

HAMMERSMITH

Academy



THE ACADEMIST

HAMMERSMITH ACADEMY NEWSLETTER

July 2018 EDITION 3

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A WORD FROM OUR HEADTEACHER



Welcome to the third edition of our newsletter, the final one for this academic year. Of the three main terms, this is by far the busiest at the Academy with so much packed into 13 weeks.

Our teachers have been working hard both during the day and after school to help prepare our students for GCSE, BTEC, AS Level and A-Level examinations. I have been thoroughly impressed by the dedication of both students and staff who came in early to conduct pre-exam revision sessions to maximise that last bit of potential. I look forward to seeing all those students on the results days in August and I wish them the very best as they go on to sixth form, universities and employment.

I am really pleased that the Academy has established a reputation which continues to be of interest to the media. This term we welcomed Sky News and LBC Radio, both media outlets wanted to speak to our students about two very different but important issues.

The Academy's garden which has been extended this year, continues to be a source of pride and enrichment. This term we have been visited by the RHS and celebrity gardener, Frances Tophill. They were so complimentary of the work both students and staff have poured into the garden.

Students have continued to push themselves, not just academically, but also in areas of personal development. There are now four students on the British Exploring

Society Ambassadors Programme; two will head to the Peruvian Amazon and two to the Canadian Yukon in the summer holiday. Our HATV students are developing new skills for HA Radio, recorded in our radio room. Hadeel in Year 13 is following her passion entering ITV's Breaking Into News journalism competition. She is now one of the finalists and we wish her luck.

A large part of teaching consists of student assessment, and at this point of the academic year we ask all our teachers to nominate one child whose work has stood out above all others. The 'Best Book Award' applauds students in KS3 and KS4 who are wonderful role models for all students.

These are just a handful of things which have happened this term at the Academy. As you read this edition of the newsletter you will see just what a hive of activity HA is and most of all what kind of community we are.

I wish you all a wonderful summer and look forward to welcoming everyone back for a new year. ■

Mr Kynaston, Headteacher

CELEBRITY GARDENER VISITS HA



Students with Frances Tophill in the Academy Garden.

CELEBRITY GARDENER, FRANCES TOPHILL, VISITED HAMMERSMITH ACADEMY'S RHS SCHOOL GARDENING TEAM OF THE YEAR TO HELP LAUNCH THIS YEAR'S SEARCH.



In April, the Academy's students welcomed the Royal Horticultural Society and gardener, Frances Tophill, to tour the gardens which have been extended since winning the RHS School Gardening Team of the Year.

The visit began with a tour of the original garden which was in full bloom with a multitude of coloured tulips on display. The group then travelled to the very top of the Academy, exploring the rooftop garden; a real hidden gem!

Students explained how they were involved in the gardening during the course of the academic year, from planting seeds to recycling wooden pallets to create new planters.

The tour ended in the newly extended garden space with the wooden greenhouse taking pride of place. This was the prize given to the Academy for winning the Gardening Team of the Year.

The students sat down with Frances, who regularly features on BBC's

Gardener's World, for a lively Q&A session. They were interested to know how she got into gardening, what plants she would recommend to brighten up the basketball areas and how to get the best out of their fruit and vegetable plants.



Frances Tophill shares her tips on how best to plant containers and look after the plants in them.

The visit concluded with a planting masterclass delivered by Frances who explained the best way to plant the many containers in the new gardening space. She said why it was a good idea to plant below the pot line to allow space for the water to soak in and which plant combinations work well. ■

BODY IMAGE: SKY NEWS SPECIAL



Hannah Lewis from Rethink Mental Illness with Hammersmith Academy students.

STUDENTS TODAY FACE A MUCH GREATER CHALLENGE TO THE WAY THEY SEE THEMSELVES THAN THEIR PARENTS DID. OUR OWN STUDENTS TOOK PART IN A BODY IMAGE WORKSHOP AND WERE ASKED FOR THEIR OPINIONS BY SKY NEWS.

“ I learnt that kids are not as confident as they make out to be... we are all great as individuals. ”



Students sat down with Sky News to discuss the effects of social media on their body image.

A group of students were selected to take part in a workshop with Rethink Mental Illness, an organisation helping millions of people affected by mental illness in the UK.

The organisation was working with Sky News to produce a feature on body image and how it especially affects young people today. They were interested to hear how our students perceived themselves and how the media and their social circles influence their thoughts.

Hannah Lewis from Rethink Mental Illness led the workshop, starting

with a debate on what causes young people to question their own body image. Students discussed at length the societal pressures that they themselves have faced both from their friends and from the various forms of media they consume, such as television and social media.

Radwan in Year 9 said, "I learnt that kids are not as confident as they make out to be. We should all like ourselves and be confident in our appearances and our personalities because we are all great as individuals." ■

STUDENTS ON LBC

HAMMERSMITH ACADEMY STUDENTS APPEARED ON LBC RADIO AS PART OF THE RADIO'S DRIVE TO HIGHLIGHT THE TEACHING PROFESSION.

In May, reporter Lucy Hough visited the Academy to interview students as part of LBC Radio's week long special on careers in the education profession.

Made in conjunction with Get Into Teaching, the feature looked at why people should consider a career in education. Whether they are recent graduates or professionals considering a change in career, teaching is a very rewarding profession. The report also highlighted a lack of teachers in certain areas such as the STEM subjects.

Shehab (Year 8), Amber and Iman (Year 9) were asked about the importance of a great teacher and the difference such a teacher can make on their young lives.

All three students gave examples of their own teachers who have helped them with their work and how they have made a difference in them becoming more confident individuals.

Shehab told LBC, "My favourite teacher would be Mr Young, because he always pushes me into doing more than what I can do and push me to be better at DT. "



Reporter Lucy Hough with Hammersmith Academy students in the Academy's radio room.

Iman added, "I think teachers need to be passionate about what they are doing and they need to want their students to succeed. But also they need to be very understanding of their students, because everyone has a different background or story." ■



Students during their interview giving their opinion on what qualities are needed to make a great teacher.

“ He always pushed me into doing more than what I can do and push me to be better at DT. ”

[Watch the reports:](#)

Listen to the full LBC interview on our YouTube channel.

EXPLORER PROGRAMME EXPANDS

TWO ADDITIONAL STUDENTS FROM HAMMERSMITH ACADEMY WILL JOIN BRITISH EXPLORING SOCIETY'S EXPEDITIONS THIS SUMMER. WE CAUGHT UP WITH THEM TO SEE WHAT PROGRESS THEY HAVE MADE.



Annur, Noor, Jayde and Tahir are members of British Exploring Society's 2018 expeditions.

Hammersmith Academy is excited to reveal that there are two additional Year 12 students joining the British Exploring Society's Ambassador Programme. Noor and Tahir are now joined by Jayde and Annur on this exciting and life-changing programme.

Collectively, they must raise at least £2,800 to guarantee themselves a place. This fundraising is a vital part of the programme's ethos in ensuring participants are independent and self-sufficient.

The student explorers have been very creative in finding ways to raise the money, holding two bake sales and a Friday tuck shop. In addition, all four students have been doing personal fundraising drives to help purchase equipment. Jayde took part in a local car boot sale, whilst Annur and Tahir ran their own sponsored half marathon.

