



FOREST SCHOOL OUTREACH & PARTNERSHIPS

Strengthening Forest through collaboration

Where People Grow
2019 / 2020



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Warden's Introduction

Like Forest, almost every independent school has formed partnerships with schools in the maintained sector. Rightly so, because sharing resources and expertise beyond those who can afford fees is part of Forest's character. We are at the stage of outreach development where there is a growing understanding of what partnerships should look like, how they work best to mutual benefit, and how their impact can be measured, reported and built upon. We are therefore becoming more diligent in recording and measuring what we have done for the public benefit, rather than expecting everyone to take on trust that we are committed to the causes of social mobility. This booklet bears testament to the encouraging progress we are making on this front.

Forest also benefits from having clear statements of purpose for partnership work at the heart of our strategic plan. We continue to believe that schools in the independent sector have much to learn from state school partners. In a different way, state schools are forced to quantify almost everything they do. There is wider proactive use of data and often an urgency to their strategic thinking that independent schools could benefit from. Much of the academic momentum at Forest in the last few years has been fuelled by our engagement with colleagues (and research) from a wide range of schools in different sectors, all sharing a deep interest in pedagogy. We have learned a lot.

In the present crisis, with independent schools adjusting their models to ensure long-term viability in the face of economic crisis, there is a danger that outreach work will be the first victim of reduced budgets. Hopefully, not at Forest where we remain of the view that there has never been a more important time to live your values, and show a firm understanding of what outreach work does for your own school.

To close the gates and become an insular institution would do our pupils a disservice and would be a betrayal of the Forest mindset. If, as we do, we say we are interested in what sort of adults our pupils become and we want to help them live useful, fulfilling lives on a social and personal level, then we are bound to create at all times an open-minded, learning environment that models an appetite and engagement beyond ourselves.

I hope you will read this booklet and be interested to find out more about Forest's Outreach Programme which includes a range of long-standing partnerships with maintained schools, sixth forms, Arts organisations, includes a volunteering programme, and has strong charity fund-raising capacity as well.

Marcus Cliff Hodges
Warden

Introduction

This is the third edition of the Forest Outreach and Partnerships booklet and I had hoped to say that our programme had continued to grow, supporting more local community groups and schools.

However, January 2020 saw the emergence of Covid-19 in Wuhan, China. I watched the growing crisis with some alarm as we had planned to take twenty Foresters to visit Aurora, our partner school in Shanghai, in March. By mid-February, all flights in and out of China had been cancelled and, by March, lockdown had been declared in much of Europe, slowly spreading across the globe. This rather changed the delivery of our programme.

All the events planned for the summer term were cancelled amid setting up remote teaching and learning to be accessed at home.

I did feel at one point like this booklet should have pages with the events planned and 'cancelled due to Covid' written across them, however this would

not be representative of much of the hard work done earlier in the year. In fact, this year's Science Week was our biggest to date with more than 3000 primary school students across three local boroughs coming to watch science shows and participate in interactive workshops. We have also extended and developed our super-curriculum offering to local sixth formers.

I hope this document therefore captures some of the collaborations between colleagues and students in different schools, and the growing strength of the Forest partnerships programme.

We are always willing to link with new schools and organisations so if you think we can support or work alongside you on a project or on a longer-term basis, please get in touch as we are always interested in exploring new projects.

Adela Kay

Director of Outreach



Our Partnership: LAE



Forest was proud to host the London Academy of Excellence on 3rd October 2019. The aim of the visit was to strengthen the partnership between LAE and Forest through the meaningful collaboration of students, which certainly proved to be the case on the day. Students from both schools were impressive in their focus and the quality of their collaboration.



One Forest pupil captured succinctly the broader aims of the visit,

“The day involving pupils from the London Academy of Excellence was clearly structured in such a way that encouraged us to have a more visceral understanding of what it means to be a ‘Sixth-Former.’ Without any input from teachers to inform our ideas, the onus was on us to decide what was important for a Sixth Form student. Given an eclectic array of attributes ranging from: time-management, the desire to go to university, and showing grit and resilience, we had to argue why we believed a specific attribute was especially important to a Sixth Form student.” Will, Year 12.



LONDON ACADEMY
OF EXCELLENCE

Hackney Empire



Our partnership with Hackney Empire has grown from strength to strength this year with a highlight being the House Music Mega Final staged live at the iconic theatre on 17th October. This music extravaganza featured unison songs, soloists and ensembles performing to a sold-out auditorium of pupils, parents and staff.

The School's partnership with and funding of Hackney Empire will ensure that many Forest pupils and children across London will have the opportunity to perform at Hackney Empire, with all the benefits that arise from working within a professional theatre.

The partnership will serve to consolidate and strengthen the School's commitment to the Arts and provide a range of resources for teachers, both at Forest and locally maintained schools, including CPD and collaborative work with subject specialists from KS1 to A Level. Pupils will develop skills, knowledge and proficiency in the Arts through access to work experience with outstanding practitioners.



STEAM

Maths Off-Piste

Once again, our popular annual Maths Off-Piste lecture took place in October with Ben Sparks and his Magical Maths session for our Prep School pupils who were joined by 120 Year 5 and 6 pupils from Henry Maynard and Snaresbrook Primary Schools. Senior School pupils were also put through their paces with the complexities of seemingly simple mathematical formulae.



“
I enjoyed learning some magical tricks which were great fun!

Connie, Year 5

“
Thank you so much for the invite to Ben Sparks and his Magical Maths session. Our children thoroughly enjoyed the afternoon and are already planning their own assembly, to present some of Ben's 'Mind Bending Maths' to our School. We value our links to Forest School very much and appreciate the efforts made on our behalf. We look forward to seeing you again soon.

Snaresbrook Primary School

“
I liked it because it was so amazing and the magic was so cool. I was fascinated that every time I tried the equation, it worked!

Ozgun, Year 5

Statistics with Zoe Griffiths

On 8th November, Forest Year 11 students and pupils from neighbouring schools were treated to a guided tour through the misuse of statistics. In a thoroughly entertaining and thought-provoking presentation, students were shown how politicians have been known to misuse even bar charts to mislead or not be completely honest with the facts. Zoe's talk was a fascinating and illuminating insight into the world of statistics which both inspired and challenged students.



Primary Maths Day

In December, 50 Year 6 students from local primary and Prep Schools joined us for an afternoon of problem solving. They were ably supported by some of our senior Mathematicians and they were all thoroughly immersed in graphs and numbers for the whole afternoon.



The Living Autopsy

On Thursday 4th November, during National Pathology Week, Forest School welcomed external students from LAE, Woodbridge High and Heathcote Schools alongside our own students to the 'Living Autopsy' event in the Deaton Theatre.

