

12th May 2025



## INSIDE, WE ALSO TALK ABOUT:

Upcoming Events and Key Dates

A day in the life of a Head of Year

Curriculum: Geography

Bow Extra

Parent Ambassadors

Safeguarding and Wellbeing:  
Smartphone Free Childhood

'Being Bow' Diploma

Dear Reader,

As we approach the end of the first half of the summer term, I wanted to take a few moments to reflect on the fantastic year we have had at the school. As always, we seem to pack so much in to our school calendar that it is amazing, to sit back and reflect on all of the fantastic opportunities, learning and hard work which take place in our school each and every day.

In this edition of our bulletin, you will be able to read about some of these opportunities, hear from our Head of Year 11 as his students begin their exams, find out more about our Geography Curriculum, the work of our parent ambassadors, and an exciting new development for next academic year about 'Being Bow' Diploma.

You will also find some information about the impact of smartphones on young people, and the increasing evidence of the risks these are posing to young people's health and wellbeing. Please do take a look at this information as well as visiting [www.smartphonefreechildhood.co.uk](http://www.smartphonefreechildhood.co.uk), a grass roots, parent-led movement encouraging parents to delay smart phone access for young people.

As always, I offer my thanks to all of our students, staff, parents and partners for the hard work, effort and commitment to the school community. I wish you all a restful half-term holiday when it comes.

**Mr. Lye - Headteacher**

## Staff Insight - A day in the life of a Head of Year



***“You’ve prepared for this. Trust yourself,” I remind him—and see his shoulders ease a little.***

My day as Head of Year begins well before the students arrive. I check my emails, follow up on any pastoral concerns, and prepare for my 8:15 briefing with my Assistant Head of Year and Tutor team.

As the Y11 pastoral team, we’re focused on making sure all of our students are ready for their GCSE exams, each day, which have just begun. They have all worked so hard, to be ready, but we know that some will be feeling the nerves and will need some friendly words of encouragement, while others will still need to be reminded about the importance of having their equipment, revising, and being on time.

By 8:25am, I’m outside with the students for morning line-up. There’s nervous energy in the air. I hand out a few spare calculators, offer a quick pep talk, and reassure one student who’s clearly struggling with pre-exam anxiety. “You’ve prepared for this. Trust yourself,” I remind him—and see his shoulders ease a little.

As students head into the exam hall, I walk with them, making sure phones are off and everything’s in order. I speak quietly to a group revising right up to the door—“Breathe, you know more than you think.”

Once exams begin, I spend some time visiting the lessons of those Y11s not in an exam, then go off to teach my own Y9 class who will be in the same position in just a couple of short years. Following class, I make my way down to the exam hall to greet my year as they come out of their exams, there is an air of palpable relief, and excitement, in the air as students talk about the experience, their responses and the how they feel they performed.

Pretty soon, after a short break, Y11 head back into lessons or to their next exam and the whole process begins again.

Lunchtimes is busy too, students are either taking this time to wind down from their morning exams, or in many cases are sat in groups going through revision materials in preparation for the next test. It’s amazing to see all this hard work and a privilege to see my colleagues sat alongside students offering support.

By the end of the day, I’ve made several parent calls, reassured more students, and started prepping for tomorrow’s paper. It’s full-on, but seeing Year 11 rise to the challenge reminds me why this job matters.

## What’s happening in the Geography Curriculum next term?

Our Geography curriculum is designed to inspire curiosity about the world and develop a deep understanding of places, people, and global challenges.

In Year 7, will study a topic on Migration—exploring why people move, the challenges they face, and how migration shapes societies. This encourages empathy and introduces real-world geographical enquiry. Year 8 students focus on Africa, challenging stereotypes and examining the continent’s diverse physical landscapes, cultures, and economies. From the Sahara to the Savannah, they gain a more balanced, nuanced understanding of this vast region. Meanwhile, their peers in Year 9 take on Globalisation, where students investigate how our world is increasingly interconnected. From fashion supply chains to global food markets, they learn to think critically about the pros and cons of a global economy.

In Year 10, students undertake urban fieldwork, collecting data from the City gaining valuable skills in research and evaluation.

