- Students are taught essential life skills in how to effectively manage stress and emotions leading to increased achievement in the classroom and beyond.
- Workshops give training in powerful breathing techniques, mind skills and interactive processes to reduce stress.
- YES! for Schools empowers and inspires the young to take responsibility for their education, giving them cognitive and psychosocial tools.
- YES! for Schools brings alive core values in young people: confidence, respect, resilience and service.

- Graduates of this programme have experienced a 44% increase in 'growth mindset' and they in turn empower their peers, leading to a strengthened and resilient community.

Please find [this linked a brochure providing details of the YES programme](#) and also a link the Harvard Business Review Research paper on SKY Breath Meditation (the breathing technique taught in the course) that explains "Why Breathing Is So Effective at Reducing Stress"

<https://hbr.org/2020/09/research-why-breathing-is-so-effective-at-reducing-stress>

IAHV
INTERNATIONAL ASSOCIATION FOR HUMAN VALUES
UNITED KINGDOM

YES! for Schools
Youth empowerment seminar for students aged 8-17 years
INTERNATIONAL ASSOCIATION FOR HUMAN VALUES

Promoting socio-emotional **well-being** through **breathwork** practices for youth

WWW.IAHV.ORG.UK/PROJECT/YES-FOR-SCHOOLS



Dear Parents/Guardians,

We are excited to announce a **brand-new TV & Film Production Workshop** for young people aged **7–14**, running this **October Half Term** in our newly expanded professional broadcast studio.

- Spook-tacula TV & Film Production Experience**
- Wednesday 22nd & Thursday 23rd October 2025**
- 10:30am – 3:00pm**
- end2end TV Studio (within Hurstmere School grounds)**

Following the success of our workshops run in partnership with the **British Film Institute**, we've completely redesigned our workshop content for this term – including new creative activities and technical challenges perfect for both returning participants and newcomers.

What to Expect:

- Use of professional studio cameras, sound equipment and green screen technology
- Live mixing and hands-on production in our newly updated **multi-camera studio**
- Opportunities to **act, direct, operate cameras**, or use the **production control room**
- A fun, immersive experience where young people collaborate, create and learn together

Whether your child is curious about how TV is made or wants to build on previous experience, this workshop delivers a unique behind-the-scenes adventure into real-world media production.

Booking Details:

- Special Offer: £69 for both days (Although booking one day is possible)**
- Limited places available**
- Suitable for complete beginners and returning participants**
- Book now and view full terms & conditions at:**
- www.end2endtv.co.uk

For any queries, feel free to contact us directly:

admin@end2endtv.co.uk

We look forward to welcoming your child for two days of **screen-ready fun** this October!

Kind regards,

Peter Barrett Lorraine Smith
Directors



TOWNLEY
EST 1937
GRAMMAR SCHOOL

Townley School Fund



Support Townley Grammar School

At Townley Grammar, we are proud to offer more than just an excellent academic education - we provide a vibrant and enriching school experience where students can grow, thrive, and feel truly inspired.

Many of the activities and opportunities that make Townley so special are not covered by standard funding. That's where the Townley School Fund comes in. With your support, we can continue offering the extras that bring learning to life and build a strong, supportive community.

Thanks to the School Fund, we can provide:

- ✓ **Better Resources** – from textbooks and classroom equipment to materials for practical subjects.
- ✓ **Celebrating Achievement** – awards and prizes for our incredible students at celebration events.
- ✓ **Inclusion & Support** – initiatives like peer mentoring and personalised student support.
- ✓ **Student Voice** – funding for projects led by our School Council.
- ✓ **Clubs & Co-Curriculars** – a wide range of enriching clubs and activities beyond the classroom.

These are the experiences that shape confident, well-rounded students - but they are only possible with your help.

How You Can Help:

We are asking families to contribute £10, £25, £50 or £100 this year. You can also choose to pay termly. Every donation - big or small - makes a real difference.

How to Donate:

Simply log in to your Arbor account, go to the Shop, and select School Fund to make your donation.

If you would like to give more, or support a specific area (like library books, celebration prizes or equipment), we would be delighted to hear from you.

Thank you for helping us keep Townley Grammar a place where every student can truly flourish.

<https://www.townleygrammar.org.uk/our-school/our-community/support-us/>

Family First

"HERE'S YOUR FREE COPY OF THE UK'S LARGEST PARENTING TITLE - ENJOY!"



*Tripadvisor destinations | Interview with Oti Mabuse | Netmums' Advice
A parent's guide to dyslexia | Plus Lots More!*

CLICK HERE TO READ OUR LATEST EDITION

familyfirst.co.uk



@familyfirstuk