

LOW ANXIETY AND HIGH STANDARDS

East Barnet School was buzzing this week with our annual open evening. Our students, as ever, were our biggest advocates as they proudly showed prospective parents around our wonderful school. During my speech, I spoke to the audience about a favourite quote of mine, from Roland Barth, the founder of the Harvard Graduate School of Education. Barth discusses the importance of “searching for the optimal relationship between low anxiety and high standards”. I gave the example of computer games, why do young people spend their time and money on these games, trying to achieve the highest standard of performance? They spend hours playing, trying to get to a new level, learning new and different tactics, learning from their mistakes and then going back with better solutions. The answer is, they do this because learning is fun; there is a satisfaction gained when the young people excel. As Mary Myatt, education author, tells us, “critical to this is that it is done in private”. Their learning is done by themselves. “No one is watching, no one is making them feel stupid. The struggle and joy is personal and private.” For young people, stress, anxiety, low self esteem and confidence can affect that desire to learn when in front of others. In order to achieve low anxiety, it is imperative that students feel safe in their environment. Here at East Barnet School, we support our students to feel safe and we couple this with gently pushing students outside of their comfort zone, so they can experience the deep satisfaction gained when learning and succeeding in something new.

“Risk taking is deliberately fostered and a safety net protects those who may risk and stumble.” - Roland Barth

What can we all do to ensure that our children feel safe, supported and able to take the risks to help them excel in their learning?

L. Swaine, Headteacher

FAREWELL TO AN EBS LEGEND!



Many current and former students will have fond memories of our catering assistant, Beryl Moffat. Beryl, who has helped provide the lunches for our staff and students for nearly 50 years (since 1973!) is retiring this week. Beryl is adored by staff and students for her consistent kindness, her unparalleled positivity and her service with a smile. We will miss you terribly and wish you the very best for your retirement!

L. Swaine, Headteacher

IT'S BACK! THE HOUSE CAKE COMPETITION!

HOUSE CAKE COMPETITION

TUESDAY

15

OCTOBER



CATEGORIES

- Best Looking
- Best Tasting
- Most Creative
- Best Cupcakes

SKI TRIP - LAST FEW PLACES!

There are only a few places left on our annual ski trip. If you want to be there, please speak to the front office as soon as possible, so you don't miss out!



CAN YOU HELP RUN A CLUB?

We are looking to expand our extra-curricular sporting clubs - if there are any potential parents/carers who would like to volunteer and have a particular interest in a sport/activity and would like to impart that enthusiasm and experience, please contact Mrs Hammond via the school office. The clubs usually run after school from 3:30pm - 4:30pm.

BBC
Bitesize

BBC BITESIZE LAUNCH TRANSITION PAGE FOR PRIMARY TO SECONDARY SCHOOL - There are lots of fantastic tips and information for students on [this website](#) to aid a successful transition from primary to secondary school.



WE ARE ON TWITTER! EBS is now on Twitter - follow us for the latest news, events, trips, maybe even some competitions relevant to the students that we find on the Twitterverse! We can be found here: [@EastBarnetSch](#) - follow, follow, follow!



EBS START TIME: Don't forget, school **STARTS** at 8:45am, so students should arrive at school by 8:40am to allow time to get to registration.

RECRUITING EXAM INVIGILATORS!

We are currently recruiting. If you would like to join our team, please click [here](#) to see all details on the school website.



NUTS: Please remember we are a nut free building - some staff and students have severe allergies!

EVER WANTED TO WORK IN FILM?

In the last few years, our students have completed a course called 'Film Skool', one of the leading digital filmmaking workshops in London. Students get the opportunity to produce professional short films, working and being mentored by professional filmmakers currently working in the Television and Film industry in the UK on popular programmes like Eastenders, Coronation Street, Later with Jools Holland, Big Brother, music videos and independent British feature films. 'Film Skool' has been running for 15 years with students producing some amazing and visually engaging films, although I feel the films from EBS have always been of the highest standard, in terms of quality, ambitious nature and the effort and enthusiasm displayed. All short films are shot in one day with students taking on the various technical filmmaking roles and getting real hands on experience making short films. Students complete post production work on their short films over a weekend and have the opportunity to edit their films using the professional editing software Final Cut and are supported and mentored by freelance professional editors.

