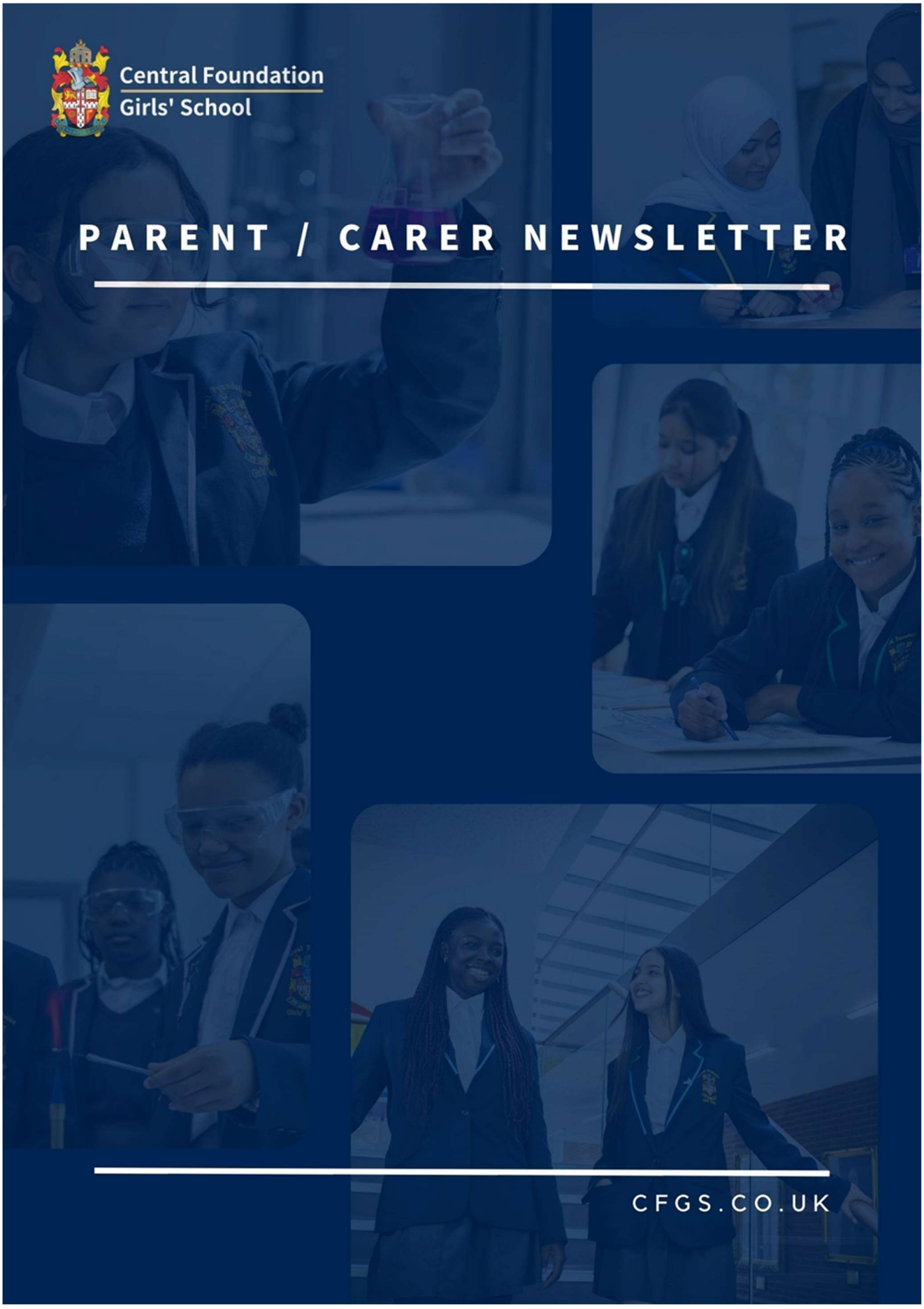
Central Foundation Girls' School

PARENT / CARER NEWSLETTER



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Central Foundation Girls' School

Parent /Carer Newsletter

Autumn Term 2: Headteacher message

Dear families,
Thank you for supporting your daughter's smooth start to the new academic year. It has been a positive and productive start to the autumn term, where students have been adapting well to the demands of the next phase of their educational journey. Our new Year 7 and Year 12 students have settled in quickly and are fully embracing what we call 'the Central way'. It is always wonderful to watch our students support one another - offer a kind smile, help new students find their classrooms and warmly welcome new faces to our school community.

I have enjoyed meeting families at the school gates during the start and end of the school day. Members of the senior team are always available at these times, so do feel welcome to say hello.

It has been a busy term to date with several school events and Central+ activities, some of which feature in the newsletter. There are many more exciting events planned for students for the remainder of this year. Some of these include:

- Year 11 geography field trips
- A digital day for Year 9 students, run with industry partners to explore the world of digital careers
- A visit to the Young Vic Theatre
- A STEM learning day at Williams Racing Experience Centre
- Year 10 Into University workshops

Students across all year groups are currently celebrating Black History Month. We have so far had inspirational speakers, a musical concert by our students and a quiz, and we are currently running a competition for all year groups. Please encourage your daughter to enter. It is a month to celebrate the incredible contributions of black people to society.

