

The Sonar

Your fortnightly update from West London Academy

Issue 19: 24 September 2010

WLA wins prestigious science award

EIGHT intrepid Year 9 students have won a prestigious science award.

Serious About Science is a competition designed to encourage young talented people to consider a career in science.

The event was hosted and organised by the Worshipful Company of Ironmongers - one of the most prestigious guilds in the City of London - who provide scholarships of up to £5,000 for students who wish to go to university.

The Gifted and Talented students won the award after attending the competition at the Mermaid Conference and Events Centre in Central London.

The fact that WLA won first prize is a fantastic achievement considering 250 students from 20 schools across the capital entered the competition.

To prepare for the event students were asked to prepare a two minute presentation to answer the question 'Why is Science Important?' in front of a panel of judges consisting of CEOs from the City of London.

The fledgling scientists came up with an innovative and strategic approach and split the presentation into two parts: a short talk and a role-play.

The audience and judges was gripped by the presentation and

roared with laughter as Michael's 'scientific car' broke down and he used his 'scientific mobile phone' to contact the engineering experts Rohan and Adham, who explained that the car had simply come to a halt because it had run out of 'chemical energy' (better known to us as petrol)!

The WLA scientists impressed the judges obtaining a record high score. They won coveted tickets to Silverstone race track, the home of Formula One.

WLA Science Teacher Dr Smart, who organised the team of scientists, told *The Sonar*: "We were pleased to have beaten rival schools Wembley High Technology College and Uxbridge High School. A massive well done guys, I can't describe how proud I am of you."

A huge congratulations to Rahul, Butrint, Adham, Michael, Charlie, Shishir, Rohan and Zhané.

Schools who competed were:

- Addington High School
- Alperton Community School
- Ashcroft Technology Academy
- Bishop Challoner Catholic School
- Bishop Douglas
- Crest Boys' Academy London
- Lammas School
- Langdon School



Young Einsteins: The Year 9 Serious About Science winners

- Oasis Academy Enfield
- Oasis Shirley Park
- Plashet
- Sacred Heart RC Secondary
- South Camden Community School
- St Angelas Ursuline School
- St Saviours and St Olave's
- Sydenham School
- Uxbridge High School
- Virgo Fidelis Convent Senior School
- Wembley Technology College

Year 11 Notice

YEAR 11 students must make sure to attend assembly on Thursday 30 September as important information will be given out regarding your career choices for next year.

Right now students should start researching about what you would like to do.

This could be college, sixth form, apprenticeships or work. Consider your interests, best subjects and potential exam grades when looking at what is best for you.

Keep your eyes open for information on careers drop in sessions with Miss Bowater, the Academy's Work Experience and Careers Co-ordinator, or Ms Aulak our Connexions Advisor.

WEST LONDON ACADEMY

PSA
BINGO!
Evening

Thursday 30th September

7.00 - 9.00

in the Academy Restaurant

£2 Entry Fee

Prizes and Snacks

OPEN TO ALL PARENTS AND STAFF

Please notify Mr Cosby in writing
with the names of those who will be attending

European Day of Languages

THE EUROPEAN Day of Languages (EDL) is a time to celebrate the many languages spoken around the world - more than 6,000 - and to promote understanding and multilingual fun.

So why not join WLA and schools across Europe to celebrate the European Day of Languages by taking part in the competitions prepared for you by the Modern Foreign Languages (Spanish)

Department today (Friday 24 September).

Look-out for competitions and ways to join in. Apart from the fun, house points and prizes, you might also make it into our hall of fame and have your name engraved in a wooden plaque that will make part of WLA's history for ever.

¡Hasta entonces! (see you then)
MFL team: Señorita Iksilara, Señorita Ivko y Señor Chatton.



WLA Notices:

Uniform Shop

THE ACADEMY Uniform Shop is open every Wednesday after school from 3:30-5pm.

Alternatively you can buy uniform online from WLA by going to: <http://www.parentpayshop.com/schools/3076905/shop.html>.

Non-negotiable items

REMEMBER that non-negotiable items including mobile phones, MP3 or 4 players (including iPods) are not allowed in Academy life.

This also applies to cans, including fizzy drinks and aerosols/deodorants.

Please also remember that full uniform should be worn at all times.

Oliver Auditions

OLIVER Auditions will be held on Wednesday 29 and Thursday 30 September at 3.30-5.30pm in the Drama Studio. The session is open to all Year Groups in the High School.

It will consist of a song that students will be taught in the audition.

If you have any questions ask Mrs Windsor, Mr Taberner, Miss Bowater, Mr Selby or Mr Smyth.

Secondary School Open Evening

THE SECONDARY School Open Evening takes place on the Thursday 7 October 2010.

To facilitate this event the High School will finish at 3.00pm on that day.

Family Links Nurturing Programme

WLA is delighted to announce that a Family Links Nurturing Programme will be running again at the Academy from October.

The programme will be delivered every Friday between 9-11a.m. It is **FREE** for parents/carers.

Fully trained facilitators will deliver the programme, and together parents/carers will have the opportunity to explore

strategies for dealing with challenging behaviour and the development of communication and social skills.