All four students have been preparing with British Exploring Society in readiness for the expeditions. They have been getting to know other students who will accompany them and building a real sense of team spirit which they will need to get them through the testing times.

Noor and Jayde will be heading to the Peruvian Amazon, whilst Tahir and Annur will travel to the Canadian Yukon. Both locations will be challenging and there will be very limited contact with the outside world. Tahir said, "we have already been advised not to brush our teeth anywhere near our tents because bears are attracted to the sweet taste of toothpaste!"

We wish all four of our young explorers the very best of luck on their expeditions and look forward to them spreading the benefits of the programme when they return. ■

“ We have already been advised not to brush our teeth anywhere near our tents because bears are attracted to the sweet taste of toothpaste! ”

GCSE FIELDWORK



Students conducting river sampling in a stream at Epping Forest.

YEAR 10 STUDENTS TRAVELLED TO EPPING FOREST AS PART OF THEIR GCSE COURSE. NICKYA (YEAR 10) TELLS US ABOUT THE TRIP.

In June, Year 10 students spent two days in Epping Forest to complete the fieldwork element of their GCSE Geography course.

Students began the fieldwork in woodland terrain looking closely at the different rock types in that environment. We collected rock

samples to see how permeable the different rock types are.

After a break for lunch, we moved out of the woods to look at streams and their flood risk. We had to measure the width, length and depth of the streams to calculate the flood risk to the local properties nearby.

Using a geographical modelling technique, called the Bradshaw Model, we worked out how much of a flood risk a river is. This model takes into account various factors such as the depth, width and flow of the river. We concluded that the stream was well maintained and therefore a low flood risk.

When we returned to the Academy we analysed all the data that we had collected before writing up the course work.

It was a great trip, we got to see the things we learnt about rivers, such as how oxbow lakes are formed whilst standing in an actual river! ■

LANGUAGE WINNERS



Hammersmith Academy's team with their SOAS Language Challenge award.

SOAS LANGUAGE CHALLENGE WINNERS, ALEX, MILCAH, ANIS AND DAFINA, TELL THE ACADEMIST ABOUT THEIR TRIUMPH.

The Languages Challenge is a year long competition which aims at supporting independent and collaborative learning in language studies. Students were required to take part in five different tasks in five different languages.

We started the challenge in October 2017 and submitted our final task in May 2018. We spent hours of hard work and dedication at home and at school-even staying till 7pm after school on some days. The tasks were challenging but we all had an amazing time learning new languages and filming fun tasks. The languages we chose were: French, Italian, Amharic, Turkish and Slovak.

At the end of all this hard work all the London schools who entered were invited to SOAS University for the announcement of the winning team. We spent a day at the University, receiving a tour of its amazing library and new complex.

After a tense presentation of all the submissions we found out that Hammersmith Academy had won! We received a first place winner's trophy, certificates and SOAS merchandise. ■

VISITING AUSCHWITZ

NADIA (YEAR 12) TRAVELLED TO POLAND TO SEE ONE OF WW2'S MOST HARROWING LOCATIONS. SHE EXPLAINS WHY THE TRIP WAS IMPORTANT TO HER.



Nadia along with fellow Year 12 students visiting the former Second World War concentration camp.

“We walked carefully through the many rooms containing shoes and spectacles, even suitcases, with the names of their owners still on, with whom they would never be reunited.”

Earlier this year, myself and four other students were fortunate enough to be selected to visit Auschwitz as part of a charitable cause to educate people about the Holocaust. While we were thrilled to have been selected, we were also apprehensive due to the nature of visiting such an emotionally charged site.

Upon arrival we were taken on a tour of the Jewish Quarter in Krakow by tour guides who had useful and specialised knowledge of the history of the Jewish town. This was a lovely welcome.

The following day was our journey to Auschwitz. Walking through the camp we were given in-depth information from our camp guide as we walked carefully through the many rooms containing shoes and spectacles, even suitcases, with the names of their owners still on, with whom they would never be reunited.

The guide explained how prisoners were separated from their loved ones and went through a 'selection' process by SS Officers who chose whether they lived or died. The most powerful part of the visit for me was walking down the steps into the gas chamber. The millions that lost their lives; men, women and children that had walked down those very steps, thinking that they were merely there to be showered and disinfected, rather than taking their last breath.

The tour of Auschwitz and Birkenau served to remind us of the calamity that was the Holocaust and how in the modern day, it is easy to neglect the past and feign ignorance, when in reality, the past is crucial in aiding the construction of our future.

When I asked one of the hosts why it was important to run these tours he replied, “when we teach history in schools we should teach this, not just the ancient past but the recent past, and bring people from all over the world to learn about something they think they know but of which they’ve only scratched the surface.”

This quote really summarised how it felt for me to be part of this visit. It gave me a sense of perspective which was more than that of an individual's.

The entire experience of visiting Auschwitz and Birkenau was a profoundly moving experience that sought to increase the level of holocaust awareness and the massacre that was the persecution of the Jews and Roma peoples during WWII, adding to the significance of holocaust educational lessons which secondary schools like Hammersmith Academy are successfully doing. ■

DAY OF LIGHT



Year 7 and 8 students looking at different light wave lengths at UCL Mullard Space Science Laboratory.

YEAR 7 AND 8 STUDENTS VISITED UCL TO TAKE PART IN THE UNESCO'S INTERNATIONAL DAY OF LIGHT. MS HORN REPORTS ON THE TRIP.

On 15th May, students from Year 7 and 8 visited UCL Mullard Space Science Laboratory to celebrate UNESCO's International Day of Light.

During the event, students were able to get hands on at the numerous stands which demonstrated our understanding of light and its scientific and technological applications.

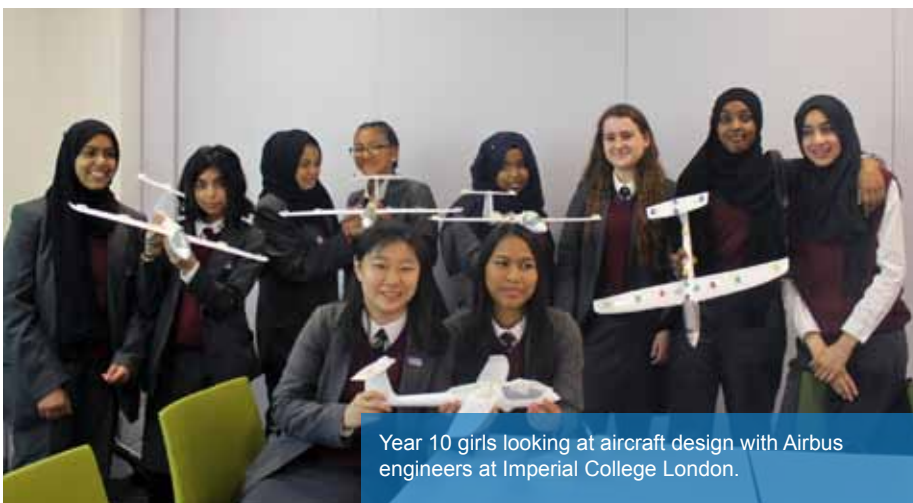
On one of the stands our students investigated how brain scans work and were able to see live scans of their own brains whilst performing difficult mathematical calculations.

On another, they explored the role light plays in the exploration of space. Light helps power the Mars Rover and its technology and the speed at which light travels can help determine vast distances.