The event, aimed at students considering medical school or with a real interest in Pathology, took them on a fascinating journey from start to finish of a typical autopsy with the help of a very brave live model! Students were able to better understand the reasons behind the importance of conducting an autopsy after someone's death and were introduced to the wide variety of professionals that help and assist Pathologists in their job. For example, Anatomical Pathology Technologists and Biomedical Scientists. A Q&A session at the end allowed students to ask a variety of questions regarding the role of Pathology in a patient's journey from diagnosis to treatment.

British Science Week

British Science Week 2020 at Forest was our busiest yet in terms of Outreach and Partnerships; we hosted **over 3000 students** in total, including our partner Primary Schools and Sixth Forms.

There were events and activities every day and we hope that those who attended enjoyed them - there was certainly a lot of noise in the Deaton Theatre at various points! A massive thank you must go to Head of Science (Senior School), Jill White and Head of Science & Engineering (Prep School), David Aanonson-Rawlings for organising the week and the Senior Science team who offered talks and experiences during the week.

“
I liked the Zoo animal visit and we got to hold them – I held a giant snail called Peter! We saw a Green and black “white tree frog” which was funny.

Yusuf, Year 3

“
I liked the snake as I’d never seen one before and I got to hold it. I love science.

Oscar, Reception

Zoolab Workshops – Caring for Living Things

The Prep School experienced a range of hands-on workshops covering classification, habitats, biodiversity and evolution.





Mother Nature: Our Diverse Planet

The presentation accompanied by a workshop gave pupils a practical opportunity to explore the diversity and adaptability of birds in our environment and how different varieties of birds have adapted to their environment.



“
Children got a chance to share prior knowledge and to learn some new facts.

Henry Maynard Primary School

“
I enjoyed the Mother Nature show because I like birds and find them interesting.

Zain, Year 2





Thales Ground Transport Systems

This after school talk, aimed at the senior pupils with an interest in a career in Engineering, proved to be very popular and engaging. Matthew Barker gave pupils an insight into his work as a signalling design engineer outlining what his role entailed across the passenger rail network, from improving performance and the reliability of the service by reducing journey times and delays, to maintaining the safety of the system.

Nanotechnology - Chemistry on a very tiny scale

The lunchtime talk, aimed at older pupils, described how nanotechnology, technology and science at the molecular scale, will have and is having a massive impact on all aspects of life. The topics ranged from self-cleaning clothes and windows to advances in solar panels and batteries.





“

I really enjoyed learning about all of the ugly animals and seeing what they look like because they were interesting.

Erica, Year 6

Ready Steady Science: The Ugly Animal Show

In this presentation, the Prep School and our partner Primary Schools were joined by biologist and presenter Simon Watt for a performance that celebrated and explored the incredible biology of the animal kingdom's most monstrous. The show featured videos, demonstrations and lots and lots of audience participation.

Science of Flight/Sport

This show explored the scientific principles involved in sport, covering topics such as friction, balance, gravity and inertia, using interactive demonstrations.

The range of forces involved in flight was explored and learners built model planes to meet a specific challenge brief. Creations were then put to the test on a zip wire.





Science Made Simple

It's Only Water: This was an exciting, interactive Science show that explored all the amazing properties of water. The show was delivered in the form of a trick and quiz show that involved students and teachers.



"I really liked the water show as I didn't know that water could be so interesting."

Eve, Year 6

"

Science week has been great, I really enjoyed 'It's Only Water'. I didn't fancy getting squirted by a super soaker, so I hid behind my blazer!"

George, Year 3





“
I liked the Bubble and Balloon workshop when the girl stood inside the big bubble.
”

Martha, Reception



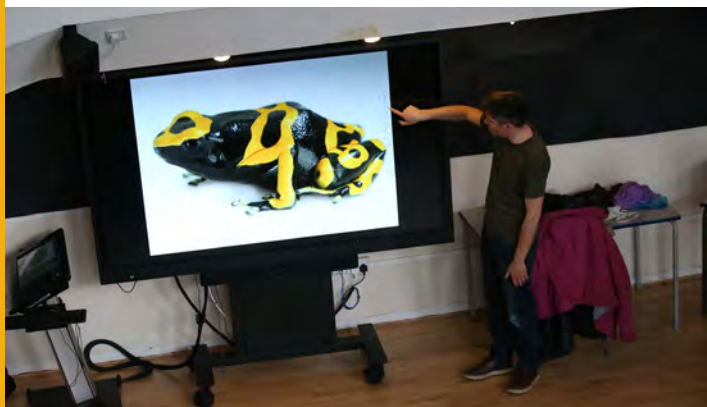
Bubbles and Balloons: Pupils explored the best bits about bubbles and balloons. From blowing them up to bursting them; they discovered all the amazing things you can do in between. Can you catch a bubble? Make it last forever or make it square? Can you stick a pin in a balloon or turn it into a helicopter?





Hands-On Science

Adaptation and Camouflage: This adaptation and camouflage workshop brought to life how animals and humans adapt to survive. Lots of fascinating visual aids and a great practical too.



“Very interactive - the children were interested in the idea and it was done in a very engaging way.

Mayville Primary School

“

I like the Hands-On Science because it was very interesting to see lots of animals that camouflage.

Matthew, Year 2



CSI Fingerprints: Each child investigated their own fingerprints. They were shown how to identify themselves and find the characteristics that make them unique.

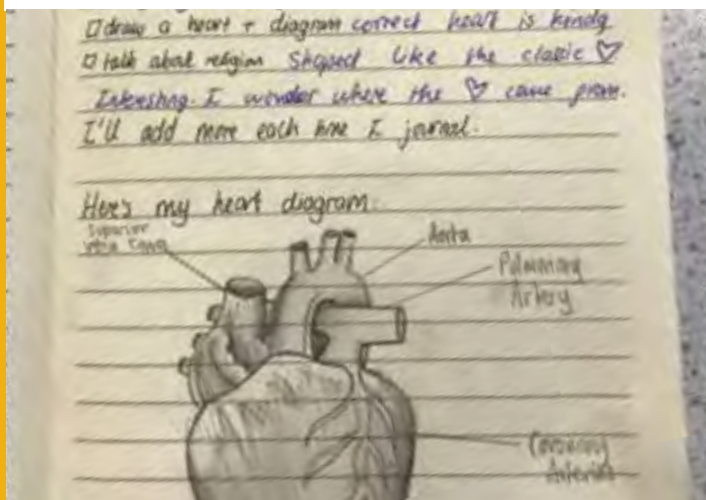




Journal Writing for Biology

This lunchtime session explored the great Biology journals and introduced students to writing their own Biology journal.