Geography at our school is more than maps—it’s about understanding our world and our place in it. This approach aligns with our "Future Ready" philosophy, which aims to equip students with the skills and knowledge necessary to thrive in an ever-changing global landscape. By fostering critical thinking, cultural awareness, and a sense of responsibility, our Geography curriculum prepares students to navigate and contribute positively to the world around them.



# JOIN THE CLUB

## Bow Extra!

A key part of our offer to students is our BowExtra! enrichment curriculum through which students have access to a wide range of clubs, trips, visits and activities. This term, the programme has been as busy as ever - here are a few highlights.

**Dear England** - Recently, Ms Naraine from our Drama Dept took a group of our 30 students to the National Theatre to see the latest production of 'Dear England' which explores the transformation of the England Men's Football team under the leadership of Sir Gareth Southgate. Students loved the show!

**Women in Aviation** - a couple of weeks ago the Headteacher, and Members of the Senior Leadership Team were treated to some highly impressive, well-researched, presentations from students who were participating in the 'Women in Aviation' programme - these presentations focused on suggestions for London City Airport and how this can be made more sustainable and limit its impact on the environment. Each presentation, was acceptable, and Mr Lye commented on the fact that each of the students involved were so confident, and skilled, that he would be delighted to give them a job, tomorrow! We are now waiting, with eager anticipation, to find out how the girls get on when they attend the final event!

**British Science Week** - The science team, led by Ms Manda, help to celebrate British Science Week, which is entering its third decade, with the theme of adapt and change. Students enjoyed a wealth of exciting STEM related activities including The Baylab Lab Coat competitions, science quizzes, observing the lifecycle of a butterfly and participating in the UK wide poster competition. A huge well done to all involved!



**Dear England explores the transformation of the men's football team under the leadership of Sir Gareth Southgate. Students loved the show!**

## Parental Engagement

Get involved and make a difference through our exciting school events! Parents have the opportunity to volunteer, run charity initiatives, participate in parents' information evenings, and help promote parental engagement. Together, we can plan and organize future events that enrich our school community. Join us in creating memorable experiences and fostering a stronger connection between parents, students, and staff!

### Events already delivered 2024-2025

- Yr 6 Parent Information Evening
- Donating food and warm clothes to Bow Food Bank and Whitechapel Mission
- Competing in Bow School Bake-Off
- Bake Sale
- Decorating canvas bags for charity
- Volunteering to pack and wrap items for charity
- EID Brunch
- Support at our Y6 'Friendship Afternoon'

If you want to get involved in making a positive change in your child's life and the wider community, please contact:

**Fahmida Begum** - Parental Engagement Practitioner:  
07858689242

**Mr Emin** - Deputy Head/ Parental Engagement: [eminm@bow-school.org.uk](mailto:eminm@bow-school.org.uk)



### SHABNA, PARENT AMBASSADOR

*"I jumped at the opportunity to be part of the Parent Ambassador network. It offered the chance to be part of the school community, meet other parents and work with the school in partnership, to enhance the student experience offered at Bow."*

*Having worked with the Parent Ambassador group, I have gained a greater understanding of what the school stands for and its values.*

*There are so many strengths of the school - the rich learning environment, incredible enrichment programme, strong safeguarding, academic excellence and the range of parental engagement opportunities, as well as being recognised by Ofsted as a Good school.*

*I know that at Bow School they will achieve their vision for my child, that they will create the next generation of World and Career Ready students.*

*As a Parent Ambassador, I look forward to continuing to work together, and effecting positive change, to make Bow School the very best, and the school of choice."*

# SMART PHONE FREE CHILDHOOD - A grass roots movement

As smartphones become ever more present in young people's lives, growing evidence is raising concerns about their impact on childhood development, mental health, and social interaction.

According to recent findings, children aged 12–15 now spend an average of 35 hours per week on smartphones—often more than on schoolwork or sleep. Meanwhile, face-to-face social time with peers has dropped by over 60% since 2010.

The Smartphone Free Childhood campaign encourages families to delay giving children smartphones until at least Year 9 (age 14). This movement is about more than just screen time—it's about protecting children from online harms, addictive social media algorithms, and the pressure of constant connectivity.