The visitors were treated to various scientific talks delivered by UCL's own lecturers. The topics included the chemistry of how light is made, the importance of light in the development of modern humans and how light is generated and used by animals.

Overall, the day captured the imagination of the students. They learnt a lot about light, especially how it is used in everyday life which most people would take for granted. ■

CAREERS IN SPACE



Year 10 girls looking at aircraft design with Airbus engineers at Imperial College London.

STUDENTS CONSIDER FUTURE SCIENTIFIC CAREERS AT IMPERIAL COLLEGE, LONDON.

A select group of Year 10 students travelled to Imperial College London's Department of Aeronautics for a close look at careers in physics and engineering.

The aim of the event was to increase awareness of career choices in STEM based subjects, particularly

in girls as there is a real lack of women in science and technological professions.

Students were engaged in inspirational career talks delivered by Airbus engineers who explained what they do in their line of work and the academic choices that led to them being in their careers today.

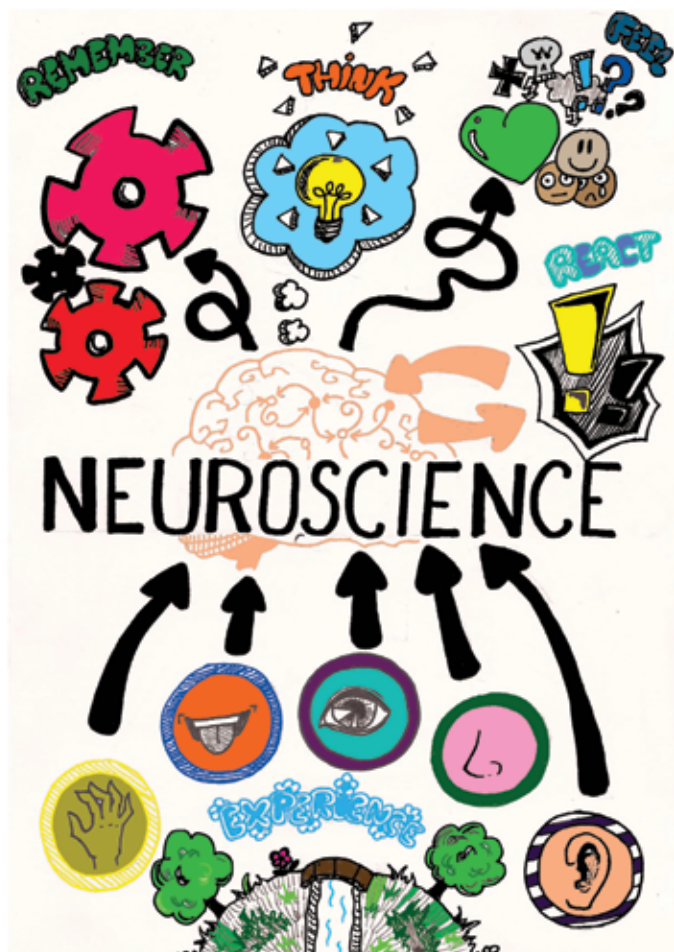
This was followed by a discussion of advances in aeronautics and aerospace engineering research conducted by Imperial lecturers.

Our own students were able to speak to current undergraduates about studying Engineering and Physics at university, which will help them make informed decisions about their future studies.

For all those in attendance, the highlight of the day was without doubt the flight simulator, which allowed students to pilot their own flight. ■

BRILLIANT CLUB

Phineas @ HA a special edition science magazine



powered by Hammersmith Academy & The Brilliant Club

The students submitted essays were compiled into a magazine.

STUDENTS COMPLETE THE BRILLIANT CLUB QUALIFICATION. MS BUCHANAN LOOKS AT HOW STUDENTS HAVE FARED.

At the end of the Spring Term *The Academist* reported on Year 9 students taking part in the Brilliant Club Scholar's Programme. This programme matches PhD students who mentor high achieving secondary school students towards an academic qualification.

The qualification is a rigorous process, requiring students to complete an assignment which is marked and given a university style grading.

The STEM group in particular did extremely well, with many of them achieving first-class classifications for their assignments. Their tutor

has kindly compiled all the STEM assignments into a magazine, including a preface by her, to demonstrate the amazing quality of their work. This will be published on the Brilliant Club website and copies will go home to the parents of our Brilliant Club scholars.

Congratulations to all the students who have completed their Brilliant Club assignments. The full list of students can be found below. Students should be very proud of their accomplishments. ■

Brilliant Club Scholars results:

First

- Zena Ahmed
- Milcah Tareke
- Rayan Charkaoui
- Osuke Miyamaru
- Hana Hussein
- Alicia Charles
- Anisa Arafa

2.1

- Mohammed Huda
- Furqan Waseem
- Kemi Onitolo
- Aisha Mohamed
- Lania Hamilton
- Emily Gudgeon- Sidelnikova
- Batoul Gheleb
- Anis Dobranja
- Jesmin Ali
- Matthew Sanetra

2.2

- Rayan Autban
- Farouq Omer
- Charlie Kelly- Smith
- Artur Aliu

MATHS OLYMPIAN

YEAR 11 STUDENT BECOMES THE ACADEMY'S MOST SUCCESSFUL MATHEMATICIANS TO DATE. MS SUGANTHAKUMARAN EXPLAINS.



Chester with fellow Year 11 Mathematics students, presenting him with his award and book prize.

As well as working hard towards his GCSEs in Mathematics and Further Mathematics, Chester in Year 11 has seen great success in the UKMT Maths Challenges. During his time at Hammersmith Academy he has sat numerous papers and received many certificates to celebrate his achievements.

Chester sat the Senior Maths Challenge in November 2017, which is aimed at Sixth Form mathematics students, and scored high enough to qualify for the two subsequent rounds.

For the Intermediate Maths Challenge in February, he qualified for the next round, for which he received a Distinction certificate, a prize

book and a medal. His amazing performance in the competition has meant he has been selected to attend the Initial Training Camp, this summer, at Queen's College, Oxford, to start Olympiad training. Only 24 students nationally have been selected to take part in this intensive training camp and it will be a chance for Chester to explore Mathematics outside of the conventional syllabuses.

Chester has taken every opportunity to improve his mathematical ability during his time at Hammersmith Academy, ensuring he has communicated his thinking in a clear and logical way. He has often presented his thought process in

multiple ways to ensure he has reached the correct conclusion.

The Mathematics Department and his fellow Mathematics students are really proud of the progress Chester has made and we look forward to seeing his successes in the future. ■

Junior Maths Challenge winners:

- **Gold:** Ermir Bela, Tristan Kolacz, Safwan Uddin
- **Silver:** Jessica Careless, Orlando Coker, Isabella Tobin, Alaa Elmi, Ruby Foley, Shuaib Ali, Stanley Dix, Tehya Gager, Yosif Ali, Lily Mullen, Thomas Albery, Yacine Dib
- **Bronze:** Farida Sharif, Sahra Abdi, Ruweyda Mohammad, Nooh Khaled, Ayomide Omotola, Rebecca Serpanchy, Ali Hussein, Jacob Ramos, Salvator Sorrentino, Ayoub Mechtoub, Dennis Simeonidis, Kawther Hussain, Uluc Ozkececi, Mahamad Elmi, Samuel Grange, Rhodes Telfer, Malachi Sinclair, Artin Mehmetaj, Mohamed Ibrahim, Folco Ciuchi

PUZZLE OF THE WEEK

THE MATHEMATICS DEPARTMENT INTRODUCED A NEW AWARD THIS TERM TO CHALLENGE QUIZ LOVING STUDENTS.