There will also be fun and games involved and the aim is for parents and carers to leave the session(s) feeling more energised and positive.

Contact Kathy O'Connor, the Academy's Education Welfare Officer on 8842 7815 if you would like to attend.

Humanities Leader for Learning

WOULD you like to be a Humanities Leader for Learning?

We are ready to recruit our next round of applicants for 2010.

If you are interested in Humanities and want to get involved in new ideas in the

department come and meet us every Monday between 1.15-1.45pm in 8.4.

We will tell you more about what it involves and how you can apply.

You can also meet the current Humanities Leaders for Learning.



CRAFT CLUB

Tuesday Lunchtime
1.15-2pm
Studio 5
All years welcome!

















Come along and get your Children's University Passport stamped. Those who graduate get the chance to go to the Graduation event at Brunel University! ©

Don't forget to check your child's LAP Records



ParentPay and Academy payments

West London Academy offers parents/carers the ability to use the internet to make payments to the Academy.

Using a highly secure website (www.parentpay.com) with a unique user ID and password, parents/carers are able to pay for school meals (cashless system), uniform and music lessons and lots more using your credit and debit cards. This is a free service to parents and there are no additional charges for paying on the internet.

Parents receive a letter containing their

user ID and password as soon as a child is fully registered as a pupil or student at the Academy so that they are able to start using ParentPay immediately.

ParentPay benefits our children and the Academy in many ways not least by removing the risks associated with children carrying cash to school and reducing administration which creates more time to devote to educational support and the smooth running of West London Academy.

Parents/Carers find ParentPay a more

secure, convenient and reliable option for both them and their child. Available 24 hours a day 7 days a week, it provides the freedom to make payments whenever and wherever you like. The Academy still accepts payment by cash and cheque but we encourage as many parents as possible to use ParentPay.

If you require a user ID and password, please contact the Academy finance office on 0208 842 7836 or email them at finance@westlondonacademy.co.uk

Next Generation Travel Reporters

THE PRIMARY PHASE Is still on the hunt for our WLA Travel Reporters.

As featured in the last edition of The Sonar, the London Borough of Ealing, in conjunction with CEN services Ltd, are seeking to find families who want to leave the car at home and look into more sustainable ways of travel to help their health and their planet.

Those families who are selected will receive a new flip video camera, as well as £500 in travel gifts (all of which you get to keep).

In exchange for these rewards, the families will be expected to undertake four challenges over the space of a month to investigate sustainable forms of transport. The families will take photos and create an online blog, describing their experiences as they undertake each challenge.

All who are involved will be given lots of support and advice. This is a wonderful opportunity -not only to receive fantastic incentives but to enable your children to become healthier and develop their writing skills as

they record their experiences.

Representatives from the Travel Reporter scheme will be in the playground next Monday morning (27 September) to publicise the scheme and to answer any questions.

They will then lead an exciting assembly for our pupils to explain more about the scheme. If you require more information, please contact the Assistant Principal, Primary Phase, Jane Tayub or simply approach the Travel Reporter representatives themselves on Monday.

Tackling football with science

WELCOME to *The Sonar's* Science Corner. Here you will find regular features and facts about the world of science.

SCIENTIFIC studies show that to bend a ball like David Beckham you need to rely on more than just a cracking right foot

In fact football science is big business, making an impact on everything from training regimes to ball design.

Early footballs were simply inflated pig or sheep bladders knotted at the end. Today, balls are made from leather patches sewn together in a design based on the Buckminster ball – a design well known to science.

The modern football is essentially a Bucky Ball consisting of 20 hexagonal and 12 pentagonal surfaces. When sewn together and inflated they make a near perfect sphere.

Once you have your sphere, you need to know how to kick it. This is where skill comes in, and science has a prominent role in nurturing this. As Dr Barry

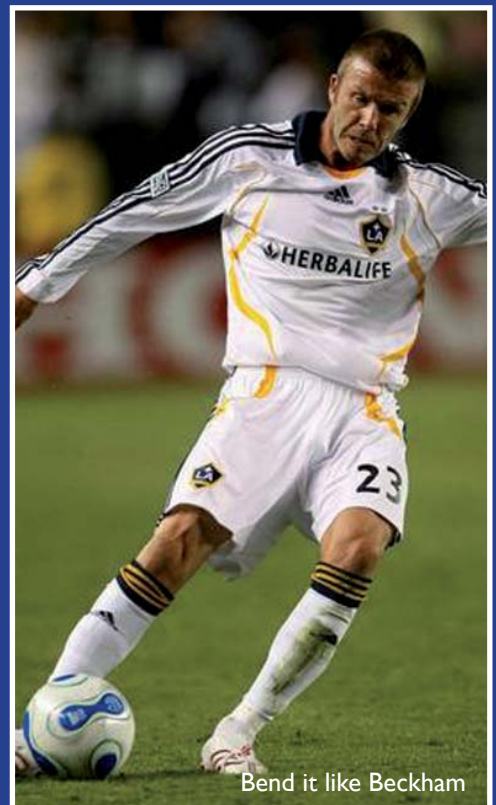
Drust, programme leader of the Science and Football course at Liverpool John Moores University explains: "Science plays an increasing role in professional football at the elite level, and a lot of this expertise is based on diet and nutrition."

