



# LANSDOWNE SCHOOL NEWSLETTER

Dear parents and carers,

It's hard to believe we've already reached the end of our first term back this year. Looking back over the last eight weeks, I think we can all be pleased and proud of how positively the new school year has started. My first thanks go to all our students. We talk a lot about the FRESH rules in school, and I'm sure you hear about them at home too. When everyone follows these expectations, it creates a happy and harmonious school environment – something that visitors notice and comment on time and again. My second thanks go to all our staff – teachers, teaching assistants, office staff, therapists, premises team, cleaners and kitchen staff. They consistently go above and beyond, demonstrating their commitment to the children and their belief that every child deserves an excellent education, regardless of need or disability. None of this would be possible without your support, so a huge thank you to all of you too. I wish you a happy and restful half-term break, and look forward to welcoming you and your children back on Monday, 3rd November for the next chapter of 2025-26.

Warm regards,  
Francis Downing, Head of School

Class of the Week  
in KS3

Congratulations!

**71R**

Class of the Week  
in KS4/5

Congratulations!

**11TF**

Next Friday's  
Assembly Class

**10AG**

on 7th November  
at 9.35am

## Dates for your Diary:

3rd November — Students Return from Holiday  
12th November — Enterprise Café in West Dulwich

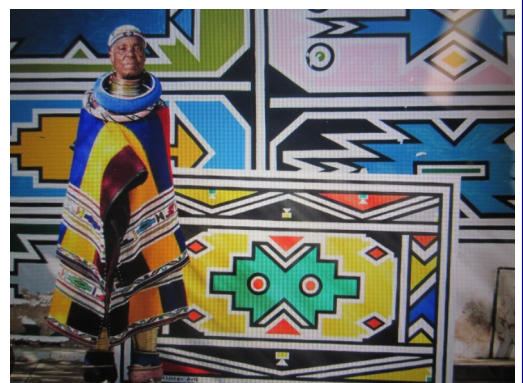


## Pupil Voice: ARTiculate



During Black History Month, I would like to share with you about the culture of the Ndebele women in South Africa, and the artist Esther Mahlangu. Traditionally, the Ndebele women paint the outside of their homes in a colourful way, use very straight lines and patterns and do this freehand using their fingers and chicken feathers as brushes. Esther Mahlangu grew up with Ndebele culture and learned to mix her colours from natural ingredients such as cow dung, this made it limited to

certain colours such as white, yellow, brown and red. Esther has never been to school and learn to read or write. She used to watch her mother and grandmother paint and began painting parts of their house when she was just ten years old. In art lessons, we created a canvas inspired by Esther's work, using mixed media to create elaborate and engaging patterns.—Year 13 Pupil



## Year 9s Trip to the Imperial War Museum

The Year 9 students had the opportunity to visit the Imperial War Museum as part of their study of World War I. They travelled there by bus and demonstrated excellent behaviour throughout the day. During their visit, they explored a range of exhibits that brought the realities of WW1 to life, from life in the trenches to the impact of the war on those at home.

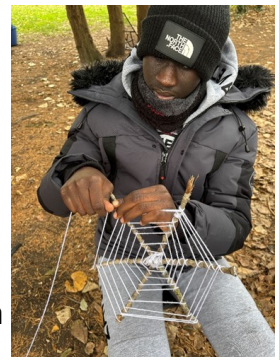
—Ms Gkotsi



## Forest School: Spiders Web Weaving!



This week at Forest School we've been weaving webs! First, we needed to find 3 sticks each: our sticks needed to be knobby so that our weaving didn't slip... Next, we 'fanned' out our sticks and used wool to bind them in place. Then we began to weave our web, by wrapping around one stick at a time before moving onto the next stick, working our way outwards until we got to the edge of our frame – just like a spider would do! Finally, we hung them up on our favourite tree – do you like them?



—Mr Hilton

## Ethiopian Atakilt Wat



We are discovering amazing spices and tasting new ways of cooking this Black History month! KS3 would love you to try this nurturing, delicious one-pot stew. It will warm up a chill evening!

—Ms Ravazzolo

### Ingredients:

1 tbsp vegetable oil  
 ½ small onion  
 1 garlic clove  
 1 tsp fresh ginger (or ¼ tsp ground)  
 ½ tsp turmeric  
 ¼ tsp ground cumin  
 Pinch of chilli flakes or ¼ fresh chilli (optional)  
 1 potato  
 1 medium carrot  
 150g cabbage  
 100ml water  
 Salt and pepper, to taste

### Preparation:

1) Prepare your vegetables:

- Slice the onion
- Grate or finely chop the ginger
- Peel and slice the carrots
- Finely chop the garlic
- Peel and chop the potatoes
- Chop the cabbage

2) Heat oil in a saucepan. Sauté onions until soft (5 minutes).

3) Add garlic, ginger, turmeric, cumin, and chilli if using. Stir for 1 minute.

4) Add potatoes and carrots. Stir to coat in spices.

5) Add cabbage and pour in water.

6) Cover and simmer for 20–25 minutes, until vegetables are soft. Stir occasionally and add a splash more water if needed.

7) Season to taste.

8) Serving tips: Lay an injera (or flatbread) on a plate. Spoon the Atakilt Wat stew on top or to one side. It is traditionally eaten with hands, tearing bits of injera to scoop up stew.