This term the Mathematics Department introduced a new subject token to reward students who are avid participants in Puzzle of the Week.

Puzzle of the Week is an international competition for school children. Students must submit answers to mathematical puzzles which are published each Monday.

Students are rewarded for finding the right answer to the week's puzzle, as well as enthusiastically taking part.

Each week tutors hand out subject tokens to students they think are most deserving. Each subject token will contribute towards the student's House in the form of house points. ■

HA BOOK AWARDS



Key Stage 3 Best Book Award winners.



Key Stage 4 Best Book Award winners.

**STUDENTS WERE
NOMINATED BY THEIR
TEACHERS FOR THEIR
OUTSTANDING WORK
IN THEIR EXERCISE
BOOKS.**

“It was fantastic to see so many students being rewarded for a variety of reasons.

This term the Academy's Senior Leadership Team ran a Celebrating Student Achievement Fortnight with members of SLT visiting as many different lessons as possible, giving out awards to students who their teachers felt deserved praise.

It was fantastic to see so many students being rewarded for a variety of reasons, including consistent high effort levels, outstanding engagement in learning or supporting other students within the lesson. In addition to this, each teacher was asked to choose one student (out of every child that they teach) who they would like to nominate for a Best Book Award. In order to be nominated, a student had to be a real role-model

in their note-taking, their standard of presentation, the amount/quality of work completed each lesson and their use of the written feedback to redraft their work.

Nominated students met with Mr Kynaston to receive a certificate. They also received an invitation to a special pizza lunch in the Hospitality Suite to mark their achievement.

We are so proud to celebrate the outstanding resourcefulness of these students. We really want all students to understand that the presentation of their exercise books is incredibly important as their books will become valuable revision resources for them in the future. Well done to every student who received a reward! ■

”

JACK PETCHEY

THE JACK PETCHEY AWARD HONOURS STUDENTS WHO HAVE EXCELLED AND MADE HUGE CONTRIBUTIONS TO THEIR SCHOOL. JACK PETCHEY COORDINATOR, MR FLITTON, TELLS US ABOUT THE WINNERS.



Reece proudly displaying his Jack Petchey Award certificate.



Malaak with one of the digital graphic pads purchased with her award money.



The Jack Petchey Award rewards students based on their positive contributions to their school and community. Students are nominated by their fellow students and teachers. Each award comes with £250 which the winning student, along with the Academy's Jack Petchey Coordinator, Mr Flitton, decides on how to spend it for their school.

This term six students have been awarded the Jack Petchey Award.

Malaak (Year 8) won her award for her professionalism and leadership by being part of the Academy's Junior Leadership Team (JLT). She has been an active citizen around the Academy and embodies the HA ethos and values. Malaak decided to spend the prize on purchasing digital graphic pads for the Art Department.

Aidan (Year 8) was awarded for his pride, care and commitment in his work. He fully immerses himself in the HA Way and has been a fantastic role model for other students in his year group. He has decided to use his award money to reward other students with a trip.

Najma (Year 9) has been an exceptional role model for others in her year group. She has been an extremely good friend to others and has shown exceptional kindness and goodwill. For her teachers she has been an absolute pleasure to

teach. Najma has used her money to arrange a trip to Thorpe Park for her fellow students.

Reece (Year 9) has been recognised for his active membership in the JLT. He has made an excellent contribution to HATV and is key member of its development. Reece has always been a good friend and supportive of others. Reece has decided to spend his money on purchasing a microphone for HATV to help enhance the quality of their productions.

Sabrina (Year 8) has been a respectful and kind person who builds positive relationships with her peers. She has been a consistent learner who displays the Academy's ethos and values at all times. She has bought two drills for DT with her award money.

Rhys (Year 11) has been a real pleasure to have at the Academy over the past five years. He has been a role model to his fellow year group and has developed into a mature young adult. He has represented the Academy in a number of sporting events and has displayed fine leadership skills. He has contributed his money towards the Year 11 prom.

The Academy is proud of our Jack Petchey Award winners. They are excellent ambassadors and are truly a benchmark for what it means to be a HA student. ■

BRONZE ARTS AWARD

THE BRONZE ARTS AWARD ENCOURAGES STUDENTS TO PARTICIPATE IN DRAMA AND GAIN A QUALIFICATION WHILST DOING SO.



Year 7 students during a Drama skill sharing class.

This year has seen an exciting new opportunity introduced to our Year 7 students. The Bronze Arts Award in Drama is run in conjunction with The Lyric Theatre Hammersmith.

The Bronze Arts Award is a nationally recognised qualification from Trinity College London. The course is split up into four mini projects for pupils to complete.

With all this hard work completed students enjoyed sharing their work both at the Lyric Theatre and at the Academy Summer Showcase.

A big well done to all the Year 7 for their hard work and dedication. We look forward to getting their results and giving out certificates in the Autumn Term. ■

HOW THE AWARD IS STRUCTURED.

Section A - Learn an Arts Skill

Students created a piece of theatre inspired by the Japanese tsunami and studied the skills of abstract theatre and monologues.

Section B - Live Theatre

Students went to the Lyric Theatre to experience live theatre. Students made lots of notes to write a review.

Section C - Arts Inspiration

Year 7s had to research someone from the arts that has inspired them, looking at their career developed and why they chose their job.

Section D - Skills Share

Students had to develop a new drama skill in class. Then they had to plan and teach their new skill to others. ■

MUSICAL NEWS

NEXT YEAR'S MUSICAL IS BASED ON THE 90'S CLASSIC MOVIE STARRING WHOOP! GOLDBERG.

Sister Act is an exciting musical filled with 50s music. Deloris Van Cartier, a famous disco singer, is put into witness protection in a convent. While struggling through the restrictions of her new lifestyle and often getting herself and the other nuns into trouble, she finds comfort in the church's choir and shares her biggest talent with the world.

This musical follows on from this year's *In The Heights* which was popular with students and parents alike. *Sister Act* is sure to be just as

successful and perhaps even more infectious. Parents will remember the 90s movie and its music well.

The search for Deloris and the cast are currently underway.

Teacher of Drama, Ms Dale said of the musical, "This is going to be one fun show with lots of high energy numbers and I am so excited for everyone to experience it."

Dates for the show are Thursday 17th January and Friday 18th January 2019. Tickets will go on sale at the end of the year. ■



DANCE JOURNEYS

ENGLISH NATIONAL BALLET'S DANCE JOURNEYS ENCOURAGES STUDENTS TO TAKE UP DANCE BY WORKING ALONGSIDE PROFESSIONAL DANCERS. MS MCLOUGHIN AND MS DALE TELL US ABOUT THE PROJECT.



Hammersmith Academy students took to the stage at Sadler's Wells for the final showpiece.

This year marks the fifth year that pupils from Hammersmith Academy have participated in English National Ballet's Dance Journeys. Dance Journeys gives young people a unique opportunity to create, perform and experience what it is like being part of a professional company.