As well as learning about a few scientific journals that explored the variety of life (plus Marie Curie's still radioactive journal!) the pupils from Years 7, 8 and 10 were encouraged to start their own journals to understand the art of keeping a journal on a topic of their choosing, science-related or not.



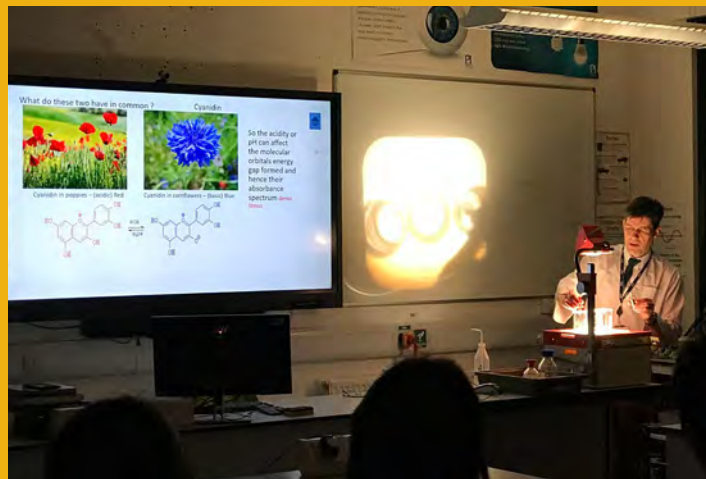


Light and Colour: Electrons and Staircases

This was a lunchtime session for senior pupils which examined colour in Chemistry. Pupils experienced a range of experiments exploring how electron transitions are fundamental to the colours we see in the world around us.

Pupils looked at a range of metal ions and organic molecules that “subtract light” from sunlight and so we see “minus yellow” as blue and how our eyes can receive red and green light which our brains reinterpret it as yellow.

Finally, the pupils explored a group of substances that genuinely give light out and so fluoresce, from cats’ urine and tonic water all the way to the chemiluminescence of glow sticks. All in all, this was a ‘colourful’ demonstration which really got the pupils thinking!



“*Colour is a topic that blends Biology, Chemistry and Physics together: the Chemistry of the rods and the shapes of the molecules and how this affects which electron transitions are allowed.*”

Simon Morris, Teacher of Chemistry





Duathlon: To the Moon and Back

Lauren Steadman, a Paralympic silver medallist in the triathlon and Dr Anna Hogg, a glaciologist being both fitness and Science enthusiasts set a challenge: to run, swim, cycle to 715 km – the height of the Cryosat that is flying around the Earth and sending beautiful images of our planet back down to Earth. The pupils ran a series of 2-minute shuttle sprints and cycling sessions and used their swimming lessons to record how many kilometres they could swim in 20 minutes. The children successfully completed this challenge achieving a total distance of 1230.15km!



“
*I really enjoyed the
Duathlon because we had the
opportunity to keep fit and
have fun!*

Simrit, Year 6





Wonderstruck: The Dangerous Science Show

The Dangerous Science Show examined the impact that our ability to use the energy of expanding gases has had on human civilisation. So, what about the 'dangerous' bit? It was there because the show took the danger knob and turned it up to 11! It contained some of our most dangerous demonstrations:

The Burning Bed of Nails: it was a bed of nails, but on fire.



“

I liked the Rocket Show because it was entertaining, and I was fully engrossed the whole time.

Kiran, Year 6

“

My heart was in my mouth! Don't try this at home!

Chingford CoE Primary School

The Fire Axe Pendulum: a reboot of a classic demonstration about conservation of energy but instead of a bowling ball, we used an axe and it was on fire.

The Exploding Helmet of Pain: no Science show would be complete without a hydrogen/oxygen balloon explosion so we supersized it, then put it on the presenter's head and threw in a couple of propane balloons for good measure!

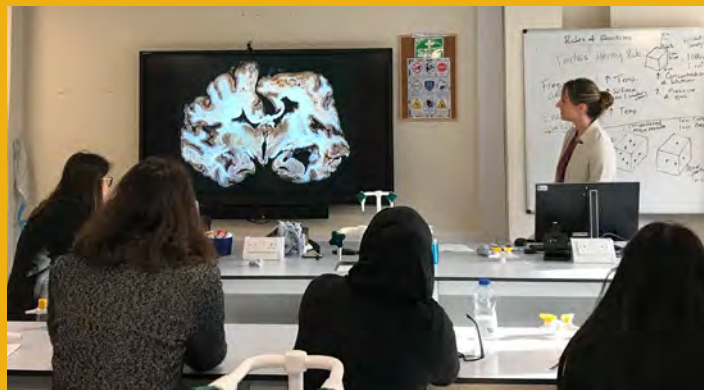




‘Are we facing a second wave of human Mad Cow disease? The British beef scandal and its link to a fatal human brain disease’

This fascinating after school talk introduced students, including those from our partner School, the London Academy of Excellence in Stratford, to a group of diseases known as Transmissible Spongiform Encephalopathies. These cause the development of severe and fatal symptoms through the consumption of British beef infected with an abnormal protein, causing Bovine Spongiform Encephalopathy (BSE) or ‘Mad Cow disease’ which arose in the 1980s.

It was later proved that the incidence of a new type of disease, new variant Creutzfeldt-Jakob Disease, (vCJD) had arisen as a result of humans consuming beef which had been infected with the abnormal protein that caused BSE. Students learned that the initial wave of vCJD cases affected individuals with a particular genetic make-up and that a second wave of individuals with a different combination of genes, conferring a longer incubation period, could fall victim to vCJD in the future.



“
I was impressed with the engagement shown by all the students and their questions revealed an impressive understanding and linking of key concepts. I hope that they left feeling inspired and driven to learn more about this topic or Neuroscience in general.

Jill White, Head of Science





Fizz Pop Workshops

Materials/Properties: ‘What On Earth Is That?’

was a fun-filled Science session that explored very simple looking materials. The children found out how a material like paper could completely disappear in a flash and how two white powders could be completely opposite as one ‘drank’ a lot more water than the other. Finally, everyone got hands-on with a chemical reaction that turned a simple gooey liquid into a more malleable and bouncy putty. This was a fun workshop that allowed everyone to take home their own Chemistry experiment.



Darwin’s Evolution: Our planet is so diverse with many different creatures that inhabit it, and in this session, the children took a close look at some of Darwin’s finches to try and discover where all this diversity might have come from. The children played a quick ‘passage through time’ game, before making their own fossil to keep and take home!

