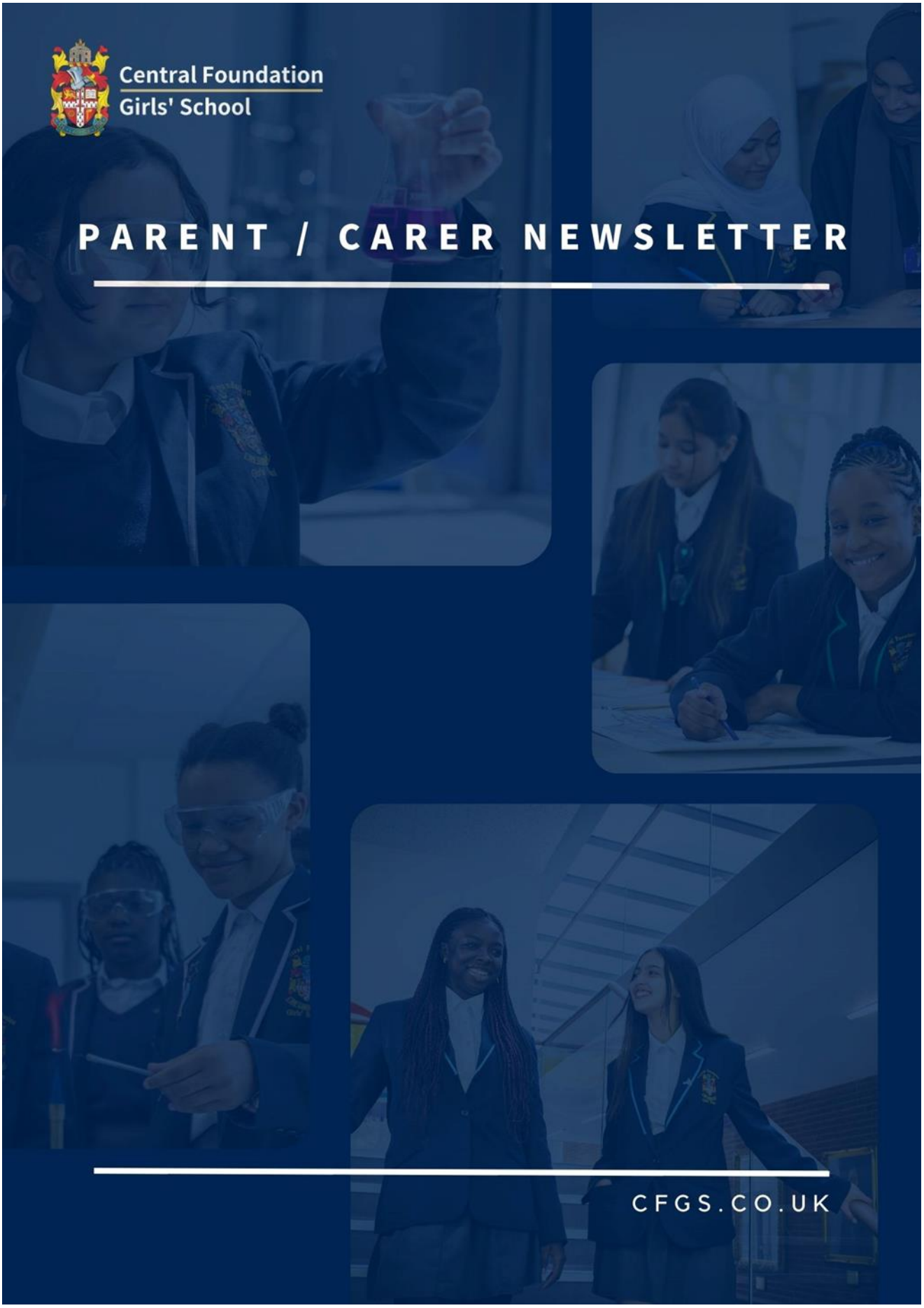
Central Foundation Girls' School

PARENT / CARER NEWSLETTER



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Central Foundation Girls' School

Dear Parents and Carers,

I hope this letter finds you and your families safe and well. As we draw towards the mid-way point of this academic year there has been much to celebrate at Central Foundation Girls' School.