“Dance is freeing, it helps you express yourself and the project has helped us to build our confidence.”

Over the course of four months Year 8 students worked closely with choreographer Danielle Teale on a piece titled Chrysalis which had a central theme of transformation and metamorphosis.

Students showed incredible commitment, meeting every Monday and additional Sundays to build and rehearse their own choreography with the help of professional dancers and choreographers and other key members of English National Ballet (ENB). These included artistic director, Jo Meredith, costume designer Susan Kulkarmi, and composer Thomas Hewitt Jones, who created the musical score especially for the performance.

After weeks of dedication, our students joined professional dancers and other students from Copthall School, Friern Barnet and Hampstead School to perform Chrysalis at Sadler's Wells Theatre as part of their matinee takeover.

The performance was accompanied by young musicians from the Royal College of Music Juniors Department.

The standout performance was from Eusgen in Year 8. Eusgen took to the stage in a confident and mesmerising solo performance. The

Year 8 students enthused about their involvement saying, "Dance is freeing, it helps you express yourself and the project has helped us build our confidence."

Media students from the Academy were also involved in documenting the project. Working alongside filmmaker, Danilo Moroni, they filmed the rehearsals and the evolution of the Chrysalis.

Overall, Poppy in Year 8 said, "I've really enjoyed being part of the group rehearsals at ENB headquarters, it gave us the opportunity to meet new people and make friends with students from other schools. It was exciting working in a professional dance environment and being able to rehearse as part of a large company."

It has been another successful year and we would like to thank ENB and their dancers and Mr Cooper and Mr Mackney for their support with the media students. ■

IMPERIAL COLLEGE

PROTOTYPES ARE A VITAL PART IN PRODUCT DESIGN. STUDENTS WERE TAUGHT HOW TO MAKE A PROTOTYPE IN A WORKSHOP AT IMPERIAL COLLEGE. MS FERRELL REPORTS ON THE DAY'S EVENTS.

The Proto Maker Challenge is a fully funded programme for students aged 11-14. The programme works with secondary schools local to White City and involves three full days at Imperial College's state-of-the-art education facility, the Reach Out Makerspace.

The Reach Out Makerspace has a variety of tools such as 3D printers, scanners, laser cutters, woodworking equipment and more. This unique immersive environment provides young people with a space to experiment, design and innovate. The space has a team of dedicated trained staff as well as Imperial College Outreach undergraduate and postgraduate students, who ensure that young people learn in a safe and supportive environment.

During this time students were taught the basics of prototyping to come up with innovative solutions to real world



HA students at the Reach Out Makerspace facility during a mentor session.

problem.

Marley in Year 8 said, "The programme has been a great experience. I've really enjoyed the

taster of what it might be like to take on the real-life challenges and creative liberties that come with engineering." ■

THORPE PARK

THORPE PARK IS NOT JUST A PLACE FOR ENTERTAINMENT. THEY ALSO OFFER ENGINEERING WORKSHOPS FOR STEM STUDENTS. MS FERRELL, STEM CHAMPION, TELLS US MORE.



Students spent time in the workshop looking at models.

In support of their study around design, materials, systems and mechanical devices, Year 10 Design Technology students took part in an interactive workshop, led by Thorpe Park's education team.

Pupils spent the day looking at the performance of structural elements in the design and building of rides.

As well as learning about design development strategies, pupils discovered how advanced mechanical systems are used to enable changes in movement and withstand force generated by the popular adrenaline rides.

This was a fantastic opportunity for our students to consolidate their subject knowledge that they have accumulated over the course of the year and see its real-life application, making it much easier to understand the concepts. ■

REMEMBERING GRENFELL



Students posted messages on a Grenfell heart in reception.



**ONE YEAR ON FROM
THE GRENFELL
TRAGEDY,
HAMMERSMITH
ACADEMY REMEMBERS
THOSE WHO LOST
THEIR LIVES AND
THOSE STILL
AFFECTED BY THE
EVENT.**

The 14th June was the one year anniversary of the Grenfell tragedy. For many students and staff that event was particularly poignant being so close to home. Grenfell Tower can be seen from the top floor of the Academy and for many of the Academy community it has been a constant reminder of the events.

Students and staff came together to join a national one minute's silence

to remember the Grenfell victims. During the day students wrote messages to pin on to a Grenfell heart which was put up in reception, so that they could share their thoughts and feelings.

Year 13 student, Hadeel, appeared live on BBC Radio London to reflect on the political situation since the tragedy and had a positive reaction from callers who responded to her comments. ■

H&F FOODBANK

THIS TERM THE ACADEMY HAS BEEN SUPPORTING THE LOCAL FOODBANK HELPING TO COLLECT ITEMS TO SUPPORT FAMILIES OVER THE SUMMER.

Over the last few weeks of the summer term, the Academy community has been busy collecting items for the Hammersmith and Fulham Foodbank.

During the summer holidays foodbanks up and down the country face extra demand from families who

do not have school meals to rely on. Foodbanks also may have less donations in the summer holiday.

To help raise awareness and increase donations, the Academy started an awareness drive, putting out donation boxes in reception. Furthermore, the Academy

has become a voucher partner with Hammersmith and Fulham Foodbank. This means that the Academy can issue Foodbank vouchers to those who meet the criteria.

Thank you to all those who generously gifted donations. ■

FRANKLIN SCHOLARS

STUDENTS ARE TRAINED TO BECOME FRANKLIN SCHOLARS WHO IN TURN PROVIDE LITERACY SUPPORT FOR YOUNGER STUDENTS.

The Franklin Scholars programme recruits and trains older students to help younger students improve and excel in their reading abilities. With specialised training, the Franklin Scholars provide support for younger students whilst at the same time becoming academically stronger themselves.

Each week Franklin Scholars meet with their younger readers in the Library during tutor time to read a book together.

This one-to-one tutoring is a proven effective way to help increase confidence in literacy which can equate to a whole GCSE grade higher.

Whilst the main benefits of the programme is aimed at the younger child, older student tutors themselves develop a sense of purpose and responsibility. They will also improve their communication and leadership skills.

Mentors and younger students are assessed and matched for the best results and the progress of



each student is closely monitored throughout the course of the programme.

We are eagerly monitoring the progression of this programme as the results from other schools have been very positive. ■

SIMS PARENT APP

THE ACADEMY IS LAUNCHING A NEW COMMUNICATION APP TO ALL PARENTS NEXT ACADEMIC YEAR. MR LISSEMAN, ASSOCIATE HEADTEACHER, TALKS US THROUGH THE BENEFITS.



In the next academic year Hammersmith Academy will be launching a new app to communicate with parents about their child.

The SIMS Parent App will allow you to view your child's:

- Attendance data
- Module reports
- End of year reports

- Achievement and Behaviour points
- Academy calendar
- Notices (including for reflections, detentions/prep)

From September we will email parents an invitation so that they can begin the registration process.

Once the app is launched it will be the main way that the Academy will communicate with our parents.

The trial that we have run this term has received some excellent feedback from parents and we are looking forward to rolling out its benefits to all our parents. ■

THE SIXTH FORM YEAR



Our Sixth Formers have had a very busy year

MS MARK, SIXTH FORM STUDENT ACHIEVEMENT MANAGER, TAKES A LOOK BACK AT SOME OF THE HIGHLIGHTS FROM A VERY BUSY ACADEMIC YEAR IN THE SIXTH FORM.