“
*I liked this week because
I learned a lot of stuff and
I got to see the different
people doing the different
experiments. My favourite
was the Fizz Pop Earth
rocks because we got to make
different ammonites.*

Sonali, Year 3





Our Sensitive Earth: This session had a decidedly environmental flavour. The children learned that carbon dioxide is in the atmosphere and the more carbon dioxide there is, the more acidic our oceans become. They examined this change in acidity, doing tests with a universal indicator and they also saw how liquids that all seemed the same could have different levels of acidity. The children then looked at packaging and how an edible, safer option could have quite a reaction with iodine, whereas other forms of packaging were not so easy to get rid of.

Do Science: The Best Bits

This show had it all - it was a 'greatest hits of Science' that covered almost everything from Galileo dropping things, to rocks from space and singing dinosaurs by way of plants that kill and much more.

There were demonstrations to catch the attention, pictures to transport the mind and specimens to catch the imagination. Both the Prep School and our partner Primary Schools truly enjoyed the show!

“
Engaging and informative.

Our Lady of Lourdes Primary School



“
I liked the science workshop today; I liked the paper aeroplane.

Emma, Reception



Humanities & Literacy

History Symposium

The LAE / Forest Historical Symposium began following a conversation between Dr An Pancaldi at LAE and Mr Matthew Key from Forest last summer. The opportunity to provide students at both schools with a forum to showcase their historical knowledge and research into the discipline beyond the confines of the A Level syllabus was keenly embraced by students at both schools. Seven students gave individual presentations and abstracts on a plethora of interesting and wide-ranging historical topics which were proudly and confidently presented, illustrating their level of passion for the subject.



Konnie Huq

On Friday 29th November Konnie Huq, ex-Blue Peter presenter, visited the Forest School Deaton Theatre to introduce her new book and give a STEAM-themed talk to the Prep School and two of our partner schools: Wanstead Church and Our Lady of Lourdes Primary Schools.

The action-packed talk involved the three schools working together to: write a shared story, take part in a general knowledge quiz and have a go at a Science experiment together.



Inter-School Debating

On Tuesday 4th February, a Forest Prep School Y6 team debated the very topical motion, 'This house would abolish the monarchy.'

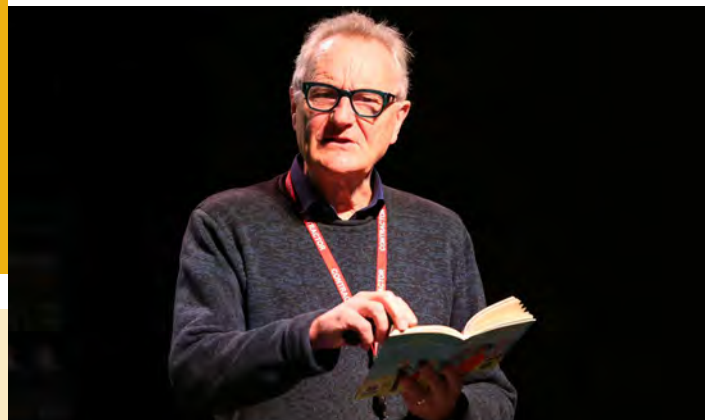
Forest's opponent was Elmhurst Primary School in Newham, who had previously achieved regional and national successes in debating competitions. Both teams were high-calibre debaters and delivered their opposing points in an equally compelling and persuasive fashion.

The questions from the floor were articulate, well thought out and searching. Whilst the margin between the teams was extremely tight, Forest emerged triumphant. Both teams learned a great deal from this intense experience and Forest is looking forward to their next inter-school debate.



World Book Day

We were very fortunate this year to be joined by Jeremy Strong for this year's World Book Day on 5th March. He spoke to all of the Forest Pre-Prep and Prep children who were joined in the Deaton Theatre by pupils from Henry Maynard, Snaresbrook and Coppermill Primary Schools. It was great to be able to share the fun with them and to see all their wonderful costumes, in particular, the Snaresbrook teacher who walked to Forest dressed as a dinosaur; an inspiration for his students!



Careers

Forest Futures – Digital

On Thursday 28th November, Forest School hosted Forest Futures Digital. The underlying message of the evening was that tech is ubiquitous. We welcomed Siân John MBE, EMEA and APJ Director for Cybersecurity strategy at Microsoft, Gary Richardson Emerging Technology specialist from 6point6, Max Carter Head of Delivery Management at Ofgem, Prabhjit Baxi Vice President at Royal Bank of Scotland, Louise Felstead CEO at Mallards Wood Group and Sharon Sharma Digital Delivery Manager at Lloyds Banking Group on the stage to speak about tech. The evening closed with a fireside chat and questions from the audience.



Forest Futures – Law

Old Foresters were out in force to bring Forest pupils and students from our partner Sixth Forms an insight into working within the law profession. Pupils were given tips and advice on how to succeed in what is a competitive field to enter.

The expert panel of Old Foresters comprised Paul Hynes, a criminal defence barrister, Caitlin Hynes, who was undertaking the Legal Practice Course to qualify as a solicitor and Duncan Lamont, whose areas of expertise included criminal law, copyright, defamation, privacy, confidentiality, sports issues and phone hacking. Also on the panel were Ashia D. Adams, a commercial property lawyer and Pranav Bhanot, a commercial litigation lawyer.

Forest Futures – Apprenticeships

Forest Futures Apprenticeships workshop was attended by all our Year 12 pupils and 180 Year 11 pupils from Frederick Bremer School on 9th January. Our speakers, from two apprenticeship providers to business - Kaplan and QA, gave an excellent briefing and then joined our panel of six young apprentices for a Q&A session. Pupils told us the Q&A session was the most helpful part of the workshop.

Our feedback survey indicated that 71% of Forest pupils had not previously considered apprenticeships and 59% would now consider the apprenticeship option for higher education and work. Our thanks go to Kaplan and QA for speaking and to Ashurst, EY, National Physics Laboratory, Cisco and Mulalley & Co for allowing their apprentices to be on our panel.

“
*Thank you, Forest School,
for hosting our Year 10 pupils
during your Forest Futures
- Apprenticeships Workshops
today. They learned a lot from
everyone involved.*

Frederick Bremer School, Walthamstow



Higher Education Careers Fair

On 23rd January, Forest hosted this event in the Sports Hall with 87 exhibitors representing universities, businesses and gap year providers, all sharing information with Forest Year 10 and Year 11 pupils and many of our Sixth Formers. Over 300 pupils also attended from neighbouring schools.

Our feedback survey tells us that two thirds of Forest pupils now know more about the university, organisation or business field that they are interested in. All attendees received tips for making the most of the Fair and our exhibitors were impressed by the quality of questions pupils put to them.

The Arts

The Tempest Workshops and Performances

This year, our Michaelmas Term production of The Tempest was about more than just the production itself. We delivered Drama-led literacy workshops to 12 schools preparing their Year 6 pupils for the performances of our interpretation of The Tempest in November to which they were invited.