The start of the Spring term and 2026 has certainly been a busy one at school with a wonderful array of opportunities and learning activities for our students. We were also delighted to see the hard work and dedication of the entire CFGS community recognised in the Ofsted inspection that took place on 6th and 7th January. The full report is available here CFGS Ofsted Report and it reflects the significant strengths of Central Foundation Girls' School.

We also marked Children's Mental Health and Wellbeing week this half term. It provided another moment to reflect on how important it is for young people to have a sense of belonging. A strong sense of belonging – whether that is to school, friends or a team has a profound impact on their overall happiness and wellbeing. We understand how important it is for our students to be happy and healthy, so they are ready to learn. That is why our students can access wellbeing support through our partnership with Place2Be. There is also a fun activity in the newsletter you may want to do over the school holidays with your daughters on theme of belonging.

In other news, 2026 is the National Year of Reading. Reading is such an important life skill – it expands worlds, sharpens minds and fuels creativity. We have a well-stocked library for your daughters to use at school but please do also see the links to the Central Canon in the curriculum section of the newsletter with our reading recommendations for your daughters. We are lucky to have so many wonderful libraries in Tower Hamlets, where you'll be able to loan a copy of these texts or other wonderful books.

We'll be back learning on Monday 23rd February with the usual start of 8.35am ready for registration at 8.40am.

For our families who are observing the Holy Month of Ramadan, sending you warm wishes from all of us at Central Foundation Girls' School.

Calm Prince

Ms C. Prince
Headteacher

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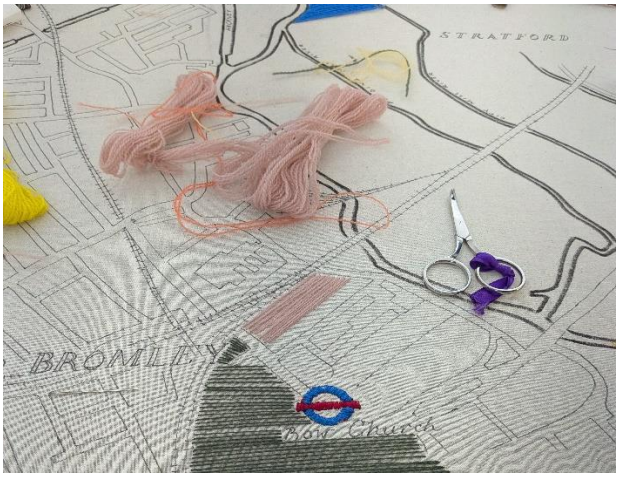
STRATFORD
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Central Essential and Central Skills Spring Term 2 focus

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 **respectful** and demonstrating their **analytical thinking**.

What is my daughter learning in Spring Term 2?

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 Spring term brings new topics across their subjects. To support them, please look at what they will be learning below.

SPR 1 Y7 Curriculum Content Map Spring 2 Year 7

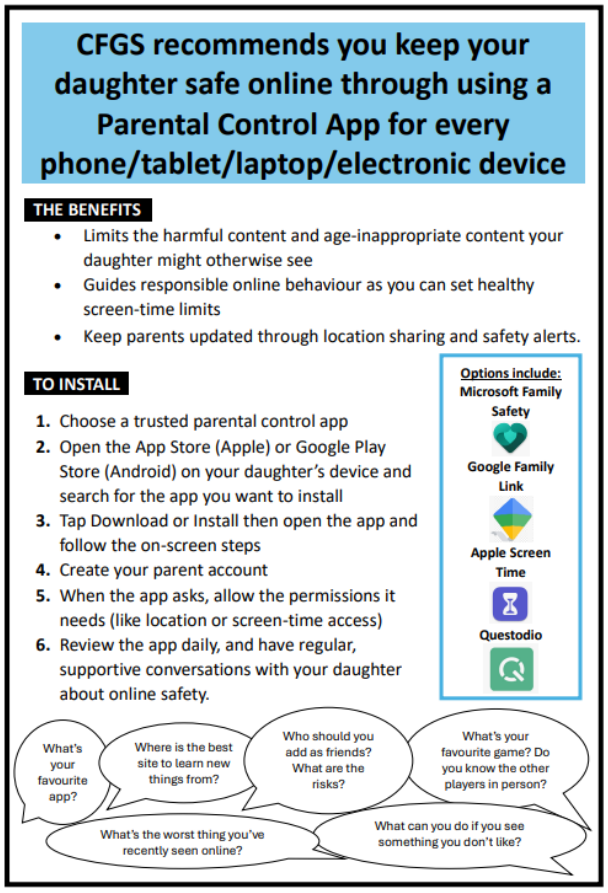
SPR 1 Y8 Curriculum Content Map Spring 2 Year 8