This year has been an exciting and successful year for our Sixth Formers. The Sixth Form Team have been very pleased with the hard work and determination the Sixth Formers have demonstrated throughout the year. Both Year 12 and 13 have worked incredibly hard towards achieving their A-Levels and BTEC qualifications.

As well as their efforts in the classroom the Sixth Formers have also taken up several opportunities and extra-curricular activities to help them prepare for their futures. Here are just a few highlights of the year.

Insight Programme

We have had some fascinating speakers visit us through the Insight Programme including young entrepreneur and co-founder of Up Learn Andrew Mitson. Andrew spoke of his unique story in how he achieved academic success through a first class honours in Science (BSc) and Economics at the University of LSE. Many of the Sixth Formers expressed that Andrew had motivated and inspired them to push themselves even further to succeed.

In June, the programme welcomed Fiona Spargo-Mabbs from the Daniel Spargo-Mabbs Foundation which aims to educate young people about the risks of illegal drug use.

Mercers' Competition

A small team of Year 12 students

went on to become runners up in a Mercers' competition where they came up with and presented their idea for a sustainable business to a variety of professionals at the Mercers' Hall. We were very proud of the group for representing the school at such a high level and winning a prize of £4000 for the Academy with their magnificent proposal.

University & UCAS

Throughout the year students visited a number of universities and sat through lectures including a visit for the Brilliant Club to Oxford University. The Brilliant Club students participated in a number of tutorials from a PhD tutor where they studied the science behind fog formation, solar power, and renewable energies, furthering students' knowledge of meteorology, chemistry, and physics. At the end each student produced a university style assignment on the subject and 7 out of 8 students received a high grade of a 2:1, with one student achieving an outstanding First.

Academy Life

As well as curriculum based activities, students have also put in lots of time and energy to improve their school community by working in the school garden with Dr. Kirwan and Ms Silcocks. The gardening team have built an amazing and beautiful garden that the Academy is really proud of. ■

BREAKING INTO NEWS

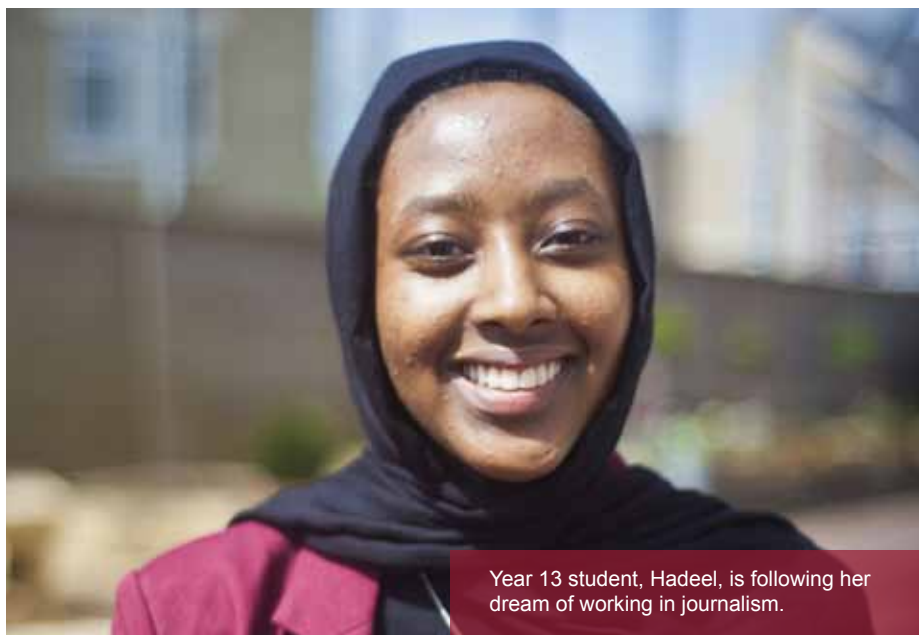
SIXTH FORMER BECOMES ITV LONDON FINALIST IN THE NEXT GEN JOURNALIST PROGRAMME.

ITV News and Media Trust's 'Breaking Into News' is a new initiative aimed at promoting diversity in journalism. There is growing recognition for the need to improve representation to reflect a diverse audience.

The competition is separated into each of ITV's ten broadcasting regions across the country. From the thousands of entrants, a finalist is chosen to represent each region and to go on to the grand final.

Hammersmith Academy's Sixth Former, Hadeel, has been chosen to represent the ITV London region. In the final each finalist will work alongside a journalist mentor to produce a news report on a subject of their choice which will be presented to the judges.

Hadeel has decided to produce a piece on Grenfell Tower, a topic which is close to her heart. She has interviewed a number of local people, including Kensington MP, Emma Dent Coad, about whether



Year 13 student, Hadeel, is following her dream of working in journalism.

the tragedy has changed the way local young people have engaged in politics.

The winner of the competition will receive £400 worth of journalistic equipment and the chance to have their piece broadcast on their local

ITV news channel.

Hadeel is an excellent ambassador and is an inspiration to other students who are preparing for life beyond the Academy. We wish Hadeel all the very best in the competition and on her longer term career plans. ■

UCAS UPDATE

MS HARROWES, CAREERS LEAD, TALKS YEAR 13 DESTINATIONS.

This year has seen a 16% rise in students making an application to Russell Group universities; 83% applied and 73% of all applicants received an offer. We have students holding offers for the University of Oxford, Imperial, UCL, Leeds, Southampton, Bristol, Durham, Nottingham, Birmingham, Warwick and York – to name but a few. We are equally proud of those students who have gained places to study specialist degrees such as Physiotherapy, Journalism and International Development which are often at non-Russell Group universities. Our applications are generally weighted towards London

as many students choose to live at home for financial or parental reasons. But this year, there were many more beyond London which is great news as it increases chances of attending a top university and also of enjoying the full university experience, growing up and learning how to manage adult life.

There's also been a rise in the number of students applying for apprenticeships, looking for a range of degree and higher apprenticeships. We've been working on building the very different skill-sets required to handle applications, video interviews and assessment

centres. There are some excellent opportunities out there: did you know that you can now train to be a fully-qualified lawyer or an accountant with an apprenticeship – with no student finance debt and a guaranteed job on completion? But it is a much more challenging process because there is no single central point of application.

And this year, we have two students who have gone straight into the world of work, one joining the Royal Navy and another embracing a future as an entrepreneur, launching his own online business.

We have high hopes for all their bright futures. ■

FAREWELL YEAR 13



HEAD OF SIXTH FORM, MS MOSS, BIDS FAREWELL TO OUR YEAR 13 STUDENTS WHO LEAVE THE ACADEMY FOR UNIVERSITY AND THE WORLD OF WORK.

“We are going to miss you all and can't believe our journey here has come to an end. Good luck to all our fellow students in their future endeavours.”

Sadly it's that time of the academic year where we say goodbye to our Year 13 students.

This year group have been outstanding and they have really been wonderful ambassadors for Hammersmith Academy.

They have stepped up to challenges and expectations, they have been involved in academy life and most of all they have worked extremely hard to ensure they secure university places, apprenticeships or work placements for next year.

