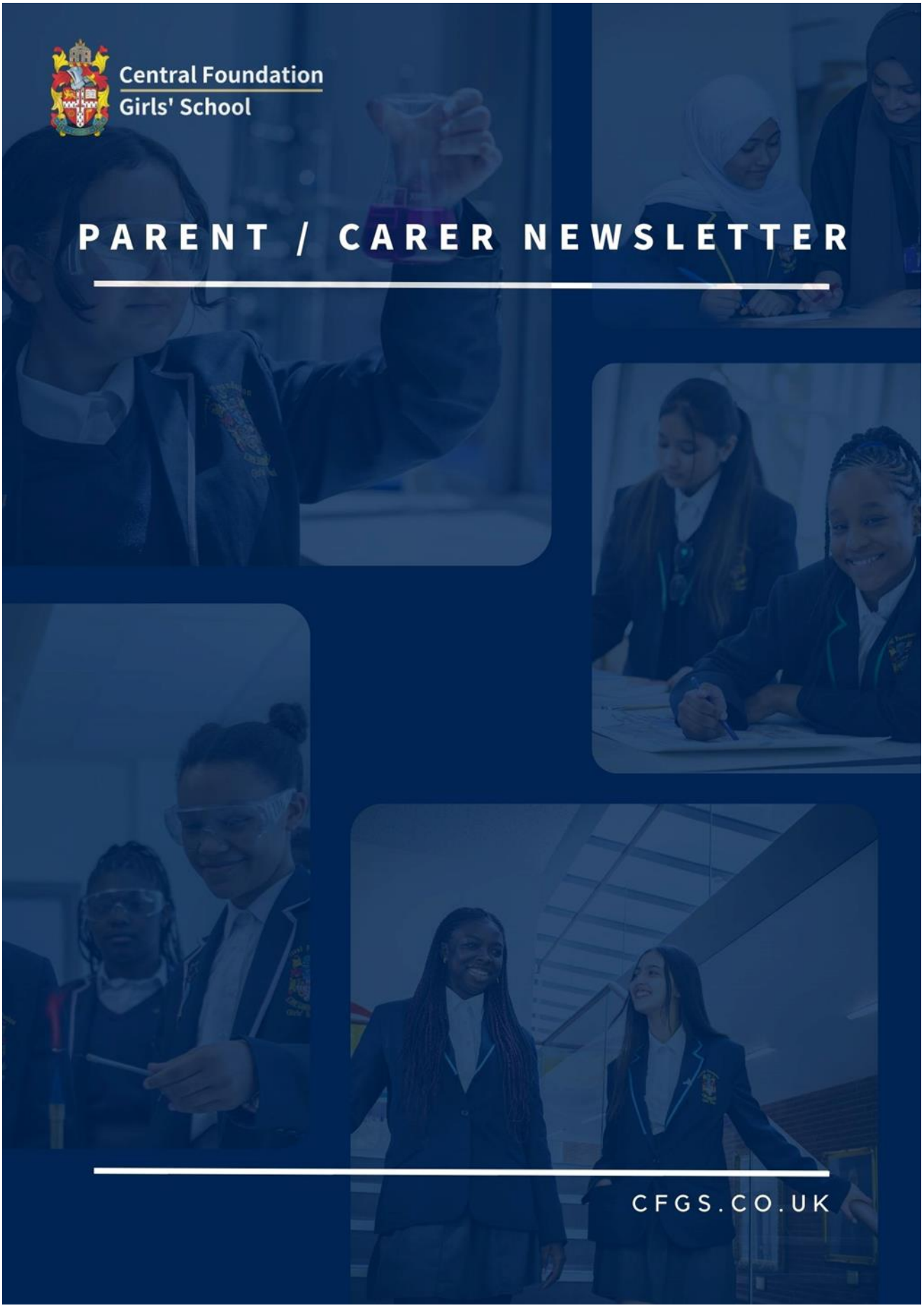
Central Foundation Girls' School

PARENT / CARER NEWSLETTER



CFGS.CO.UK

Central Foundation Girls' School

Dear Parents and Carers,

I hope this edition of the newsletter finds you and your families safe and well. It certainly has been a busy term. Students have been focussed on developing their knowledge and skills as they progress through the curriculum and Y11 and Y13 students are being well prepared for their public examinations.

There has been much else to celebrate at Central Foundation Girls' School. Staff have been working hard in and outside of lessons to provide incredible enrichment experiences that broaden our students' horizons and celebrate their talents. A particular highlight was our International Women's Day celebrations, which saw us welcome the Lady Mayor of London, Dame Susan Langley DBE, to CFGS. Our student leaders also had the privilege of visiting Parliament to explore women's leadership in the UK, providing them with invaluable insights into civic engagement and representation. Meanwhile, our Year 12 students enjoyed taster lessons in Sociology and Criminology at Goldsmiths University, giving them a taste of higher education and helping them make informed decisions about their futures.