SPR 1 Y9 Curriculum Content Map Spring 2 Year 9

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 online



Artificial Intelligence (AI) is all around us these days and it is hard to ignore its impact on society. But what risks does AI come with for young people? And has it got any positive effects?

AI can offer learning tools and companionship for young people. However, AI also comes with a lot of red flags if it is not used sensibly. The main risks with AI and young people involve:

Harmful content and misinformation
Algorithms can expose teens to inappropriate content, while AI-generated deepfakes can be used for bullying or creating fake scenarios, thus potentially lessening trust in digital information.

Mental Health and isolation
AI companions can replace real interactions, worsening loneliness, fostering unrealistic relationship expectations. AI can also fail to handle mental health crisis appropriately with some bots failing to recognise or safely handle distress.

Social and emotional development
Over-reliance on AI can hinder the development of crucial social skills and emotional connections needed for real-world relationships.

Creativity and motivation
The ease of AI-generated content might reduce motivation for creative effort and lead to feelings of inadequacy compared to AI's speed.

As a parent, it is a natural to feel worried about what your children and teens are up to online.

The key is to have open conversations and foster an environment where they can talk about their worries and concerns about what they encounter online, whether positive or negative. It is also important to enforce limits and critical thinking skills around AI. With this in place, the use of the internet and AI can have a positive impact on teens in their daily lives.

Children's Mental Health and Wellbeing Week

Parent events

Coffee mornings, a parent forum and tours of the school were all held in Spring Term 1. We have further exciting opportunities available to our parent and carer community.

Please look for posters and emails from our Parent Outreach Workers.

2025-26 Term dates

We know how important it is to plan. Please find the term dates for the rest of this academic year below. Please ensure that you refer to the dates below when planning and booking a holiday.

Spring Term 2026	Summer Term 2026
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		
Year 8		
Year 9	Final deadline Guided Choices submission	Friday 20th March
Year 10		
Year 11	Year 11 trial exams	Monday 2nd March – Friday 13th March
Year 12	How to get the most out of super curricular activities Year 12 Parents and Carers Evening	Tuesday 3rd March 1.40 – 3.10pm Thursday 26th March 4.00 – 6.15pm
Year 13	Year 13 trial exams Revision skills – Metacognition workshop	Monday 23rd February – Friday 27th February Wednesday 25th February 11.25am – 12.55pm

Upcoming student events

Year group	Events	Date and time
Year 7	Money Matters carousel Creative writing workshops Into University workshops	Thursday 5th March Friday 6th March Monday 23rd March
Year 8		
Year 9	Author Adam Baron workshop Diversity Role Model workshops Guide to the Orchestra concert trip	Wednesday 25th February 1.40 – 3.10pm Tuesday 3rd March Wednesday 11th March
Year 10	Diversity Role Model workshops Into University workshop	Wednesday 4th March Tuesday 24th March
Year 11		
Year 12		
Year 13	A*A/D*D student conference	Tuesday 3rd March
Mixed year groups	Y7 & 8 Science Fair	Tuesday 10th March

The events above are for Spring 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 2026	4:00pm to 6:15pm
Year 8	Thursday 7th May 2026	4:00pm to 6:15pm
Year 12	Thursday 26th March 2026	4:00pm to 6:15pm

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