



**THE FRANCES  
BARDSLEY**  
ACADEMY FOR GIRLS

# Headteachers' *Welcome*

The Frances Bardsley Academy for Girls is an excellent school and has provided an exemplary education for girls aged eleven to eighteen for over one hundred years. In 1906, Miss Frances Bardsley was determined to offer girls in the local area a first-class education and the opportunity to develop their skills, abilities and self-confidence. We share her vision and as a school, our mission is clear:

*“The Frances Bardsley Academy exists to empower young women with the knowledge and personal characteristics needed to live successful and fulfilling lives.”*

Our expectations are high because we believe in being aspirational. Pupils make excellent progress at the school and our results are above the national average. In November 2024 Ofsted said, “Pupils, and students in the sixth form, feel genuinely cared for in this friendly, welcoming school. Pupils feel happy and safe”. They praised the fact that pupils, parents and staff are proud to be part of our community. Through working with the best girls’ schools in the UK and internationally, we have developed our holistic approach which supports the physical, moral and spiritual development of our girls.

Our pupils study a broad and balanced curriculum: we continue to offer a wide range of creative subjects alongside more traditional academic subjects. We want our pupils to flourish and develop a love for learning. Throughout and beyond the school day, we offer an extensive range of clubs and activities in our enrichment and extracurricular programme. We have a farm, an art gallery and a railway, and run numerous trips and visits each year. In addition, The Platform is a purpose-built place space to provide individuals and groups with tailored support with any challenges they may face.

As founder of the dynamic LIFE Education Trust we work collaboratively with schools in Havering and Essex and are fully committed to the LIFE vision: “Building Great Learning Communities where children flourish.”

We are proud of this wonderful school, empowering young women to flourish academically and socially for a successful future. As Headteacher and Executive Headteacher, we look forward to welcoming you and your daughter here.

**Ms Darabasz & Mr Turrell**  
Headteachers

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## Welcome from *LIFE Education Trust*


Our purpose at LIFE Education Trust is to Build Great Learning Communities where children flourish and which unleash creativity and champion optimism, in a spirit of compassion. We believe that learning is for everyone, and through the breadth of our specialist services and educational expertise we support schools to deliver excellent pupil outcomes, create vibrant, exciting environments and offer rewarding careers for staff.

To accomplish our mission, we use our three core values:

- *Courageous optimism*
- *Boundless creativity*
- *Heartfelt compassion*

These values are at the centre of everything we do. We live and breathe them. They influence the way we work and the way we view life.

The Frances Bardsley Academy for Girls is the founder school of the Trust, joined by a number of other schools in Havering and Essex. Being part of the Trust allows our schools to share knowledge and best practice, pool resources and to be supported in all areas of school development. Being part of LIFE is being part of something bigger, bringing together a highly skilled and qualified team of individuals that have a positive impact on the education of our pupils, providing them with more opportunities both in and outside of school.



**Julian Dutnall,**  
CEO, LIFE Education Trust

Over  
**100**  
sibling groups  
currently attend  
FBA



SHE IS...  
**KNOWLEDGEABLE**



The Frances Bardsley Academy exists to empower young women with the knowledge and personal characteristics needed to live successful and fulfilling lives.

## KNOWLEDGEABLE

We acquire knowledge so we can confidently move onto further and higher education, join the world of work, make sense of the world and live successful and fulfilling lives.

### RESILIENT

We learn to be optimistic and will not give up when things are challenging. We learn a range of strategies to manage difficult situations so that we can cope when things are tough.

### ARTICULATE

We develop the skills to communicate effectively with a wide range of audiences in whatever situation we find ourselves.

### CREATIVE

We learn to think and act creatively so that we can solve problems and express ourselves. We explore sports and arts and engage in a wide range of imaginative and innovative activities so we find the things we love to do and ways we can contribute to society.

# K - RACERS

### EMPATHETIC

We know how to relate well and show compassion towards others. We are learning how our actions and words can positively impact the lives of others and how we grow from listening and understanding them.

### REFLECTIVE

We recognise that thinking is important and that thoughtfulness enables us to make considered judgements. We spend time weighing things up so that we better know ourselves and can make better decisions.

### STUDIOUS

We are self-motivated and work hard in the pursuit of excellence and our personal goals. We are proud of spending time and energy to find out more.

# Why Choose a Girls School?

When it comes to choosing the best school for your child, parents often receive a lot of advice about what they should consider and what will make a difference to their child's future. There is a wealth of research which outlines that for girls, a single sex education leads to many social, emotional and educational benefits.

**The Academic Benefit:** Research shows that girls in a single-sex environment achieve higher grades than in a mixed environment. Girls are more likely to pursue Science, Technology, Engineering and Mathematics (STEM) subjects. There is also evidence that girls who attended all-girls schools go on to earn higher wages than girls from mixed schools.

**Free to be Yourself:** Girls have the freedom to explore the subjects of their choice without judgement and are more willing to take risks. They are liberated to speak and express themselves and to become resilient, courageous and bold women.

