Encouragement of the Week
Philippians 1: 27
Life worthy of the gospel
Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ. Then, whether I come and see you or only hear about you in my absence, I will know that you stand firm in the one Spirit, striving together as one for the faith of the gospel.

Important Information
ParentPay Lunch Account
Please ensure that your child’s lunch account is frequently topped up via ParentPay. If there are insufficient funds on your child’s lunch account, we will not be able to serve them food.

Please check your child’s lunch account regularly.
Thank you for your cooperation in advance.

Key Information for the week ahead

Whole School
Tuesday – Year 11-13 CERN Information Evening, 6pm
Thursday – Dry Ski Slope Session for Years 10 & 11, 1—5.30pm followed by Parents’ Ski Information Evening at 5.45pm

Year 7
Monday – Sixth Form Centre, 8.25am

Year 8
Tuesday - Church, 8.25am

Year 9
Monday – Teen Booster Vaccinations
Wednesday - Options Evening, 6pm
Friday – No Church
(University of Sussex assembly in the Sixth Form Centre, 8.25am)

Year 10
Monday – Church, 8.25am
Tuesday – Mock Interview Day
(Dress code information on next page)

Year 11
Monday – History Visit to Hitler on Trial Production, 12-6pm
Thursday – Church, 8.25am

Sixth Form
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Looking Ahead
Wednesday, 12th February - Year 12 and 13 Follow up Parents' Evening (by invitation), 5pm
Thursday, 13th February - Water Sports Information Evening, 6pm
End of Term: Friday 14th February

Music Achievements
- Astrid Kossow passed her Grade 7 piano
- Ayeyi Adjei passed her Grade 2 piano with distinction
- Amelia Begley passed her Grade 4 flute
- Matthew Che passed his Grade 1 guitar with merit

Sports Fixtures
Monday
Year 8 Basketball: Tenison’s v Woodcote, 3pm (A)

Tuesday
Year 10 Boys Basketball: Tenison’s v Harris South Norwood, 3pm (A)
7b & 8b Netball: Tenison’s v Thomas More, 3.30pm (H)

Wednesday
Sixth Form Netball: Tenison’s v Hayes, 2pm (A)
Year 10 Netball A: Tenison’s v Quest, 3.30pm (A)
Year 10 Basketball: Tenison’s v Invictus, 3pm (H)
DRESS CODE FOR YEAR 10 MOCK INTERVIEW DAY - 4th FEBRUARY 2020

Appearance matters during a job interview. The aim is to dress in a way that does not distract the interviewer from your qualifications. You are not there to make a fashion statement, so simplicity is the answer. Below are guidelines for how to dress professionally for an interview, mock or real. Remember, you can always ask your Form Tutor for clarification.

BOYS

Hair
- Styled to compliment the shape of your face
- Neatly combed and clean

Suits (Optional)
- Keep it simple: dark blue, black or grey are the best colours
- Make sure the jacket is long enough and that the inside lining does not hang below the jacket
- Remember to carefully cut the tags and threads off of new coats
- Pockets should fit smoothly with no flapping or bowing
- Have the suit dry-cleaned or freshly ironed/pressed before the interview

Shirts
- Make sure your shirt is freshly ironed/pressed
- Keep it simple: solid colours like white or blue are more suitable
- Wear long sleeves with a suit

Ties
- Ties should be worn and will complement the entire outfit
- Silk; 2 ½ to 3 ½ inches wide
- Ties should not be too loud or bright

 GIRLS

Suit
- Wear a business skirt, trouser or dress
- Keep it simple: dark blue, black or grey are the best colours
- Your dress or skirt should cover the knee when seated
- Shirt/blouse:
- Make sure it's freshly ironed/pressed
- Keep it simple: solid colours like white or blue are best

Shoes
- Medium heeled or flat shoes (blue, black) □ Heels can be 1 to 2 inches, but no higher
- Shoes should be comfortable, freshly-polished/cleaned.
- Always wear tights in either flesh tone, or matching your shoe colour

Personal Hygiene
- Clean and brush your hair and keep hair off of your face
- Use deodorant but do not wear heavy perfume or cologne
- Clean your fingernails. Do not wear nail polish
- Wear minimal makeup, jewellery and accessories
- Make sure that earrings are simple studs and not dangling earrings
Free Therapeutic Sessions for Mums
Are you a mother in need of emotional support?

Parents and carers are susceptible to different types of issues that greatly affect how they take care or manage their families, especially with how they guide and raise their children. To help support parents and carers, we have organised a 10 week (2 hours weekly), free group counselling session (during term time only).

The session will take place at our neighbouring St. Matthew’s Church; Chichester Rd, Croydon, CR0 5NQ

We aim to start from 9am with refreshments available before. Places are limited to 12 parents per session. Parents and carers will meet with a counsellor, who will provide confidential and non-judgemental support and will encourage parents and carers to have their say and to share their feelings, if they wish.

Led by a qualified professional, you can expect these integrative psychotherapist sessions, to help you to build stronger relationships between one another and critically, strengthen you. Please Note: The therapist is independent and external to the school. All sessions will be strictly confidential. Places are limited and will be allocated on a first come, first serve basis.

Please contact:
Vjosa via Email: vjosa.rizaj@icloud.com or telephone: 07949 088754

NB: The sessions are not being administered by the school, therefore please do not contact the school for further information. Please contact the email address provided above.