The children explored the characters, themes and plot while developing their grasp of the complex Shakespearean language through energetic Drama sessions delivered by our Forest Drama team.

Following the performances, all the pupils were invited to submit an editorial review of our play and their teachers received a lesson plan to help support this. This outreach work directly impacted approximately 700 students in our local boroughs, was incredibly well received, and strengthened our relationships with key people from these schools.

“
Thanks to Forest School for their drama outreach programme. Our Year six children thoroughly enjoyed their workshops and trip to the School for a fantastic performance of The Tempest.

Manor Junior School, Barking



Community



Community Action

Duke of Edinburgh Award

Our students have adapted brilliantly during the COVID-19 lockdown to continue generously giving their time to others even though this has been curtailed somewhat.

We have had people out safely collecting for food banks which has been more crucial than ever, whilst the Forest community spirit has thrived at home and in the community with sibling tutoring and mentoring giving parents a well deserved helping hand alongside shopping being done on a weekly basis for shielding vulnerable neighbours.

The School has also received a certificate of social worth from the Duke of Edinburgh's Award giving the statistics surrounding our community commitment: 3,133 hours given to the local community at a value of £13,629 which is a tremendous achievement and everyone involved is to be congratulated for this recognition from the Duke of Edinburgh Award.



We encourage all students at Forest to give back to the community and identify ways in which they can support citizens.

35 GOLD
MINIMUM OF
52 HOURS
OVER 12 MONTHS
PER STUDENT

27 SILVER
MINIMUM OF
24 HOURS
OVER 6 MONTHS
PER STUDENT

182
STUDENTS
DE
3133
HOURS

120 BRONZE
MINIMUM OF
12 HOURS
PER STUDENT



THIS ACADEMIC
YEAR, STUDENTS
HAVE SPENT OVER

170
HOURS

INVOLVED IN
COLLECTION
PROJECTS FOR
CHARITY



Forest Art Action

A group of Year 9 and 10 pupils have enlivened a space at Fairlop Primary School with their beautiful murals which they designed and painted themselves.



Forest Dene Nursing Home and Crest Dementia Unit

The Prep School Council and Rights Respecting School Ambassadors from Years 3-6 sang Christmas carols and presented the residents with a hamper of goodies made by the Pre-Prep.

Our Years 7 and 8 volunteers also undertook several weeks of support work with the Prep School in addition to spending several sessions at Forest Dene and at the Crest Dementia Unit.

The pupils' visits have an immeasurable impact and residents at both centres frequently comment that the visits are the highlight of their week.



ManFood – Branches

During Lent Term, the Man Food club did a cookout for 'Branches', a local homeless shelter in Walthamstow, and they had a lot of fun making the food. We really hope the residents enjoyed it!



Sixth Form

We continue to have many Sixth Form students committed to an impressive range of placements. Many students have volunteered at care homes, soup kitchens, charity shops and hospitals and many have delivered bespoke lessons and activities at primary schools; a core element of our Community Action ethos is to respond to the needs of our community.

The students have also built on the achievements of the last few terms with three student-led projects working in partnership with local initiatives. These include a project run in conjunction with City of London Corporation Open Spaces which aims to bring the forest to the elderly in a number of local care homes via a number of creative and environmental activities, and a student-led project on education awareness and fundraising for homeless women and refugees without access to sanitary products, run in partnership with the 'Bloody Good Period' charity.

Inter-faith Week and Faith and Belief Workshops

Over the course of two days during Michaelmas and Lent Terms, boys and girls from Forest School joined together with two local schools – Norlington Boys School and Eden Girls School – to take part in Faith & Belief workshops. This is part of the Linking Schools programme resourced by the national organisation Faith & Belief Forum <https://faithbeliefforum.org/>.

The aim of the Faith and Belief Workshops was to bring together local schools from diverse backgrounds and facilitate exploration of issues around community and belief. Each link day had a different theme: identity, diversity, equality and community, which the young people explored through fun and meaningful activities and discussion. This helped them to deepen their knowledge and understanding of different beliefs and develop skills of communication, empathy and reflection.



Winter Collections

Shortly before Christmas, Middle School students clubbed together to produce 25 'kit bags' for homeless people that were stocked full of toiletries and essentials to give to clients at the 'Branches' homeless shelter in Walthamstow to help restore some dignity and offer some comfort in the harsh weather.

In addition, several houses collected Christmas presents to donate to local children as part of the Met Christmas appeal.

Finally, hundreds of staff and students responded to Mrs Robinson's call for specific food donations to the 'Eat or Heat' foodbank following her visit earlier that month. We were able to drop off two full carloads of food and toiletries to our partners at 'Eat or Heat' just before the Christmas holiday.

The Grab Bag list



duffle bags provided by School

- | | |
|-------------------------------|---------------------------|
| ✓ Socks | ✓ Spray deodorant |
| ✓ Underwear (L) | ✓ Mouth wash |
| ✓ Shower sliders / flip flops | ✓ Shower gel |
| ✓ T-shirt (L) | ✓ Shampoo and conditioner |
| ✓ Face flannel | ✓ Bubble bath |
| ✓ Soap | ✓ Toilet rolls |
| ✓ Shampoo | ✓ Face wipes |
| ✓ Deodorant | ✓ Toiletries bag |
| ✓ Toothbrush | ✓ Comb |
| ✓ Toothpaste | ✓ Manicure set |
| ✓ Mouth wash | ✓ Hair gel |
| ✓ Sweet treats | |
| ✓ Shaving foam | |

Each bag doesn't have to contain all these items, but around 10 items is a good guide

2020 1K

The thrust of the 2020 1K project is to engage the wider school community to take a positive step for our future by planting a tree. The project presented a small bay tree to Mr Cliff Hodges to kick start our campaign and pupils from Year 3 to Year 13 have been involved in raising awareness of Climate Change and Air Quality. They have given presentations to the staff at their meetings, delivered assemblies to the Prep School and Sixth Form and shorter information bursts to Middle and Lower School.



Community Music

NHS Retirement Concert: A group of Lower School Musicians performed to the retired fraternity of NHS staff at Our Lady of Lourdes, Wanstead on 2nd December 2019. This is an annual event where the members enjoyed singing along to the carols our brass players performed.

Snaresbrook Crown Court Carol Service: On 9th December 2019, the Senior Chapel Choir lent their voices to the annual service of Nine Lessons and Carols hosted at Snaresbrook Crown Court Chapel. This is an annual event and for many signals the start of the festive season.

Covid-19 Community

Forest in Action

Owing to the Covid-19 pandemic, Forest in Action days as we know and love them did not take place in June. However, other initiatives did take place. Following one of our successful community partnerships during last year's Forest in Action days, we were back in touch with Hands On Hand Out, a local charity which takes food and essential supplies to London's homeless and most in need.