**Female Role Models:** Girls are constantly provided with fantastic examples of what women can do and there is a focus on finding positive female role models so they can look to their futures with confidence, given the examples of strong leaders they have been shown.

**The Feeling of Wellbeing:** At the heart of girls' schools is the value placed on making young women comfortable, while reducing the feelings of needing to quiet themselves and conform. One study shows that

single sex schools encourage improved self-esteem and both psychological and social wellbeing in adolescent girls.

**Tailored for Girls:** In girls' schools, every leadership position, every sports team, every performance is achieved by women, who are encouraged to lead inside and outside of the classroom, compete and take a risk to try new things. Inevitably the girls have more confidence to succeed, participate in friendly competition and feel comfortable speaking out in class.

Find out more at:

<https://girlsschools.org/advocacy/why-girls-schools/>



As a school and Trust we are heavily involved in working with other girls' schools both nationally and internationally. Until very recently, Julian Dutnall (CEO of the LIFE Trust) was one of the founding Governing Directors of the International Coalition of Girls' Schools and Emilie Darabasz (Headteacher) is on the UK board of the ICGS. Our staff are committed to using the latest research to provide the very best education for the young women of Romford.



**81%**  
of pupils achieved  
Grade 4+ in  
GCSE Maths  
(2024)

SHE IS...  
**RESILIENT**

# Our Community

The origins of our school are firmly rooted in our community. Each member of our community has a contribution to make and a responsibility to others, while having a right to expect a safe, caring and supportive place to learn.

Pupils actively participate in the development of our school, building their sense of community spirit and developing their communication and leadership skills. Our girls take great pride in organising a range of fundraising events, assemblies and competitions, allowing year groups to work together. Our pupils regularly work with other schools, opening our doors to community organisations and supporting many charities throughout the school year and beyond.

We celebrate traditional values and events: who we are, our history, our school and our nation. There is so much that the past can teach us and our pupils use this knowledge to make their mark in the present and future. This is why we celebrate our school's birthday, our former staff and pupils, British Values and our own beliefs.



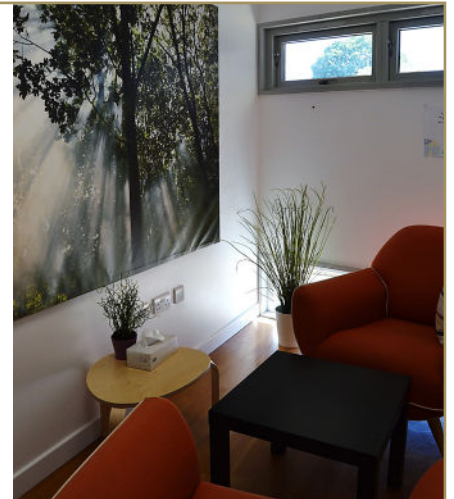
Over **40** members of staff have worked at FBA for more than 10 years

“Pupils are rightly proud of the distinctive history and ethos of the school with its focus on female empowerment.”

Ofsted, 2024

## The Platform

The social and emotional well being of our pupils is incredibly important to us at FBA. This is why we have a dedicated space and team to support our pupils with the challenges of teenage life, this is called The Platform. Alongside the team, we work with counsellors, mentors and the Havering Emotional Support Team (HEST).



SHE IS...

ARTICULATE

# Our Curriculum

Our curriculum is the foundation for what happens at FBA. It is not just about what is taught in lessons or simply about subject content. Our curriculum is driven by our LIFE mission and beliefs and we want our pupils to learn valuable knowledge and develop key skills alongside exploring some of the best creative and cultural experiences. We want them to understand themselves and what it means to maintain good physical health and mental wellbeing.



## The KS3 curriculum

The school offers the National Curriculum and more. It is designed to provide breadth and equip pupils with vital knowledge and skills upon which they will build as they move through the school.

Subject (Hours per fortnight)	Year 7	Year 8	Year 9
English	7	7	8
Mathematics	6	6	7
Science	6	6	7
Computing	2	2	2
Technology	2	2	1
Geography	4	3	4
History	3	4	4
RS	3	3	3
MFL (French or Spanish)	5	5	5
Art	2	2	2
Drama	2	2	2
Music	2	2	2
PE	4	4	3
PSHCEE	2	2	* taught during form time



## The Key Stage 4 Curriculum

In Year 10 and 11, pupils study a strong core curriculum alongside a range of options subjects.

Core Curriculum					
GCSE Maths	GCSE English Language	GCSE English Literature	GCSE Science	GCSE RS	Core PE
GCSE Option Qualifications			Vocational Qualifications		
Art	Geography	Cambridge National Child Development			
Business Studies	History	BTEC Health and Social Care			
Computer Science	Media Studies	Cambridge National Information Technology			
Design Technology	Music				
Drama	PE				
Food & Nutrition	Photography				
French or Spanish	Triple Science				

## Key Stage 5 - 6th form

We have a brilliant Sixth Form at FBA and we are really proud of the role the students play as big sisters to the pupils lower down the school. You can find out more about the FBA Sixth Form on our website.