Schools across the country are taking the lead by encouraging a community-wide agreement among parents to delay smartphone ownership. As a result, students reported improved concentration, more active lunchtimes, and better emotional well-being. Here at Bow, we will be writing to parents to promote this approach and are working with colleagues, across schools, in the hope we can develop shared policies.

In the meantime, we invite our parent community to explore this research and consider making a change. By joining the movement and signing the Parent Pact, you'll be helping to foster healthier habits and stronger offline friendships for your child. Learn more and get involved at: [www.smartphonefreechildhood.co.uk](http://www.smartphonefreechildhood.co.uk)

We understand, of course, that in this day and age parents want to be able to contact their children as they travel to, and from, school - but there are much cheaper alternatives, to expensive, internet enabled, social media enriched smart phones. Simple pay-as-you-go devices can be purchased for as little as £20, giving you the confidence that you can contact your child without the concerns that smart phones can bring.

Together, we can support our children in growing up with confidence, resilience, and balance—on their terms, not their screens.

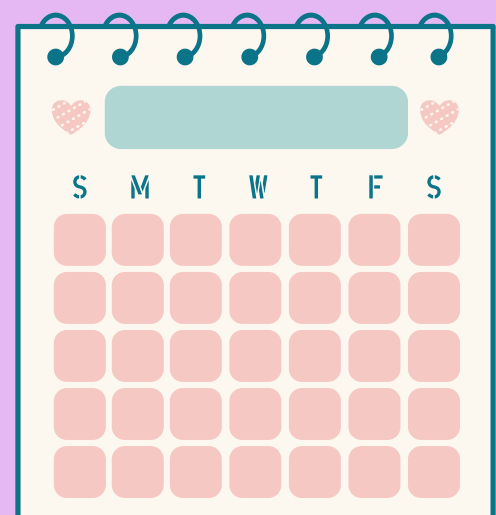
As always, if you have any safeguarding concerns or needs some advice please reach out to the school at [safeguarding@bow-school.org.uk](mailto:safeguarding@bow-school.org.uk)



**Mr Lye and Mr Emin.**

## Upcoming Dates and Events

- 15.05.25 - Parent's workshop - Walk and talk
- 23.05.25 - Last day of term
- 02.06.25 - Start of Half-term
- 06.06.25 - Eid-Al-Adha (School Closed)
- 25.06.25 - Y7 Parent's Evening
- 27.06.25 - Y13 Leavers Event
- 04.07.25 - Y6 Day
- 09.07.25 - Y11 Prom
- 18.07.25 - Sports Day
- 22.07.25 - Personal Development Day 4
- 23.07.25 - Last Day of Term



# Introducing the 'Being Bow' Diploma

## Celebrating Every Student's Journey

We are thrilled to announce the launch of an exciting new initiative at our school – the Being Bow Diploma – beginning in the upcoming academic year. This internal diploma has been designed to celebrate and support every student's journey towards becoming world and career ready, by recognising the incredible achievements they make across all areas of school life.

The Being Bow Diploma is not just about academics. It's about helping students reflect on who they are, what they're passionate about, and the contributions they make inside and outside the classroom. Students will collect and present work throughout their time at Bow, building a personal portfolio of evidence across six key categories:

- Skills Development
- Physically Active
- Academic Excellence
- Cultural and Creative Experiences
- Community Engagement
- Leadership
- 

At the end of each academic year, students will be awarded a Bronze, Silver or Gold Being Bow Diploma based on their engagement and achievements in these areas.



This recognition will be celebrated in a special ceremony or graduation event, where students' efforts and progress will be publicly acknowledged and applauded.

For our new Year 7 students joining us in September, the Being Bow journey starts on day one – and even before! We are inviting every Year 7 student to bring with them a collection of items from primary school that they are proud of. These could include a piece of writing, a certificate, a piece of art, a badge or award, a self-made collage about themselves, or even a book review. These items will form the first entries in their Being Bow portfolio, helping them begin their secondary school journey with confidence and pride in their past accomplishments.

The Being Bow Diploma is about more than awards – it's about identity, growth, and recognising the many ways students develop into thoughtful, skilled, and well-rounded young people. We can't wait to see what our students achieve through this new initiative. Let the journey begin!