Our students have also excelled in sporting competitions organised by our PE department and Greenhouse Volleyball, demonstrating teamwork, determination and school pride. Art and Design students have benefited from a range of trips and creative workshops that have inspired their coursework and developed their artistic skills.

The whole CFGS community came together to celebrate World Book Day in March with book giveaways, an engaging author talk, and exciting book-related competitions. It was wonderful to see so many staff and students embracing the spirit of the day by dressing up as their favourite book characters. We're incredibly proud of how our students have seized these opportunities to learn, grow and develop beyond the classroom.

We'll be back learning on Monday 13th April with the usual start of 8.35am ready for registration at 8.40am.

Eid Mubarak to all our families who marked this special day a happy Easter to those who will soon be celebrating.

Ms C. Prince
Headteacher

RAMADAN
COMPETITION
2026
23rd Feb - 18th March
Goodluck!

#GIVETOGAIN
GRLPWR
international
women's
month
2026
Rights. Justice. Action. For ALL Women and Girls
WOMEN CAN
Stand Up For All Women
Women with No Limits

Central Essential and Central Skills Summer Term 1 focus

At CFGS, we transform lives through a Central education. This education ensures your daughter is equipped with the knowledge, skills and personal qualities needed to live a successful life beyond her school years.

Our Central Essentials nurture the personal qualities of our students. At CFGS, we are and .

We also have and are to each other. That is who we are.

Our Central Skills develop the tools needed for learning and progressing in the world of work. We upskill our students to **adapt** to new environments, **communicate** effectively, have **analytical thinking** skills, be **problem solvers** and be **curious and creative**.

Every lesson we aim to reward students that have demonstrated Central Essentials or Central Skills.

Our half term focus will be rewarding students for being **independent** and demonstrating their **problem solving** skills.

Here Everyday, Ready On time

We enjoy seeing your daughters every school day at CFGS. Strong attendance at school (above 96.5%) has many benefits for your daughter's academic success, personal development and wellbeing. Research continues to support the benefits of strong school attendance. The Department for Education's latest analysis shows that:

- ✓ students attending school 95% of the time (throughout their school journey) are twice as likely to achieve a grade 5 in English and Maths that students attending 90% of the time
- ✓ an additional day of absence for the typical student is associated with a decrease of £750 in future earnings

Strong school attendance is a team effort.
A huge thanks from us to all the families who ensure their daughters are here everyday, ready on time – you really are heroes!

What is my daughter learning in Summer Term 1?

To support your daughters with what they are learning this half term, please take a look at the topics being taught this half term. The Summer term brings new topics across their subjects. To support them, please look at what they will be learning below.

SUM 1 Y7 Curriculum Content Map Y7 Summer HT1

SUM 1 Y8 Curriculum Content Map Y8 Summer HT1

SUM 1 Y9 Curriculum Content Map Y9 Summer HT1

You will notice the 'Central Canon' texts for many subjects. This is an opportunity for you to extend your child's learning through reading texts related to their learning this half term. Why not take the opportunity to ask for one of these books in your library or read one of the online texts with your child?

For Years 10-13, please see individual subject pages for an overview of the topics that are covered: CFGS Subject pages

Keeping your daughter safe on the way to and from school

Here are some simple steps that can help keep your child safe during their journey to and from school.

We recommend that students keep their mobile phones securely in their bags whilst travelling. This simple action helps in two important ways:

🔒 **Protecting against theft**
Unfortunately, mobile phones are attractive targets for opportunistic theft, particularly in busy areas and on public transport. Keeping phones out of sight and stored safely in bags significantly reduces this risk.

👀 **Staying alert and road-safe**
When students are looking at their phones whilst walking, they're less aware of their surroundings. This can lead to accidents, particularly when crossing roads or navigating busy pavements. By keeping phones away, students can stay focused on getting to and from school safely.

We encourage you to discuss these safety tips with your child and remind them that their wellbeing is our priority.

Parent events

Coffee mornings, tours of the school and parent workshops were all held in Spring Term 2. We have further exciting opportunities available to our parent and carer community.

Please look for posters and emails from our Parent Outreach Worker, Ms Khanam.

For information about the courses and events below or to access further support, please email our Parent Outreach Worker: **parentoutreach@central.towerhamlets.sch.uk**

Courses and events	Description	Dates and Times
Fitness	Support your health and mental well-being by joining our newly refurbished gym.	Monday – Friday 5-10pm Ladies only 5-7.30pm
ESOL	Supporting parents and our wider community improve reading, writing and speaking skills to develop the confidence to carryout day to day tasks independently, including supporting their children.	Course ongoing starting back on the 17th March - Wednesdays & Thursdays L2 9.30-11.30am L3 12.30-2.30pm
Year 10 Coffee Morning	Head of Year Ms Whitehorn will deliver the following. • Supporting your daughter with purposeful learning habits. • Preparing for academic success and positive wellbeing. • Q&A	14th April 26 9.30-10.30am
Parents' Eid Party	Opportunity for parents to join Eid celebrations and socialise with one another to promote our inclusive school community.	15th April 26 10.30am-1pm
Strengthening Families and Strengthening Communities (SFSC)	Aims to increase self-esteem and confidence and reduce child behavioural difficulties.	21st April 26 (every Tuesday) 9.30am-12pm
Careers Fair	Opportunity for you to listen and speak to industry professionals and our school careers advisor with your daughters to support their career pathways and learning.	Friday 24th April 26 9am-3.10pm
Ministry of Food	Jamie Olivers healthy cooking programme where you will make nutritional dishes on a budget for your family	2nd June- 7th July (every Tuesday)

