



# Convent of Jesus and Mary Language College

Crownhill Road, Willesden, London, NW10 4EP

Headmistress: Mrs L McGowan, BMus(Hons) MA NPQH FRSA  
Chairperson: Mr D Finnegan

Tel: 020 8965 2986  
E-mail: [office@cjmlc.co.uk](mailto:office@cjmlc.co.uk)

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Dear Parents and Carers

I write to you with a few updates and pieces of news as we have reached the end of another half term in Convent life.

## Healthy Schools and our Lenten Focus

14th February signals the beginning of Lent; a holy time of contemplation and reflection. Renewing our spirituality and cleansing our souls in preparation for Easter. This year we have decided to focus on Health, Fitness and Nutrition during Lent. Girls have listened to a presentation on this topic in assemblies and are encouraged to think about a healthy diet, taking part in exercise and joining in with all the planned activities.

Three times a week we will be holding fun fitness activities from 1.15pm to 1.30pm in the playground: skipping, hula hoops and exercise to music; the Cha Cha Slide and every Friday morning from 8.15am to 8.30am we will hope girls want to join the Wake Up and Shake Up dance sessions. At lunchtimes girls will get to try samples of fruit and vegetable juices made from fresh vegetables and can take away recipe cards to make juices at home.

I would like to ask our families to get involved with this Lenten focus and think about stocking up the kitchen cupboards, fridge and freezer with healthy foods and snacks.

At school we are having a complete ban on sweets, chocolate, cakes, muffins, biscuits, cookies, doughnuts, ice cream and jelly. We will not permit girls to bring crisps to school and any fizzy drinks or energy drinks are not allowed. This starts on Monday 19<sup>th</sup> February and lasts throughout Lent to the end of term on 29<sup>th</sup> March. We have noted a large number of girls bringing in bags of crisps, packets of biscuits and other sugary and unhealthy foods and the concerning effect this has on their nutrition and energy levels after break and lunch.

I hope that by the time we reach the end of Lent our girls will start to feel the benefits of eating less of these types of 'empty calorie' foods and will be accustomed to enjoying exercise and how good it makes them feel.

I ask that parents and carers support his focus on health, nutrition, fitness and ensure their daughters comply with the new ban.



## Mobile Phones

We are still seeing a large number of girls bringing a mobile phone to school. This is not permitted and from 19<sup>th</sup> February random spot checks will take place across the year groups with any phone that is found then confiscated.

## Term Dates

The term dates for next academic year 2018-2019 are now on our school website so parents can refer to these before booking holidays. Holidays in term time are not authorised unless there are very exceptional circumstances.

There has been an amendment to this academic year's end of term date in July. Previously it was published that school finished on Friday 20<sup>th</sup> July but this has been changed to Thursday 19<sup>th</sup> July when school will be dismissed at 12.40pm.

## Uniform

I am very proud of the way our girls in year 7-11 wear their uniforms but there must not be any uniform 'accessories' such as bracelets, wristbands, necklaces etc. These are not permitted. Nail varnish is not permitted and girls who arrive at school with false nails will be expected to have them removed.

## 6<sup>th</sup> Form News

We are delighted to report that our Year 13 girls are receiving their university offers. One of our girls is off to Cambridge and two of the girls are bravely going to university in the USA. Several girls have offers at Russell Group universities too. We will have a special feature on the front of our Easter newsletter.

## Dance Studio

I am very pleased to share the news that our Governing Body have approved the creation of a professional Dance Studio within the school. This will be ready for use in September and all girls in years 7 and 8 will have one lesson a week of dance. We are also able to offer dance as a GCSE option in year 9 and an Advanced level option in the 6<sup>th</sup> form.

I wish all our girls and their families a happy half term break.

Yours sincerely

Mrs L McGowan  
Headmistress