We appreciate your support in ensuring Central Foundation Girls' School is a learning focused environment. If you want to learn more about your daughter's progress at school, please do make sure you have activated your Class Charts account. Further information can be found in this edition of the newsletter.

I would like to wish all students and families and wonderful half-term break. We look forward to welcoming your daughters back to school on Monday 3rd November.

TEAM POINTS
levels
BTEC
APPRENTICESHIP
Use the whiteboard on your table to answer the following quiz questions
SOME PEOPLE ARE TRANS.
SOME PEOPLE ARE GAY.

Useful contacts

We value our partnership with families and as such we have made it easy for you to communicate with key members of staff – including Form Tutors, Heads of Year and Heads of Department. To access their contact details please visit our website. Scroll down to the bottom and expand the category you require.

Link to contacting us: Central Foundaton Girls' School - Contact Us (cfgs.co.uk)

Learning expectations and Class Charts

We all want our students to thrive at school and to maximise all learning time available. For students to make the most of their CFGS education, there are certain expectations we require – we call this The Central Way.

Your daughters show they are ready to learn by:

- ✓ attending school on time - that is before 8:35am every day. We also look forward to seeing your daughter every day because every minute counts when it comes to her learning.
- ✓ wearing full school uniform to show her sense of pride and belonging here.
- ✓ not wearing any make-up, so her sole focus is on learning. This applies to all students in Years 7 to 11. Permitted jewelry includes a nose stud and one pair of ear studs. Necklaces and other items of jewelry are not allowed and will be confiscated.

Thanks to parents/carers who have signed up to Class Charts. One of the key benefits of using Class Charts is that we will be able to securely share your child's attendance and conduct information with you in real-time across the day. Class Charts will significantly enhance the close communication between home and school. Daily, you will be able to see how well your daughter is engaging in her lessons and have an overview of the homework that has been set. Please do set up an account if you have not done so already.

User guides and a short video is available on our website Central Foundaton Girls' School - Parent Class Charts

Central Essential and Central Skills half term 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 **ambitious**, **independent** and **resilient**. We also have **integrity** and are **respectful** 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 aim to motivate 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. AUT 2's focus will be rewarding students for being **ambitious** and **communicating** effectively.

What is my daughter learning in AUTUMN 2?

The first half term was a busy one in classrooms, with students covering a range of ideas and practices across all of their lessons. For the second half term, students will move on to new topics in most subjects. If you would like to discuss these with them, you can see what they will be learning in our Curriculum Content documents here:

Year 7 Curriculum Autumn Half-Term 2

Year 8 Curriculum Autumn Half-Term 2

Year 9 Curriculum Autumn Half-Term 2

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 the individual subject pages here for an overview of the topics that are covered.

How else can I support my daughter's learning this half term?

Learning outside the Classroom: Central +

Thank you to everyone who has completed the Central+ Afterschool Consent Form. It's been wonderful to see so many students sign up to take part in our exciting Central+ activities.

If you haven't yet had the chance to register your daughter, there's still time! You can complete the form using the following link: https://forms.office.com/e/xtYN4T26aZ

At CFGS, we take great pride in our **Learning Outside the Classroom** provision. We're not only proud of the wide range of opportunities we offer, but also of the joy, benefits, and lasting impact that extracurricular activities have on our students.

The Duke of Edinburgh's Award

The Duke of Edinburgh's Award is the No.1 extra-curricular award that gives students the opportunity to get out of their comfort zone, build confidence, resilience and learn essential life skills.

Through a combination of volunteering, physical activity, skill development, and an adventurous expedition, students gain valuable experiences that support personal growth and future aspirations – whether for university, apprenticeships, or employment.

The Duke of Edinburgh's Award is available for students in Year 9, 10 and 12 across all levels. (Bronze, Silver and Gold) Registration has started, so if you would like to register with your daughter to take part, please speak to Mr Pioli, Community Manager, or Ms Ahmed, DofE Coordinator.

Sessions start after school on **Monday 3rd November 2025**.

Debate Mate

Debate Mate is an educational programme designed to develop students' communication, critical thinking, and leadership skills through structured debating activities. Students participate in weekly sessions and have opportunities to compete in national debate competitions. Debate Mate club will run after school every Tuesday from November 2025.

Central+ October Half Term

October half term activities run from **Monday 20th to Friday 24th October 2025**. The following activities will take place on each day:

Monday 20th October: KS3 & KS4 Football Camp & KS3 Cinema Club @ CFGS

Tuesday 21st October: KS3 & KS4 Trampoline Park, KS4 & KS5 Ceramic Workshop

Wednesday 22nd October: KS3 Laser Quest @ Laser Quest Greenwich

Thursday 23rd October: KS4 & KS5 Ice Skating + Dine & Bowl @ Queensway

Friday 24th October: KS4 & KS5 Orbit Slide @ Zip World Stratford, Olympic Park

Central+ information including registration, what is on plus more can be found on our website and Class Charts.

