

SLEEP ON IT!

We all know that emotions can overpower our rationality. The Ancient Greeks were so aware of this that they personified all feelings, and their myths portrayed love, hate, rage, envy, etc., as spirits doing battle within us. In many ways, this was a clever way of separating out feelings from our rational minds because behaviour and decision making driven by emotions will more often land us in difficulty than lead to positive outcomes. I was reminded of this when reading a story about a man who was so taken over by road rage that he shot another driver and is now serving a 30-year prison sentence. Our emotions serve an important purpose, including allowing us to empathise with others and preparing us to face dangerous situations. It is also true to say that life would not be worth living without the feelings of happiness and joy. However, wise decisions require a clear head and rational thought, so leave them until the morning, after a good night's sleep!

N. Christou, Headteacher

ANOTHER SUCCESSFUL TERM FOR DANCE AT EAST BARNET SCHOOL



Last term was a busy one for our dancers; all have been in high demand across a range of events over a short space of time. The first event was the Barnet Dance Platform held here at East Barnet School, where we entered two dance groups. The Key Stage 3 group consisted of five students: Amanda, Caitlin, Ellie, Chloe and Loren, who worked hard to perform a 'Fairy Tale Fusion' inspired by the West End musical *Into the Hoods*. The group told the story of Little Red Riding Hood through hip-hop and street dance. Projection and magic beamed from the dancers throughout their piece and they were praised by the judges for their high-energy performance.

Key Stage 4 entered their own piece. Amy, Carys, Freya, Isabella and Jasmine produced a beautiful piece communicating a sensitive issue through contemporary dance. The dance began with a lovely introduction from Jasmine allowing the judges to understand the context of the piece. They were praised for highlighting such a delicate subject in a mature way. All dancers shone and it was lovely to see our previous GCSE dancers Amy, Jasmine and Carys continue their passion for dance and act as role models to others. Outstanding technique was shown by all the girls and a lot of thought and time had gone into the choreography (Amy and Jasmine). The standard of the competition was



extremely high and yet the girls still managed to secure third place. They all worked extremely hard on the piece and deserved every success; fantastic work girls!

The Key Stage 3 group then had another performance only a week after at the Barnet Dance Festival; again their performance rocked and their behaviour, as always, was perfect. Well done Caitlin, Ellie, Kci and Loren.

Throughout rehearsals for the Dance competition and the Barnet Dance festival there was a huge cross over with the school production *Little Shop of Horrors* - some students were involved in all performances and displayed excellent time management and commitment to make sure they gave their best in all areas, even giving up their lunchtimes. I know parents also worked hard in supporting students by getting them to school for early morning rehearsals and picking them up in the evenings. Every minute was spent practising to give their best and it's great to see all our hard work pay off. Well done to all those involved in dance, you were truly fantastic!

For those wishing to join dance club we are now starting a new piece. Tuesday's at 1.45pm in the Dance Studio. Have your lunch, bring your trainers or dance shoes and be ready to join in. See you there!

Miss Buczman, Dance Teacher

LIBRARY NOTICE

EBS Library is now digitising its communication of overdue library book reminders. Please encourage your child to check their school email address for any communication from the library regarding any books that are loaned out and need to be returned to the school library. The traditional paper reminder sent via tutors is now abandoned. Library books are loaned out for three weeks, after which, they need to be returned/renewed. Punctuality will save us sending reminders or bills.

NEW VIEWS SUBMISSIONS TO THE THEATRE

We want to celebrate the following students' exceptional achievement in submitting a 30-minute play for the *Royal National Theatre*, as part of the 'New Views' National Theatre playwriting competition.

Year 10

Tymoteusz Pecherzewski
Ella Moss

Year 12

Lily Rachel

Year 13

Thomas Morris



SUN SAFETY: As the better weather has now arrived, we are now encouraging all students to be outside at lunchtime. Students should take adequate protection in the sun and wear protective screen lotion when applicable.

