

# FRIENDS OF SPRING GROVE SCHOOL FOSGS NEWS

## What's Happening

### Star Road Public Realm Community Project

Exciting news! This February, FOSGS received £1,000 towards the delivery of permanent corten steel planters on Star Road. This represents necessary match funding to help us access other grant funds for completing the project - we'll keep you posted!

In parallel, Hounslow Council are currently transforming the former playground at rear of 47-48 Star Road into a shared community growing space. Families of pupils at Spring Grove Primary will be able to sign up for access to this space, alongside residents of the estate. To help us get started, we've received a wonderful delivery of vegetable seeds, compost and gardening supplies from the Council, and we are running a **Seed Planting (and what to plant) Workshop @ the Salopian Garden on 7<sup>th</sup> March 3-4 p.m.** No experience necessary! All ages welcome!

## New FOSGS Projects

### Sensory Room Ideas

We're starting to explore ways to improve and refresh the school's sensory space to support children's wellbeing and calm time.

If you have ideas or experience in this area, we'd love to hear from you.

### Movie Night - Coming Soon

We're planning a school movie night — a relaxed, fun event with friends, snacks and cosy vibes. More details coming soon!

## Student Voice and fundraising online platform

Coming soon:

-  Artwork
-  Pupil voices
-  Kindness shout-outs

If you'd like to be featured, ask your grown-up to email us at [committee@friendsofspringgroveschool.co.uk](mailto:committee@friendsofspringgroveschool.co.uk)

## How You Can Support

### Amazon Wishlist - Library Books

We're planning a wishlist to help add new books and refresh our school library — completely optional, just another way families can support if they wish. 

Reach out to a committee member, or email us at:

[committee@friendsofspringgroveschool.co.uk](mailto:committee@friendsofspringgroveschool.co.uk)



## FOSGS Committee team:

**Aditi Datta**

Chair | Year 2 & nursery

**Aniket Patra**

Treasurer | Year 5

**Antonia Marjanov**

Secretary | Years 4

**Arnab Datta (DJ Radius)**

Year 2 & nursery

**Labdhi Bafna**

Year 1

**Nadia Malik**

Year 4

**Vipul Bajjal**

Year 5

## Contact and further info via:

<https://www.springgroveprimary.london/parents/fosgs/>

## Support us for FREE via:

**Easyfundraising** with every online order, on thousands of brands! Register via: <https://www.easyfundraising.org.uk/causes/friendsspringgrove>



## Fan of the Lottery?

Support us from £1 per entry, with a chance to win £25,000 each week: <https://www.theparentslottery.org/>



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## Student Corner

### Spring Grove Stars ✨

We were so proud to see two of our pupils performing at recent community wellbeing events, Harmony in Motion 2025:

Ravleen Kaur (Year 6) — a confident and expressive dance performance to Shake It Off.  
Vaidurya Datta (Year 2) — a joyful singing of the Bengali children's song, Bondhu Hey, that won hearts.

It's wonderful to see our children sharing their talents and confidence on stage.



## Parent community

The Harmony in Motion 2025 wellbeing series, created by FOSGS volunteers Arnab (Radius) and Aditi and community events organisers, was recently featured in Asian Voice, a widely respected British Asian community newspaper. The events explored music therapy, laughter therapy, mental health awareness and open-mic opportunities for young and budding artists in Hounslow and explored how the arts are important for mental health and wellbeing.

The team will continue organising wellbeing events, starting with:

✨ Sacred Frequencies — 7th March - A special experience exploring sound, meditation and intention through music and mantra rock. See flyer below.

Want to be featured in next month's FOSGS Newsletter for an activity of community benefit?

Email us before the 15<sup>th</sup> of the month:

[committee@friendsofspringgroveschool.co.uk](mailto:committee@friendsofspringgroveschool.co.uk)

### Soulful fusion of music, dance and healing in Hounslow

Connecting the Dots transformed The Arts Centre Hounslow into a space of music, healing, and cultural celebration, led by British Asian alt-rock duo Compound Radius (Radius and Aditi). Held on June 28, 2025, the event fused Eastern and Western musical influences with spiritual themes, creating a powerful afternoon of connection and community wellbeing.

The duo opened with original acoustic pieces like "Song for Humanity," "Path of Bliss," and "Apni Kahani," joined by tabla maestro Yamin Choudhury (Shagor Bhai). They also introduced five 'Prabhat Sangeet', spiritually uplifting songs composed by Guru Shri Prabhat Ranjan Sarkar, who believed music should be a force for

British Asian alt-rock duo (Radius and Aditi) with Darshan S. Grewal, former Mayor of Hounslow and senior Indian diplomat (middle)

transformation, not just entertainment, marking their Hounslow debut. Acclaimed psychotherapist Neha Malik spoke on music and trauma healing, accompanied by Radius on handpan. Monidipa Seal captivated the audience with an Odissi dance on the five elements, set to Radius's electronic reimagining of the 'Mahamrityunjaya Mantra'. The evening also featured a

moving Mohan Veena recital by Ananda Sundaram, UK's only player of the rare instrument and disciple of Grammy-winner Pt Vishwa Mohan Bhatt, joined by Shagor Bhai on tabla. The afternoon ended with a collaborative performance of the original title track 'Connecting the Dots', featuring Pooja Bhanot (Indian classical vocals), Ananda Sundaram (Mohan Veena), Radius (guitar), and Yamin Choudhury (tabla)—a powerful fusion of Eastern and Western sounds. Chief guest Darshan S. Grewal, former Mayor of Hounslow and senior Indian diplomat, encouraged youth to embrace cultural expression and social service. The event was hosted by arts advocate Jyoti Bhogaita.

NAMASKAAR LONDON  
presents  
**SACRED FREQUENCIES**  
Sound, Mantra & Intention

- Guided Meditation
- Sound Healing Therapy
- Affirmations
- Intention Setting Workshop
- Kirtan
- Mantra Rock - by COMPOUND RADIUS

MEET THE TEAM

Jyoti Bhogaita  
Wellbeing Advocate

Mitel Parohit  
on Tabla

Compound Radius  
On Mantra Rock

Mina Popat  
Kirtan Vocalist

Saturday 7th March • 2 to 4:30pm  
BATHAK • 89 KINGSLEY ROAD HOUSLOW, TW3 4AH  
Ticket price • £15  
www.friendsofspringgroveschool.co.uk

Light refreshments will be served.  
For further details please contact Jyoti  
07852806627



# Star Road Public Realm Community Project



## Seed planting workshop

**@The Salopian Garden**

689a London Road, Isleworth, TW7 4ES

**Saturday, 7th March 2026**

**15:00 - 16:00**



This event is kindly supported by:



**London Borough  
of Hounslow**



# FOSGS PTA FAQ

## Who/what is the FOSGS PTA?

FOSGS is a registered charity, run by a committee of parents/carers and supported by school staff. The charity's aim is to fundraise for the benefit of the education and wellbeing of children at our school.

## Who can join the FOSGS PTA?

All parents/carers of pupils at our school are automatically a general member of the charity. Email the committee, join our Volunteer WhatsApp Group, and look out for ways to get involved in our newsletters.

## How is the PTA run?

FOSGS are run by a committee of parents elected by the wider school community as part of the latest Annual General Meeting. They are supported by other parent/carer volunteers, and coordinate closely with school staff.

## Is the school responsible for the FOSGS PTA?

No. FOSGS are a legally separate organisation to the school and make their own decisions by committee vote and in line with the adopted Constitution.

School staff also run their own separate fundraising activities.

V O L N T E E

WHAT'S MISSING?

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