# Beyond the Classroom

We provide an extensive range of enrichment opportunities coordinated by a dedicated Head of Enrichment.

## Farm

We are privileged and extremely lucky to have our very own farm at FBA. Established in 2013, the farm has flourished and we currently have miniature Shetland ponies, goats, chickens, ducks, quail, rabbits and guinea pigs. It has become a place of wellbeing, creativity and belonging.

Pupils have the opportunity to visit the farm during morning and lunch breaks; form groups in Key Stage 3 have a programme of activities which are fun and engaging, while teaching pupils about animal care and welfare, and the environment.

We have seen the farm make a real difference in the pupils' physical and mental wellbeing and building life skills including confidence, communication, and the ability to work with others.



“It was really fun visiting the farm and learning new things.”

Halima, Y7

“It is relaxing and fun to be with the animals.”

Farah, Y9

“The farm is a very nice and relaxing environment to be in.”

Karima, Y8



SHE IS...

CREATIVE

## The Appleby Gallery

We are one of the few comprehensive schools in the country to have a gallery. Located at the heart of the school, The Appleby Gallery provides a space for pupils to experience the work of established and emerging artists with a regular programme of exhibitions; pupils also showcase their work. Pupils can visit the gallery at break and lunchtime and it is used as part of the form time programme and during Art lessons.



## Railway

A unique feature in our school is our railway. This was cleverly built and put together by our Railway & Engineering Club with help from a group of local volunteers.

The railway provides the opportunity for pupils to explore careers in engineering and gain hands on experience of maintaining and driving the trains.

Over **50**  
different languages  
spoken by our  
pupils



SHE IS...  
**EMPATHETIC**

## Clubs

A fantastic array of lunch-time and after-school clubs are regularly on offer to pupils, including:

- Art Club • Gardening Club • Christian Union
- Korean Club
- Choir • Language of the Month Club • Dance
- Lego League Club • Design & Technology • LGBTQ+ Club
- Drama Club • Rail & Engineering Club • FBA Farm
- Science Club • Spanish Spelling BEE
- French Spelling BEE

- Sports Clubs including football, netball, trampolining, gymnastics, indoor rowing and many more

Alongside extra-curricular clubs we also have curriculum support options too including:

- Study Skills • Homework Support • GCSE & A-Level Revision



## PE

Our sports facilities are outstanding. We have a large sports hall, 3G astro turf pitch, traversing wall and tennis/netball courts. In physical education, our pupils take part in a wide range of sports and pursuits with the goal of building lifelong participation in physical activity. We have an extensive programme of sports clubs and fixtures and enjoy great success and fun when competing with other schools.

## Trips and Visits

We want pupils to think globally. We offer a vibrant international dimension with trips and visits and links with local/national organisations and charities. Over the past ten years, we have built a fantastic relationship with our partner school, the Marienschule Opladen, near Cologne. Since 2022, pupils have travelled to Wales, Belgium, the Netherlands, Germany, Iceland and Italy. In 2026, a group of students will be going to an expedition to Eswatini.

Over **25**  
extra-curricular  
clubs &  
activities



SHE IS...

REFLECTIVE

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# Transition into Secondary School

87%

of pupils achieved  
a Grade 4 or  
above in English  
(2024)

We understand moving from primary to secondary school can be a daunting time for parents and children alike, so we make every effort to ensure that the change is as seamless as possible. Our aim is to communicate clearly with families and extend a genuinely warm welcome to all new pupils so they are excited about joining us in September. We believe a smooth start will enable all pupils to take full advantage of all the opportunities we offer, rise to challenges and ultimately reach their true potential by being an active member of our school community here at FBA.

In the summer term we run activity workshops after school and an Induction Day so pupils get to experience a day at FBA to calm any nerves before they start.

There is an experienced pastoral team in Year 7 so the Head of Year and Student Support know how to help pupils and parents get used to life at FBA.

## How to apply

The admissions to the school are managed by the London Borough of Havering and all the key information about how to do this can be found at: <https://www.havering.gov.uk/admissions>

We have 240 places in Year 7 each year. Where applications for admission exceed the number of places available, the following criteria will be applied:

- i) Looked after children and all children who were adopted (or subject to child arrangements orders or special guardianship orders) immediately following having been looked after, including those children who appear (to the admission authority) to have been in state care outside of England and ceased to be in state care as a result of being adopted.
- ii) Children of staff at the school
- iii) Sisters on roll including current Year 11 and 6th Form students (\* please refer to the Local authority definition of a sister)
- iv) Pupils attending a Feeder Primary School within the LIFE Education Trust
- v) Pupils living nearest the school as measured by the Local Authority measuring system
- vi) Up to 24 children (10% of the Published Admission Number) who have an aptitude for music

(Please refer to the Admissions policy for specific details of the above criteria)

You can find out more from the Admissions Policy at: [https://fbaok.co.uk/key\\_information/teaching-learning/](https://fbaok.co.uk/key_information/teaching-learning/)



SHE IS...  
STUDIOUS



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