Last year some of our wonderful year 7 pupils baked, created care packages and wrote beautiful letters for Hands On Hand Out and the response from their recipients was overwhelming. This year, with the help of Chartwells, the Bursar and our Estates team, we donated food to help support people most in need during this unprecedented time. As we know, charities have struggled to continue their vital work during the lockdown and this time of uncertainty in general.

The fantastic children who continued to attend school through our Key Worker scheme drew fabulous pictures to be sent with the food parcels to help make a connection with the people who received the care packages. Our thanks go to Louisa Parrales, our Chaplain who helped the children complete their artwork and messages.

“

You have absolutely no idea how much this will help. Thank you so very much.

Justine Pillar, Hands On Hand Out

Donations of Science Goggles

Adela Kay, our Director of Outreach, together with our Science staff, organised the donation of spare science goggles in response to the demand for PPE in the wider community; a number of GP surgeries and care homes were able to benefit from this donation during the lockdown.



Key Worker Provision

The School provided education for 53 key worker children, delivered by 35 staff over about 14 weeks.

Action



Easter Gifts for Old Foresters

Forest School prides itself on looking after its community, and none more so than its more mature members – our 'vintage' Old Foresters.

With a full lockdown in place, our team drove about the local area, delivering chocolate eggs, puzzles and other goodies to those who were a little more isolated than others!

“
The gifts and card are delightful and your good wishes and offers of help are very much appreciated. Being in our seventies, with an underlying health problem, we are self-isolating and without family it is a bit tricky, but we are managing at the moment. So, your offer of help is a great comfort.

Old Forester



Litter Pick

The Year 12s undertook a socially distanced litter pick around Hollow Ponds as part of their regular volunteering/community in action activities.

Charity Fundraising

There were many events which aimed to raise funds for NHS Charities such as the Fancy Dress for the NHS which took place on 1st May at the height of the lockdown – both staff and pupils were very creative and inventive!

Yasmin in Year 12 bravely shaved her hair for the NHS. Adele in Year 7 also cut off 22cm from her long locks for charity for NHS charities and the Little Princess Trust. Chris in Year 9 also took part in a charity indoor cycle ride, helping to raise money for NHS Heroes. Well done to them all.

As well as remote teaching, staff were engaged in a number of charitable activities: Ms Spencer-Ellis ran for Miles for MIND which aims to raise awareness of mental health – a subject that has taken on even greater importance during the lockdown and beyond.

Thanks also go to Ms Adshead supporting Tin in a Bin, an initiative to support local food banks and Ms Begom and her family supporting For the Love of Scrubs, a nationwide collaboration of people who have come together to make scrubs for NHS workers on the frontline.

An incredible effort by everyone.



Staff Volunteering

Dina Elsayed

Dina has been involved with Scouting for almost the last 5 years, volunteering with the youngest of the groups, the Beaver Scouts. Being involved in their first experiences of camping, outdoor adventure, cooking on a fire or singing around a campfire has been one of the best highlights of her Scouting experience. Her Beaver Scout group was involved with lots of local initiatives like Food Bank collections, Charity Fun Runs and Community Litter Picking. Dina found that being a Scout volunteer was not only great fun and incredibly rewarding to see young children developing their skills and growing in confidence, but also a brilliant way to connect with and give back to her local community.



Carolyn Heath

Carolyn has been a general volunteer for Crisis at Christmas for the last 7 years and her duties ranged from various housekeeping and cleaning tasks to serving meals and generally making guests at Crisis feel as welcome as possible and making their Christmas special. Highlights this Christmas included being soundly beaten at Scrabble by a lovely guest who said he used to play with his family before he became homeless, being a 'personal shopper' for guests who were receiving new clothes from huge donations and eating her Christmas dinner at around 10pm with a group of guests who had been writing their CVs. For Carolyn, it was an absolute privilege, as always, to be able to help the most vulnerable in society and to be fortunate to learn so much every time.



Harriet Dyke

Harriet started volunteering with the 22nd Walthamstow Guides in 2016. Harriet has found that over the past four years, it has been a real pleasure to see the girls in her unit grow in confidence, develop life-long skills and explore the world around them. As well as their weekly meetings, highlights have included a week at regional Journey Camp in Kent with over 800 Guides, a spy-school themed Brownie pack holiday and an overnight stay at Pax Lodge, the London-based world centre. It was during this weekend visit that Harriet made her Girlguiding Promise at Westminster Abbey. "It was an honour to stand with five girls from my unit in such an iconic space as we all made the same commitment to do our best, in the name of Girlguiding."



Flora Pereira

Flora took part in a volunteer programme run by Edumais an organisation which teaches English speaking skills to children in deprived neighbourhoods.



The children, who were 12-13 years of age and very keen to learn, were taught entirely by volunteers and Flora spent the whole of August teaching English. Flora also helped to teach a weekly computing class using donated Raspberry Pis.

Meeting the pupils and encouraging them to aspire to achieve a better future for themselves through education was a true privilege.



Lindsay Nash

Lindsay, one of our MFL teachers, is a member of East London and South London Cares, a scheme linking up older and younger neighbours through social clubs with the worthy aim of improving community cohesion whilst having fun in the process.



During the year, Lindsay took part in all sorts of events including cocktail making, desert island discs, pizza parties and film nights.



Local Education

ORBYTS

As part of our continuing partnership with the London Academy of Excellence, six of their students have partnered with five Year 12 Forest students to work on a project delivered by UCL and Imperial, called ORBYTS (Original Research by Year Twelve Students). Supervised by a PhD researcher, they have studied undergraduate astrophysics and methods of detection of extra-solar planets.

Their work on the project also included learning to program in Python, scheduling their own observations of exoplanet transits, and using bespoke tools written by leaders in the field to analyse their data. The students were in the process of putting together a presentation for the conference they would have attended in April when lockdown halted their progress.

We hope that they can pick up where they left off some time next year. The students are going to be named in a paper to be published soon, which will inform the up-coming mission TWINKLE, a space telescope dedicated to finding and studying exoplanets.



First Aid Training

In September, October, February and March, our Health and Safety Director, Wayne Bishop and Jenna Brown from the Sylvestrian Leisure Centre, ran Ofsted Accredited Paediatric First Aid Training for both our pre-prep staff and staff from our partner primary schools. The training was run at cost, and as a result was very affordable and popular with our local schools. We hope to run more training sessions next year.

eLearning – Safer Internet Day

Safer Internet Day was on 11th February 2020 and was celebrated globally. This year's theme was 'Together for a Better Internet'. Wayne Freeman, Head of Computing in the Prep School, created a set of learning resources around this theme which, with the help of Louise Golding-Hann, Head of eLearning, was shared with all our partner schools.