It has been a real privilege to work with the students at EBS and they have displayed immense creativity and imagination throughout the post production process and I look forward to working with the new cohort of filmmakers this year. We are looking forward to showcasing the films at the prestigious Mayfair Curzon cinema in the West End and hope to see the whole school community there to celebrate filmmaking at EBS! I am positive it will be a fantastic event and like past screenings there are a few surprises in store with some of the wonderful staff and parents at the school making appearances....these films could launch a few careers I suspect!

Film Skool will be starting from 16th October with workshops every Wednesday after school for five weeks during term time for Years 7 - 9, and on the 17th October with workshops every Thursday after school during term time for five weeks for Years 10 - 13. There is a £120 charge for the course, please collect an application form from the office.

Ever Fancied Making Your Own Movie with a Professional Film Crew, Editing & Sound?

FILM SKOOL

Film Skool will be starting at EBS on the 16th & 17th of October 2019

Please collect a letter from Mr. Polyviou if interested

All Short Films will be Premiered on the big Screen of the Curzon Cinema in Mayfair, London & a DVD will be given to each member involved!

We look forward to working with you on your movie!

BEST ATTENDERS OF THE WEEK!

Year 7: **7D** with **99.63%** ● Year 10: **10F** with **99.33%** ●
 Year 8: **8A** with **99.33%** ● Year 11: **11H** with **97.41%** ●
 Year 9: **9E** with **98.00%** ●

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

'Every school day counts'.

Congratulations Keller and Tutu who both have two form groups at the top of the table - great start to the year! Don't forget to pick up your tokens from your Head of House.

OVERDUE LIBRARY BOOKS

EBS Library has digitised its communication when sending out overdue book reminders; students should check their school email address for any communication from the Library. Library books are loaned out for three weeks, after which they need to be returned/renewed. Punctuality will save us sending reminders or bills. Should a bill be necessary to be sent home, payment for the replacement is via ParentPay.



UPDATE YOUR DETAILS - Please can we remind parents/carers to update contact details if your mobile number has changed. It is really important that we have at least two contact numbers that we can use in an emergency. You can update your details via the main office.

VINTAGE UNIFORM - Thank you to everyone who has donated second-hand uniform over the years, but we will no longer be taking any more donations of uniform to sell as 'Vintage'. We will however make the items we still have in stock available on request and would ask for a small donation to the school in return.

PTFA NOTICES

EAST BARNET SCHOOL PTFA

PTFA Autumn Quiz Night

Quiz Master – Jason Killip

FRIDAY 22ND NOVEMBER

7.30pm Start

TICKETS £7.50 EACH

INCLUDING NIBBLES ON EACH TABLE

COME ALONG AS A TEAM FROM 4 – 8 PEOPLE, OR WE CAN ADD TO THE TEAMS ON THE NIGHT IF YOU WANT TO JOIN IN.

Reserve your table asap by emailing ptfa@eastbarnetschool.com with your name and number of people.

Table numbers limited so please book early.

THERE WILL BE RAFFLE WITH FABULOUS PRIZES

There will be a well stock licensed bar ...Please bring your own food but would respectfully ask you to not bring your own drinks and use our bar on the night

ALL PROCEEDS GO TO EAST BARNET SCHOOL

BARNET SCHOOL CUTS MEETING AT EBS SATURDAY 28TH SEPTEMBER, 12PM - 2PM

Click here for more information

DO THE RIGHT THING!

Every week, a student from each year receives a Do the Right Thing Award, and we are going to celebrate this achievement. Congratulations to all the winners from last week!

23rd September 2019

Yr 7: Loucas Andrews

Yr 10: Nicholas Kafizas/Reza Samaei

Yr 8: Angelina Panayiotou

Yr 11: Finn Emmens-Green

Yr 9: Christopher Chobanov

Sixth Form: Megan Neville