YEAR 11 BOYS' BASKETBALL SUCCESS AT LONDON YOUTH GAMES



What a season it has been for our Year 11 Boys' Basketball team. Their first success was achieved at the Barnet School Championships, seeing off all other schools in the borough to be crowned champions. Apart from a gold medal, their reward was to represent Barnet in the London Youth Games championships. Out of the 32 London Boroughs, they were drawn against Hammersmith and Fulham in the first round. They won comfortably 59-27. Now onto Round 2 and their opponents were Ealing. Another fine display and victory 55-48. Now down to the final 8 and a very tight and competitive game against Camden saw our boys win 66-62. They were going to the SCORE centre in Leyton for the final 4 showdown! It was here that they suffered their first defeat (44-57) to Richmond. Not to be perturbed they played Waltham Forest in the 3rd/4th placed playoff and they won with their biggest points tally of the season 70-64. The boys

have been magnificent all season and it really was indeed a squad effort. For some, that'll be the last time they represent their school, as they move onto pastures new in the Sixth Form. What they have done however, is to inspire the next cohort of young basketballers, and throughout our younger years, we have more potential for success.

Mr Smith, Team Manager

UK CHESS CHALLENGE BARNET MEGA-FINAL

There is an *amazing* opportunity for any keen chess players in Years 7-12. This year, the local round of the UK Chess Challenge Mega-Final is being held right here at East Barnet School! The standard of competition will be high, however there is no qualification

Barnet Megafinal - 17 June 2018
£15.00

17 June 2018 09:00:00 All: Under 7 - 18, Boys & Girls	
Venue East Barnet School 32 Church Green Barnet London EN4 8JG Organiser Ravi Kumar rsk199@gmail.com	Last Entry Date 10 June 2018 23:00:00 GMT Time Limit All moves in 20 minutes ECF-Graded? No
Period	Round
9:30	10:00
11:30	12:00
12:30	13:00
14:45	15:30
	17:00

needed to take part for U12-U18 players. The Mega-Final is the regional stage of the UK Chess Challenge, the world's largest chess competition. After coming close a number of times in previous years, when we had to travel to Harpenden to compete, is 2018 the year that an East Barnet student makes it all the way to the national Giga-Final? The event will take place on the 17th June from 9:30-17:00 and entrance is £15. Full details and competition entry forms can be found by clicking [here](#). If you would like any further information, please speak to Mr Parsons or come along to Chess Club, Friday lunch-times in room 327.

IT ALL ADDS UP... Need a new calculator? GCSE Revision Guides? 'A' Level History or Sociology resources? As well as 'Vintage' uniform (good quality second hand), and some items of PE kit, gum shields and ties, these are all available from EBS SHOP via the [school website](#) - students collect orders from school.

ATTENDANCE WINNERS!

Congratulations to all the attendance winners from the end of last term! We hope you enjoyed your Easter Eggs!

12/03/18 - 16/03/18	19/03/18 - 23/03/18
7C (100%) Naina Pryse	7F (98.33%) Arta Razavi Farmad
8A (98.67%) Ahmednur Warsame	8A (97.33%) Simon Durrant
9H (98.15%) Adam Craig	9F (98.08%) Megan Bennett
10C (98.40%) Daniel Gilder	10D (98.40%) Alex Taylor
11E (98.46%) Romina Todesco	10F (98.40%) Jack Sampson
	11E (98.85%) Nina Pawliszyn

BEST ATTENDERS OF THE WEEK!

Year 7: 7F with 100%	Year 10: 10D with 99.50%
Year 8: 8B with 98.21%	Year 11: 11G with 98.21%
Year 9: 9G with 97.60%	

Well done to each of these forms - keep it up! Remember:

'Every school day counts'.

PTA NOTICES

SHOPPING ONLINE? Don't forget if you're shopping online (Amazon, John Lewis, Sainsbury's etc), sign up to support the EBS PTA. This costs you nothing, and a small donation is made to the school each time you make a purchase. Click the image below to sign up:



www.thegivingmachine.co.uk



EAST BARNET SCHOOL PTA

**DISCO
QUIZ NIGHT**

STEREO

SIDE A

FRIDAY 11th MAY

QUIZ MASTER & DJ
SEAN SWEENEY

FEEL THAT FRIDAY NIGHT FEVER

QUIZ 'TIL 10, THEN BOOGIE INTO THE NIGHT!

Come along as a team of 4-8 people, or we can make up teams on the night.
There will be a well-stocked licensed pay bar and you can bring along your own food.
There will also be a raffle with fabulous prizes!

TICKETS £7.50

7.30pm start, includes nibbles on each table.
This is a ticketless event. Your name will be on a checklist at the door.

BOOKING

Reserve a place now by emailing us your details to:

pta@eastbarnetschool.com

For more information: eastbarnetschool.com