How can I get more involved in the school community as a parent/carer?

In AUT 1, we opened our doors to families of students in Years 7 for a tour of our school. This enabled parents/carers to see the curriculum in action. Don't worry if you miss this, there will be other opportunities for our parents to tour the school throughout the year; please watch out for the invites.

Parent/Carer courses and workshops

At CFGS, we believe in lifelong learning. That is why we have an exciting range of courses and workshops for our adult learner community too. Please see below for what you can get involved with.

Creative Workshop (Hand Sewing, Painting and Embroidery)	Whether you are a beginner or have a passion for creative skills, please come along to our workshop where you will have the opportunity to socialise, create a unique piece of artwork to take home and work on a display banner for the school community room	Every Friday 9.15-11.30am
Creative Pottery	Opportunity to create a special piece of artwork which you can take home, opportunity to learn a new skill and socialise with other parents in our community	Mondays from 9.30-11.30am
Ministry of Food	Jamie Oliver's healthy cooking programme where you will make nutritional dishes on a budget for your family	Tbc
Award in Support Work in Schools	This qualification can teach you key skills for employment in a school or college. It provides the basic skills and knowledge necessary to work in admin, technical, or support roles in a learning environment. Studying support work in schools at level 2 can be a first step towards working in teaching positions. It also provides you with the qualifications needed to work in admin at schools.	Mondays 9.30 – 2.30pm
ESOL Skills for Life (Entry 2 & 3)	Accredited courses to help improve your speaking, listening, and writing skills	Entry 2: 9.30-11.30am Entry 3: 12.30-2.30pm Courses take place weekly on Wednesdays and Thursdays

Please look out for the promotional poster and email from Ms Khanam with details on how to sign up.

Coffee Mornings

- Year 9 – dates will be circulated after the half term break
- Year 10 - dates will be circulated after the half term break
- Year 11- dates will be circulated after the half term break

Parent Forums

Parent Forums are a great way for you to learn more about the Central Way, share views, and contribute to school improvement. Please look out for further information that Ms Khanam, our Parent Outreach Worker will share about the topic and timings of Parent Forums.

2025 - 2026 Term dates

We know how important it is to plan. Please find below the term dates for 2025-2026. Please ensure that you refer to the dates below when planning and booking a holiday.

Autumn Term 2025	Spring Term 2026	Summer Term 2026
From: Monday 1st September To: Friday 19th December **Half Term Holiday:** **Monday 20th October to Friday 31st October** **Christmas Holiday:** **Monday 22nd December to Friday 2nd January**	From: Monday 5th January To: Friday 27th March **Half Term Holiday:** **Monday 16th February to Friday 20th February** **Easter Holiday:** **Monday 30th March to Friday 10th April**	From: Monday 13th April To: Wednesday 22nd July **Half Term Holiday:** **Monday 25th May to Friday 29th May** **Summer Holiday begins Thursday 23rd July**

School Closure Days 2025-26
INSET Day (school closed to students)
· Monday 1st September
Bank Holidays
· Friday 3rd April – Good Friday
· Monday 6th April – Easter Monday
· Monday 4th May
· Monday 25th May
Eid Al-Fitr 20th March/ 21st March 2026 TBC
Eid Al-Adha 27th/ 28th May 2026 TBC

Important Year group dates

Year group	Event	Date and time
Year 7	Parents' progress meeting	11th November 2025 from 3:30-4:30pm
Year 8	Progress reports sent to parents	w/c 24th November 2025
Year 9	Parent consultation evening Progress reports will be issued.	4th December 2025 from 4:00-6:15pm
Year 10	GCSE Transition check week. Teachers will feedback how successfully your daughter has transitioned to KS4 learning.	w/c 24th November 2025
Year 11	CFGS6 Open Evening Year 11 Trial (Mock) Exams	6th November 2025 – 4:00-6.30pm 17th November – 28th November 2025
Year 12	GCSE Resit Public Exams	3rd November - 14th November 2025
Year 13	Y13 Trial (Mock) Exams Parent Consultation Evening	3rd November - 14th November 2025 11th December 2025 – 4:00-6:15pm

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 2025-2026

Year 7	Thursday 18th June 2026	4:00pm to 6:15pm
Year 8	Thursday 7th May 2026	4:00pm to 6:15pm
Year 9	Thursday 4th December 2025	4:00pm to 6:15pm
Year 10	Thursday 26th February 2026	4:00pm to 6:15pm
Year 11	Thursday 8th January 2026	4:00pm to 6:15pm
Year 12	Thursday 26th March 2026	4:00pm to 6:15pm
Year 13	Thursday 11th December 2025	4:00pm to 6:15pm

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.
centralfoundationgirlsschool | Instagram, Facebook | Linktree

And finally...

If you would like any other information added to the newsletter, please use the Parent Outreach email address - parentoutreach@central.towerhamlets.sch.uk. We will try our best to include it in future newsletters.

For those parents and carers whose first language is not English we are sharing a link on how to use 'Google Translate'. Click on the link below:
https://support.google.com/chrome/answer/173424?hl=en&co=GENIE.Platform%3DDesktop