Additional Maths Teaching

Additional Maths continued to be taught to pupils at two local secondary schools, Walthamstow School for Girls and Frederick Bremer School.

Economics Teaching

The Economics Department at Forest was able to support Year 13 pupils at Kantor King Solomon School in Barkingside, with the provision of A Level Economics teaching while they were without a teacher from December 2019 - March 2020.



Forest Thrive Network

At Forest we take Mental Health and Wellbeing extremely seriously and we are constantly looking to improve and expand our strategy in this area. As part of this, and because of a belief that teachers should collaborate and share best practice, we began to construct the idea of a network which would allow teachers to improve the wellbeing of their students and so the Forest Thrive Network was born.

The first meeting was held on 15th October 2019 and around 15 representatives from local secondary schools attended and shared ideas on what wellbeing is, what issues were most pressing in their individual settings, what they would like to improve and how they could overcome any barriers.

The session was led by Jeff Kayne and Rebecca Kay and involved a popular and thought-provoking pupil-panel made up of Sixth Form leaders and Wellbeing Ambassadors. The conversations that were had throughout the meeting were extremely positive and there is a real appetite amongst our local schools for collaboration in this area.

Professor John Hattie – Visible Learning

Renowned educational academic, Professor John Hattie, spoke at The Learning Revolution Conference which Forest hosted. John Hattie was joined by Laura Kearney and Wendy Delf who talked about how to revolutionise teaching practice and put learning at the centre of school improvement, with practical models and the ultimate teacher toolkit to enable practitioners to dramatically improve the outcomes and life chances of the children in their schools. More than 150 teachers and learning practitioner delegates attended from institutions up and down the country.



“
The John Hattie conference at Forest was an amazing opportunity to hear from the great man himself about the ideas of Skill, Will and Thrill in relation to students, and then think about how we might embed those concepts at our School.

Visiting Delegate



Music Outreach Support

Nicolas Marie, teacher of Music, visited Snaresbrook Primary, Henry Maynard, John Bramston and Wanstead Church Schools, on a regular basis working with Years 4, 5 and 6 to develop their musicianship, mainly through singing.



Safer Recruitment Training

The Safer Recruitment Training was held in January and was aimed at staff involved in the recruitment process. The training covered areas such as being able to identify the risks associated with the recruitment of staff and volunteers for work with children and young people and to recognise key policies and procedures which promoted a safer culture and minimised risk. We were able to offer spaces on this vitally important course to local schools to support their training needs.

Sixth Form Hub

The Sixth Form Hub met again this year with representatives from the London Academy of Excellence, Woodbridge High School and Heathcote School attending. Fruitful discussions regarding the transition from Year 11 to Year 12 took place drawing on the insightful experiences of everyone at the meeting. This exchange of experience and expertise is of great value when dealing with issues that are common to all schools with Sixth Forms and helps feed into best practice.

To forest school,

We are delighted that you let
us borrow your micro-bits. It
Would be our pleasure if your
School would let us use your
micro-bits again

From Chingford CoE Primary School

Outreach Boxes

This initiative remains ever popular. So far, this year we loaned out our boxes of Microbits and Raspberry Pi to Rushmore Primary School (Hackney), Snaresbrook Primary School (Redbridge) and Chingford CoE Primary School (Waltham Forest).

Donation of Equipment

As the School continues to upgrade its infrastructure, with the help of the Deputy Warden, we have donated four interactive whiteboards and eight laptops to Norbury Business Enterprise College, as well as eight laptops to Riddlesdown School. We intend to continue with similar donations of equipment as and when we upgrade our infrastructure.



Supporting Local Parents

Two conferences were held in February and March: 'Settling into Secondary School' and 'Maximising Your Child's Sporting Potential' which were open to parents from Forest and beyond.

German Outreach

Lindsay Nash, teacher of German and Spanish, is a member of a Facebook group called 'Secondary MFL Matters' and a fellow member asked for spare Echo Express 2 books (year 8 level).

Lindsay was aware that the Languages Department at Forest had about 150 spare year 7 and 8 books in the cupboard and, with the help of colleagues, organised for hundreds of text books, grammar exercise books and listening CDs to be sent to Newport Girls' High School, a state girls grammar school with a flourishing German department.

“
We had a large increase in numbers for German and I was delighted to save some much-needed funding by sourcing second-hand books. To receive them for free was not expected and is a most generous and kind gesture on behalf of your school. Thank you to you and all your colleagues for your support.

Headteacher Michael Scott,
Newport Girls' High School

Governance

Marcus Cliff-Hodges

The Warden is a Governor at two schools: London Academy of Excellence and Mayville Primary School.

Marcus Cliff-Hodges
The Warden



James Sanderson

James Sanderson is Chairman of the Local Governing Body of Lime Academy Trust.

James Sanderson
Head of the Preparatory School



Kate Spencer Ellis

Kate Spencer Ellis is the Safeguarding Governor and Chair of the Resources Committee at Wanstead Church School.

Kate Spencer Ellis
Head of Sixth Form



Wayne Freeman

I am a Parent Governor of a one-form entry primary school in Hackney. My role requires that I attend regular full governing body meetings and, along with a team of governors, offer support to the Head Teacher and his management team. Primarily, our job is to unpick the challenges the school is facing, plan for the future and build an ethos that every stakeholder in the school can be proud of. Bringing to the table the interests of the parents, I help to ensure the accountability of the school management, but being a teacher as well as a parent I like to think I offer a unique perspective. I serve on the curriculum committee as a critical friend to the subject leadership, helping them implement their education plan throughout the year, and as part of a working group focused on improving the ICT offer of the school.

Wayne Freeman
Head of Computing



Adela Kay

Adela Kay is Chair of Governors at Churchfields Infants School.

Adela Kay
Director of Outreach



Amy Clifton



I am a Parent Governor at Barclay Primary School in Walthamstow. I wanted to be involved in the school as it is my nearest Primary school and my son attends the school. As a secondary school teacher of 15 years, and a parent, I felt that it would be a good opportunity to contribute to a school in a different way.

I have completed a number of governance training courses and have written numerous reports on teaching and learning I have seen in action during my link visits to each site. I look in particular at the teaching of English and Maths in years 4-6 at Barclay. I have helped the school improve its communication with parents, improve its air quality by helping set up a link to tree planting and ivy screen initiatives and am in the process of trying to establish school streets outside each site too.

In 2020 I encouraged Barclay to make a link with Forest school to share best practice and resources. In 2021 we hope to begin a partnership to improve the cleanliness and to broaden the use of the Hollow Ponds area of Epping Forest, ideally establishing a 'forest school' site there that could be used by Barclay and Forest pupils.