75% of the year group applied to university, with all but one accepting places on a wonderfully wide range of courses, including Art Foundation, Mechanical Engineering, Economics, Archaeology, Computer Science, English Literature, Geography, Chemistry and Business Management.

Looking ahead to next year

I am excited to be welcoming our Year 12 students in September. We have had a very busy time interviewing all our applicants and they will now be looking ahead to the GCSE results and Sixth Form enrolment day on 23rd August.

Applicants who meet their offers will be choosing their A-Level subjects that day and it is likely to be a very competitive process given the number of applications received.

Good luck to all our potential Year 12 students. ■

A MESSAGE FROM YEAR 13

"We would like to thank all the students in Year 13 for making our Sixth Form experience so memorable. We have had so many great experiences as a cohort and can't wait to see where we all end up in the future. From the teacher versus student netball matches to our trip to Thorpe Park, we have created so many wonderful moments that have brought us all together as one community.

We would like to make a special thank you to all the teachers that taught and supported us to whom this all wouldn't have been possible without. In particular, our wonderful Sixth Form Team, Ms Harrowes, Ms Mark and Ms Moss for always pushing us to strive past our potential and being an amazing support system throughout the year.

We are going to miss you all and can't believe our journey here has come to an end. Good luck to all our fellow students in their future endeavours." ■

Hayley, Amy and Ashley (Year 13)

CELEBRATING PRODUCT DESIGN

DESIGN TECHNOLOGY HAS BEEN A HIGHLY PRODUCTIVE DEPARTMENT THIS YEAR. MR YOUNG SHOWS US SOME OF THE DESIGN HIGHLIGHTS FROM OUR STUDENTS.

The Design Technology Department is continually surprised by the work of our students. They are always ambitious and highly creative with their designs. Here are just some of their designs we are proud of.

Year 11 Product Design

The images on the page show a range of products manufactured by our very talented Year 11 cohort. They have shown great creativity, innovation and problem solving to produce some of the best outcomes I

have seen from people of their age. I want to celebrate their achievements but also wish them good luck in the future.

Year 12 & 13 Product Design

The images below show a range of products manufactured by our first full Sixth Form cohort. They have shown great determination, resilience and commitment throughout the academic year and have produced some amazing work. Well done! ■



Year 11 Product Designs: (L-R) Nedal Harris, Zak Chaudhry, Yonis Ahmed, Pelayo Barredo, Faris Khalid, Nassim Belateche, Samira Ahmed, Ibtisam Ibrahim, Ezana Tareke.



Year 12 & 13 Product Designs: (L-R) Oluwasesi Idowu, Nasir Uddin, Alfie Jordan-Dilks, Quincy Quartey-Papafio, Tahir Ahmed, Oscar Leal, Jamel Lawrence, Diaz Desagurante.

REDUCING OUR PLASTIC WASTE



The plastic water bottle sculpture on display in reception.

SINCE HALF TERM THE ACADEMY HAS BEEN PROACTIVELY REDUCING ITS PLASTIC WASTE BY SIGNIFICANTLY BRINGING DOWN THE NUMBER OF SINGLE USE PLASTIC BOTTLES.

Recent media coverage and public discussions have revealed the shocking impact of plastic on the environment. This has resonated with the Academy which is now looking at various ways to reduce throwaway plastic.

An immediate way to significantly reduce this waste was to stop the sale of water bottles and plastic cuplets with lunch meal deal. Last academic year, the Academy disposed of an incredible 118,000 single use water

bottles.

The Junior Leadership Team has been leading a promotion campaign to encourage all students to bring in reusable water bottles which they can refill in the cafeteria and at fountains in the playgrounds.

To demonstrate the amount of plastic we are no longer using, art students have created an installation sculpture to highlight this and the wider effect plastic has on the environment globally.

The sculpture is shaped in the form of a water drop which symbolises both the reduction of water bottles at the Academy and the sadness that students feel about global plastic pollution. ■

The Year 9 artists

- Iman
- Paulina
- Iona
- Kemi
- Amber
- Rhiannon

FLOWER POWER

BRACKENBURY PRIMARY SCHOOL STUDENTS JOINED HA FOR AN ART DAY THIS TERM. THEIR ART WAS ON DISPLAY IN OUR ART SHED GALLERY.

In June, Year 6 students from Brackenburg Primary School visited HA's Art Department to create flower inspired artworks. They spent a day in the Academy Garden to give them inspiration.

At the start of July those students were invited back to the Academy to see their pieces displayed in the Art Shed. The artwork was gloriously colourful and hugely imaginative. Thank you to all those who took part in this exhibition. ■



Brackenburg Primary School Year 6 student in amongst their art.

DESIGN CHALLENGE

MR CLARKE SET YEAR 9 MEDIA STUDENTS A DESIGN CHALLENGE AND WAS IMPRESSED BY SOME PROFESSIONAL QUALITY DESIGNS.



This term, Year 9 media students tried their hand at magazine publishing. Students led the process by deciding on the focus of their magazine and on what skills they needed to learn to achieve the right look.

Students were taught how to design using Adobe InDesign which is an industry standard programme in the publishing world.

It was wonderful to see them become more independent, while developing skills that will benefit them in the future. Indeed, some final projects were so sophisticated that they would not have looked out of place in an actual publication. I hope you enjoy these examples of the learning that has taken place in Media this year. ■

HA RADIO LAUNCHES

THE LATEST VENTURE FROM THE MEDIA PRESS AND PROMOTIONS TEAM, CREATING NEWS PODCASTS FOR THE ACADEMY.



Students from the Media Press and Promotions team have expanded their media interests this term. Not just content with HATV, the students are now producing their own radio news show.

Before recording their first episode, students learnt how to operate the professional recording equipment in HA's very own radio studio. They have been taught techniques which are used in standard live radio broadcasting such as Radio1 and Capital FM.

Their show focuses on the news from around the Academy and is broadcast during tutor time. You can listen to their shows on the Academy's YouTube channel. ■

HATV: CATERING SPECIAL



HATV eager to try their new breakfast dishes, which they cooked with chef.

THE ACADEMY'S OWN TELEVISION CREW WENT BEHIND THE SCENES IN THE KITCHEN TO DEVELOP SOME NEW BREAKFAST DISHES.

This term, HATV decided to pay a visit to the kitchen and help the chef develop and cook two new breakfast dishes which are to go on offer in the cafeteria in the mornings.

The crew assembled early in the morning to set up the filming equipment in the kitchen. This was by far the most challenging shoot to date for the HATV students. They had to contend with a noisy and busy environment and multiple pieces to camera, all whilst having to cook two breakfast dishes live.

The students and the chef were given a brief to devise two dishes, one healthy and one more indulgent. They came up with the idea of

making quick and easy American style pancakes which can be replicated by other students at home. The healthy version included a homemade fruit compote, fresh blueberries and strawberries served with granola and yoghurt. The indulgent version was the classic bacon and maple syrup.

At the end of filming, the students sampled their dishes and voted for their favourite one which was the healthy fruit, granola and yoghurt pancakes.

Breakfast is served daily in the cafeteria between 8am-8.25am. Prices start at £1.25 for 3 items. ■

Watch the episodes:

The episodes of HATV can be found on the Hammersmith Academy's YouTube channel.



HATV filming in the kitchen with chef.