Careers News

We at CFGS really value your views and, to this end, you are being invited to complete our parent / carers' careers survey. Please click on the link to share your views. This link was shared with you in January so you may have already completed the survey. If so, you do not need to complete it again.

CFGS Careers Parental Engagement Survey - January 2026 – Fill in form

I would also like to take this opportunity to let you know about our careers fair, which is taking place on Friday 24th April. Ms Khanam, our Parent Outreach Manager, will be in touch with you with further details. It will be great to welcome you then.

Dr Bailey-Morrissey, Student Aspirations Project Manager

Important Year group dates

Year group	Event	Date and time
Year 7		
Year 8	HPV vaccinations	Friday 15th May Friday 22nd May
Year 9		
Year 10	Y10 Parents Coffee Morning Trial exams	Tuesday 14th April 9.30 – 10.30 Monday 27th April – Friday 8th May
Year 11	Art and Design GCSE exam Textiles GCSE exam GCSE examinations begin	Wednesday 15th and Thursday 16th April Friday 17th April From Thursday 7th May
Year 12		
Year 13	Art and Design A Level exam Public examinations begin	27th – 30th April From Monday 11th May
All year groups	Eid celebration Careers Fair	Wednesday 15th April 10.30 – 13.00 Friday 24th April

Upcoming student events

Year group	Events	Date and time
Year 7	Jamie's Farm residential	Monday 11th May – Friday 15th May
Year 8	Bank of England Museum trip Learn to earn workshop	Monday 13th April and Tuesday 14th April Thursday 14th May
Year 9	Creative writing workshops Urban planning workshop	Monday 27th April Tuesday 19th May
Year 10	Sherpas Accenture visit	Monday 27th April
Year 11		
Year 12	Y12 and Y13 NHS Women's Health talk	Wednesday 15th April
Year 13	Y12 and Y13 NHS Women's Health talk	Wednesday 15th April
Mixed year groups	Robotics and AI workshop Student leadership workshop	Tuesday 28th April Wednesday 20th May

The events above are for Summer Term 1. If a year group is blank, there will be plenty to look forward to over the rest of the year!

Parent consultation evenings

Our parent consultations remain face to face for this year. We really look forward to these evenings as it is a great way to speak to your daughters' subject teachers and gain understanding on how best to support your daughter academically. Below are the dates for the parent evenings for this academic year.

Year 7	Thursday 18th June	4:00 to 6:15pm
Year 8	Thursday 7th May	4:00 to 6:15pm

Useful resources

Information on ways young people can cope with exam stress:
How to deal with exam stress | Student
Exam Stress | How To Deal with Exam Stress | YoungMinds

Online safety: How to guides to apps that help parents make sure their children are safe online and not spending too much time on their phones.

Family link. How to guide.pdf

Qustodio how to guide.pdf

Term Dates 2026-27

Please note the dates below for your information. As is customary at CFGS, we have a two-week autumn half term break.

Autumn Term 2026	Spring Term 2027	Summer Term 2027
From: Tuesday 1st September To: Friday 18th December **2 Week Half Term Holiday: Monday 19th October to Friday 30th October** **Christmas Holiday: Monday 21st December to Friday 1st January**	From: Monday 4th January To: Thursday 25th March **Half Term Holiday: Monday 15th February to Friday 19th February** **Easter Holiday: Friday 26th March to Friday 9th April**	From: Monday 12th April To: Friday 23rd July **Half Term Holiday: Monday 31st May to Friday 4th June** **Summer Holiday begins Monday 26th July**

School Closure Days 2026-27
INSET Day (school closed to students) • Tuesday 1st September **Bank Holidays** • Friday 26th March – Good Friday • Monday 29th March – Easter Monday • Monday 3rd May • Monday 31st May **Eid Al-Fitr** 8th March/ 9th March 2027 TBC **Eid Al-Adha** 16th/ 17th May 2027 TBC

Useful contacts

We value our partnership with parents and as such we have made it easy for you to communicate with heads of departments and year groups.

To access their contact details, please visit our website. Scroll down to the bottom and expand the category you require. Link to contacting us: https://www.cfgs.co.uk/Contact/Contact-Us/

Social media

Stay connected with what's happening at CFGS!

We regularly share live updates on the activities of our students, staff, and wider school community. To keep up with your daughter's learning and how you can get involved.

Click below to follow us on social media.
https://linktr.ee/centralfoundationgirlsschool