Amy Clifton

Learning Support Teacher

Kate Clark



I am Chair of Governors and Safeguarding Governor at Applied Educational Solutions (AES) in Enfield. AES is an alternative provision for pupils between the ages of eight and 14 years old. It is for pupils with and without EHCPs. Many of the pupils experience problems ranging from mental health issues, serious social issues, are looked after children, have diagnoses such as Spectrum disorders or ADHD and have been permanently excluded from mainstream school or are at risk of permanent exclusion. These are non-exhaustive examples of criteria for pupils who can attend AES. The aim is, as often as possible, to get these young people back into mainstream education. AES changes pupils' fixed-mindset approach and encourages pupils to be aspirational about their future.

We work hard to build on self-esteem ensuring that when they leave AES, pupils are emotionally literate enough to succeed in mainstream school and are more able to self-regulate their behaviour. I have worked closely with Mrs Coombs, Bursar and we have over the last 12 months, transformed the aesthetics of this small school and vastly improved the learning environment by donating interactive whiteboards, furniture and books during the Prep School build. The outreach work that has been done has completely changed their lives – and they are very grateful. I provide pro-bono supply teaching when I am able and as Safeguarding Governor, I am lucky to be invited to be directly involved with external agency support for pupils. It is an absolute joy to be involved with this small, but life-changing, school.

Kate Clark

3B Form Tutor, Prep School

Charity



Whole School

FSPA: Macmillan's World's Biggest Coffee Morning

The FSPA raised an amazing **£2384** for MacMillan's World's Biggest Coffee Morning with a wonderful array of cakes.



Live Lounge

Live Lounge is an open mic session for pupils from Year 10 and above and staff held every term and Michaelmas Term was no exception. **£143.65** was raised for CALM (Campaign Against Living Miserably).



Founders' Day Bursary

During Michaelmas Term and the first half of Lent Term, fund-raising for the Founders' Day Bursary Fund continued apace from individual contributions to funds raised during major school-wide events such as the House Drama and House Music events and non-uniform days to the Michaelmas and Lent Term drama productions. Special mention must go to the **£20,000** donation after the whole school came together in the Sports Hall to sing a rendition of 'Sweet Caroline'.



Senior School

Over Christmas, we lost a member of the Forest community, Heath Corkery and during Lent Term, our Sixth Formers raised money for MIND and CALM in his memory.

November

Doctor's House raised both money and awareness for the Movember charity during November through their house meetings aimed at raising awareness around men's health issues and workshops run by a Year 12 focusing on specific men's health issues. Donations were collected from the whole school community, culminating in a fake moustache day on the last day of November where pupils and staff of all ages were encouraged to donate money in exchange for a fake moustache, which could be worn throughout the day as a conversation starter and to show support for Movember. All this hard work resulted in a total of **£307** being raised.



Lend With Care

In the early part of Michaelmas term, **£100** was raised through House Breakfasts for Lend with Care, a microfinance initiative established by the charity CARE International helping small businesses in low income countries.



Fusion

This Year's Fusion was once again a colourful and vibrant event raising money for CRY (Cardiac Risk in the Young) and CALM (Campaign Against Living Miserably). The students performed acts of such variety it was a pleasure to see so many talents on show and they successfully raised a total of **£1200** which was split between CRY and CALM.

Prep School

Big Buddy Workout

A whopping **£7019** was raised for the NSPCC by the children during their Big Buddy Workout which saw them carry out various PE activities such as running relays, bean bag races, mini hurdles and much more!



Other Prep School Charitable Activities

Through the following list of fun initiatives

Bob a Job

Dressing Up

Non-Uniform Day

TT Rockstar

Sponsorships

Raffle

Disco

The Prep School successfully raised over £3000 for the Founders' Day Bursary Fund - a wonderful achievement.

Other School Charitable Activities

The following list of creative initiatives

Grow a Tenner

Barnum & Tempest Collections

Founders Day Badges

Michaelmas Concert

House Music

House Drama

Hackney Empire Event

Furniture Donation

Non-Uniform Day

The Senior School successfully raised over £10,000 for the Founders' Day Bursary Fund - such a huge achievement.

International

Partnership with China

Following a very successful exchange experience in Summer 2019 at Forest, Forest students were very much looking forward to visiting Shanghai in March 2020 - please note the date.

Unfortunately, Covid-19 took hold at that time and Mrs Kay is now the proud owner of 25 orange caps and 25 backpacks which would marked the trip, but may not be used now, although we are hoping they may become collectors' items!

We will replan our trip and we are looking at remote ways to connect with our Chinese partners.



Economic Impact



GDP SUPPORTED IN OUR
SCHOOL'S UK-BASED
SUPPLY CHAIN
£14,553,625

OUR TOTAL
CONTRIBUTION
TO UK GDP
£35,732,317

**SCHOOL'S
OWN DIRECT GDP**
£16,494,412



SUPPORTED
BY THE SPENDING OF OUR
STAFF AND OUR UK-BASED
SUPPLIERS' STAFF
£14,553,625

OUR CONTRIBUTION
TO THE GDP OF
**WALTHAM
FOREST LAD**
£19,041,015



THE NUMBER OF JOBS
FOREST SCHOOL HAVE
SUPPORTED THROUGH
DIRECT EMPLOYMENT

383

— **JOBS** —

TOTAL NUMBER OF JOBS IN
WALTHAM FOREST LAD
SUPPORTED BY FOREST
SCHOOL'S ACTIVITIES

433

The Future

This September has seen the first fully assisted place pupils, and our first Founder's Day Bursary holder, join the Forest community. We are extending the number of fully assisted places we are offering this year and over the coming years the intention is to grow this programme, to ensure that Forest truly represents and is part of our diverse local community.

This year will be a very different year, we are starting the new school year with students wearing masks and working in year group bubbles, so our outreach programme will need to go virtual. Fortunately the last few months of remote learning mean that many teachers are more tech savvy than they perhaps were in February. I am hopeful that this will mean we can reach even more students who would normally be unable to get to us for events!

We are keen to continue our partnership journey and we are looking at ways in which we can engage with local education and community groups.

Our partnerships with the Hackney Empire and with LAE are indicative of our desire to support disadvantaged children in our area of North East London, but beyond those two settings we want to ensure that Forest supports our local community in this most difficult time.

Forest outreach and partnerships will continue to strengthen Forest through collaboration.

If you would like your school or organisation to work with us please contact **ak@forest.org.uk**.



Thank you for all your hard work.
Our work with others, contributes to making Forest
the vibrant learning community it is.

Contact Us

If you would like to partake in our outreach programme
or report on any outreach or charity event you are
currently doing, please contact:

Adela Kay
ak@forest.org.uk
Ext: 6608





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