SPORTS ROUND-UP

THIS TERM HAS BEEN A TYPICALLY BUSY ONE FOR THE SPORTS DEPARTMENT. HERE IS A ROUND-UP OF ALL THE SPORTING NEWS.



Miss Tyndall with Hammersmith Academy rowers at Fulham reach Boat Club.

U12 Cricket (Boys)

Participation for Year 7 Cricket grew in numbers this term meaning competition for selection was strong. The boys were in the cup and competing against some strong opposition. First game was against Graveney School where the boys displayed a resilient batting display lasting the full innings. Unfortunately the Graveney run chase was strong and with a few extra boundaries managed to beat the total with 6 overs remaining.

The second round of fixtures was against Rutlish School which was a much tighter affair. Both teams put in some top bowling displays and the wickets fell in quick succession. The game was run close but near the end of the innings Rutlish pulled away and won. A special mention to George Gardner who scored an excellent 25 runs before being run out. The final game of the season was a friendly against Burlington Danes Academy (BDA). Both teams displayed some excellent fielding, but it was Hammersmith Academy who would win the day with a brilliant all-round performance, winning by

a total of 26 runs. Top wicket takers and run scorers for the year were George Gardner, Tom Hacker and Raphael Dejen. Well done to all.

U13 Cricket (Boys)

It has been a positive start to the season for the Year 8 Cricket Team. Despite losing heavily to Latymer

Upper and Rutlish in the National Cup, the team have proven to be the ones to watch within the Hammersmith and Fulham Borough League.

In our first league game against BDA, the boys exceeded expectations; winning with 6 overs left to spare! Captain Alex Vaide won the toss and

Sportswoman of the Term

Adrianna has shown a huge commitment to rowing this term and throughout the academic year.

Her dedication as a rower has led to opportunities for her to race against other schools and improve her own performance. Adrianna is a supportive team player, who turns up to every session with a brilliant attitude and always wanting to know what she can do to improve.

Well done Adrianna! ■



Sportsman of the Term

Throughout the year Thomas has been a fantastic contributor to PE by regularly displaying top performances in lessons and attending Session 3.

During this past term Thomas has shown his true ability with his performances as wicket keeper for the Year 7 cricket team. Thomas has proven to be a very reliable teammate who always gives 100% and works hard to improve his skills.

A great year, well done! ■





Girls Year 8 Cricket Team.

opted to field first; a decision which would prove to be advantageous. Alex Vaide, Brecken Davies, Tom Hacker, Raphael Dejen, Irfan Mazumder and Stanley Dix all took wickets as BDA finished on 38-10. Chasing 39 to win, Tyrone Christie and Vaide opened; Vaide's opening bat was a delightful six to the applause of both sides. This was followed by Christie hitting consecutive fours. The frequent wide balls from BDA, coupled with Christie and Vaide's exceptional batting, resulted in the game finishing inside 6 overs. An impressive start from the U13s.

U14/U15 Cricket (Boys)

Games have been hard to come by for the KS4 Cricket Teams due to other schools failing to fulfil fixtures. There have been some notable performances. Conor Patterson has developed into a solid medium paced bowler with consistency in line and length. Haad Saeed, Furqan Waseem and Michael Wicks have also increased their consistency in the bowling line up. It has been excellent to see Osuke Miyamaru committing to the training sessions and representing the academy. The most impressive batting performance of the season came from Hassan Khan who hit 67 runs from 37 balls in a game against Ernest Bevin School. A remarkable performance.

Year 11 QPR Football Plate Final

The Year 11 team qualified for their fifth final in five years, which is a remarkable achievement. Having won the championship final in Years 7-9 they were losing finalists in year 10. In Year 11 they qualified for the plate final and faced Cardinal Vaughan School. The game was a tight encounter early on in blistering heat at Loftus Road. Cardinal Vaughan managed to take control of the game midway through the first half and the soon went into the lead. They dominated possession and, despite the huge efforts from the HA boys, on the day Cardinal Vaughan were simply the better team. Still a remarkable achievement to make the final in five consecutive years. Well done to all involved.

Cricket (Girls)

A team of eight girls were picked to take part in the McKinsey Cup cricket tournament, playing hard ball cricket against three other schools. The team of girls were put together due to their fantastic commitment to attending training every week, morning and after school clubs. As a result of their resilience and hard work, they won the tournament! This was a fantastic achievement for the team and led onto them taking part in the McKinsey County Cup Middlesex Finals where they came fifth overall. During this competition Busad Jama and Erica Kemp won 'player of the match' awards for their efforts and

team work during the games.

Well done to the team for being so successful, but also for committing to training and improving your performance. Keep up the hard work!

Rounders (Girls)

A team of ten girls attended the Borough rounders tournament at Fulham Cross Girls School and gave an outstanding performance. The girls performed well in batting and fielding in all games with some exceptional wins and marginal loses which meant the team came fourth overall. Sportsmanship was demonstrated to the highest level and the team should be proud of their performance. Well done and keep up the good work!

Rowing (Girls)

A group of ten Year 9 girls, and Ashley in year 13, went on a trip to Henley Women's Regatta. The girls had a tour around Leander Boat Club in the morning from Emily Carmichael, a GB rower, where they were shown the training facilities of the most successful rowing club in the world, with 124 Olympic and 3 Paralympic medals. We then watched some exciting side by side racing and spoke to athletes and coaches who had raced on the day. It was a brilliant insight into the sport and we are looking forward to having some of our students racing there in the next few years. ■

Follow Sports on Twitter
[@HA_Sport](https://twitter.com/HA_Sport)

MY ROWING YEAR



Ashley has been heavily involved in rowing at the Academy.

ASHLEY (YEAR 13) HAS BEEN HEAVILY INVOLVED IN THE ACADEMY'S ROWING PROGRAMME. SHE RECAPS ON A BUSY YEAR OF ROWING.

I have been involved in rowing in the Academy's Rowing Club since I started in the Sixth Form and it has given me so many opportunities that I could not have imagined when I first joined.

This year has been the most eventful rowing year so far. On 24th March I was given the opportunity of being interviewed live by BBC Sport before The Boat Race between Oxford and Cambridge. They wanted my view on how rowing has changed my life and the sport as a whole.

This was a golden moment for me as I was selected to represent not just Hammersmith Academy but also Hammersmith and Fulham Borough.

At first I felt overwhelmed by the thought of speaking live on TV as everyone I know was watching. But this was overcome by me reminding myself of the reason I was doing this in the first place (to impact young viewers watching 'The Boat Race' to try and take up rowing)

then immediately all my nerves went away.

It was an honour to not just represent the Academy, but to also be part of a new initiative by Fulham Reach Boat Club called 'The Future Blues', a campaign that aspires to inspire the next generation of state-school rowers to take part in the sport and increase diversity.

The programme not only aims to improve access within state schools but also to encourage skills that will be very important in life, such as discipline – academic and sporting.

This is just one of many rowing experiences I've had. Rowing has taught me how to enjoy hard moments in life, giving me a 'no gain no pain' attitude. I am excited for the future and I will be starting my gap year this September. I hope to do some coaching work experience, alongside my internship and also continue rowing with Fulham Reach Boat club. ■

Hammersmith Academy

25 Cathnor Road, London W12 9JD

T: 020 8222 6000

E: info@hammersmithacademy.org

W: hammersmithacademy.org

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