Carbohydrate is the key. In research carried out with an English football team, players consumed a glucose-containing sports drink during 10 of their games but swallowed only an artificially flavoured, coloured-water placebo during 10 other competitions.

When the players used the glucose drink, the team conceded fewer goals and scored significantly more times, especially in the second half. When the placebo was ingested, players were less active and reduced their contacts with the ball by 20-50 per cent during the final 30 minutes of their games.

Research suggests that 12-14 ounces of sports drink, which usually provides about 30 grams of carbohydrate, 10-15 minutes before a match begins, with the same amount at half-time, is ideal for a 90 minute match.

For further features and science revision sources visit www.s-cool.co.uk



Bend it like Beckham

WLA sports goes from strength-to-strength

CONGRATULATIONS to Zair in Year 13 for achieving the silver medal in Judo, and Niko from Year 10 for achieving fifth place in Table Tennis at the Sainsbury's UK School Games in Newcastle. This is a phenomenal achievement.

Table Tennis:

Our Table Tennis team competed at the Medway Grand Prix in Gillingham, achieving some amazing results.

The team included Daniel, Tony and William. Daniel became the men's open band 2 winner, Tony won the band 3 competition and William was narrowly

the runner up in band 4.

Football:

Years 7 to 10 fielded football teams recently against our local rivals Northolt High School, with some very encouraging results.

WLA had a clean sweep against their opponents with all four teams winning their games.

The scores were as follows: Year 7 (6-1), Year 8 (4-2), Year 9 (2-1) and Year 10 (3-0). This is a huge achievement for all four teams.

Well done to all the team managers and students. Good luck with your future games.



(L-R) Judo winner Zair and table tennis players Daniel and William

Remember your PE kit

THE PE and Sport Department would like to remind parents/carers that a proper PE kit is vital to ensure maximum learning for students in PE and Sport Lessons.

Therefore we expect all students to be in full PE kit for all practical lessons, unless there is an appropriate reason for missing items with a note. When the weather turns cold lessons will still be outside, so please ensure that your child has appropriate WLA PE items including tracksuit bottoms and jumper which can be purchased every Wednesday from the Academy Uniform Shop.

In extreme cold weather students are permitted to wear sports gloves and a black or navy woolly hat at the member of staff's discretion.

	SPORTS AVAILABLE		TOTAL HOURS OF CLUBS AVAILABLE
YEAR 7	-Girls for Girls -Boxing -Football -Sports Hall Athletics -Judo -Indoor Cricket -Climbing -Table Tennis -Trampolining	-Dance -Rugby -Basketball -Netball -Fitness -Taekwondo -Gymnastics -Karate -Badminton	Department run: 21.15hrs Sports Unlimited: 3.30hrs Children's Uni: 7.15hrs Total= 32 hours
YEAR 8	-Girls for Girls -Boxing -Football -Sports Hall Athletics -Judo -Indoor Cricket -Climbing -Table Tennis -Trampolining	-Dance -Rugby -Basketball -Netball -Fitness -Taekwondo -Gymnastics -Karate -Badminton	Department run: 21.15hrs Sports Unlimited: 3.30hrs Children's Uni: 7.15hours Total= 32 hours
YEAR 9	-Girls for Girls -Boxing -Football -Fitness -Indoor Cricket -Climbing -Table Tennis -Trampolining -Netball	-Dance -Rugby -Basketball -Judo -Taekwondo -Gymnastics -Karate -Badminton	Department run: 19.15hrs Sports Unlimited: 3.30hrs Children's Uni: 7.15hrs Total= 30 hours
YEAR 10	-Girls for Girls -Boxing -Football -Fitness -Indoor Cricket -Climbing -Table Tennis -Trampolining -Netball	-Dance -Rugby -Basketball -Judo -Taekwondo -Gymnastics -Karate -Badminton -BTEC Homework	Department run: 18.15 hrs Sports Unlimited: 3.30hrs Children's Uni: 7.15hrs Total= 29 hours
YEAR 11	-Girls for Girls -Boxing -Football -Fitness -Indoor Cricket -Climbing -Table Tennis -Trampolining -Netball	-Dance -Rugby -Basketball -Judo -Taekwondo -Gymnastics -Karate -Badminton -BTEC Homework	Department run: 18.15hrs Sports Unlimited: 3.30hrs Children's Uni: 7.15hrs Total= 29 hours

Wider Family Learning

Toy Making



Free Every Saturday
from 25th September
Primary Hall 10am-1pm

WLA Adult Education Centre

Enrol Now!

- Computing including ECDL
- Photoshop
- DreamWeaver
- Business Administration
- Literacy
- Numeracy
- Teaching Assistant
- Childcare

Please call or visit High School Reception:
Bengarth Road, Northolt UB5 5LQ
Tel: 020 8842 7808 / 020 8842 7937
www.wlaaec.co.uk

