

BE BRAVE

There is an unparalleled sense of pride derived from seeing the young people in our care succeed, achieve and be happy! In order to experience such success they need to show courage and resilience. Our students have been displaying these qualities in bundles and this links well with the theme for Children's Mental Health Week - Bravery. 'Everyday bravery is something we all need throughout our lives. It's good for our mental health to: try something new, push outside our comfort zone, share worries and ask for help' (Place2Be). Our students have been courageous and brave in the last few weeks by performing in the unbelievable school play, by standing for positions in youth parliament, by leading on charity events to support the Australian Wildfires, by digging deep and preparing hard for their exams, by delivering whole school assemblies about Holocaust Memorial Day and by standing up for what is right.

"Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, I will try again tomorrow."
– Mary Anne Radmache

THANK YOU

Words do not seem apt enough to be able to express the gratitude I would like to extend to all the staff and students involved in the school play. As a keen theatre goer, the professionalism displayed by our young cast and their mentors rivals many that I have witnessed. It is an honour and privilege to work in a community like East Barnet School where so many people offer their time and energy to ensure that the show was such a success. Thank you to the parents and carers who also had to endure hours of line learning, rehearsals after school and at the weekend too. Thank you to our staff, who are an inspiration and to the children, who are simply wonderful.

L. Swaine, Headteacher

CHILDREN'S MENTAL HEALTH WEEK



This week, EBS students have been 'Finding Their Brave'. Being brave has a different meaning for all students and this has been discussed with EBS students during the week. *Wellbeing Warriors* walked around the building at break and lunch asking students what they thought finding your brave meant

and Form Tutors have used a registration time to discuss it with their form group. Many students were able to give examples of situations and times when they have been brave, for example starting a new school club, making new friends, asking for help in class when they were struggling with a task. Some students were able to express 'finding your brave' simply meant asking for support from teachers, friends and family when you needed it. So, have you found your 'brave'? We'd love to hear your thoughts. Write or draw your thoughts and share them on Instagram using #ChildrensMentalHealthWeek.

CORONAVIRUS - ADVICE FOR PARENTS/CARERS

 Department for Education You should not be unduly worried; there is no reason why your children should not continue to attend their school setting as normal. We recognise that some families or children may be planning to travel to China during the forthcoming half term period. If so, please refer to the [FCO's latest travel advice](#). A UK wide campaign has been launched to provide clear advice on how to slow the spread of Coronavirus. Please help to support the campaign which promotes basic hygiene practices, such as regularly washing hands and always sneezing into a tissue, to stem the spread of viruses.

A TASTY MASTER CLASS FOR STUDENTS



On Thursday 30th January, EBS welcomed Matt Segal, General Manager of Frederick's fine dining restaurant in Islington to speak to our students about the restaurant and food industry. Matt spoke to our GCSE Food, Preparation and Nutrition students and some of our enthusiastic Year 9 Food Tech students about how to run a successful restaurant and what employers look for in the world of work. Matt discussed the business and financial side of running a fine dining restaurant, including why portions were often quite small and why restaurants can charge so much for chips! He also informed our students how restaurants decide on their menus and the importance of human interactions in running a successful business. In the second half, Matt took questions from the audience relating to setting up catering businesses and where he sees the restaurant industry in 10 years time - vegan menu developments and technology to reduce carbon footprints of restaurants were highlighted as important changes that will be seen in the near future. Overall it was a thoroughly enjoyable and informative talk, enjoyed by all students and staff present.

GOODBYE TO ePORTAL: From 27th March 2020, parents and carers will no longer be able to access ePortal. We will be changing to a new system, with all details being released over the coming weeks. Please look out for notices. Thanks.



FROM 1ST MARCH THE SCHOOL OFFICE WILL BE OPEN MONDAY - FRIDAY 8:00AM TO 4:30PM

CROSS COUNTRY RESULTS



Congratulations to all the runners who qualified to take part in the Middlesex Championships at Harrow School. The students were: Elena Roncarati who came 4th and qualified for the English Schools' Competition in a few months, Daniel Banyard in Year 9, Tommy Narvaez-White in Year 8 and Hannah Hindmarch in Year 7.

CAN YOU HELP?

A new parent at East Barnet School, with other children at Trent School has launched a petition to have a new pedestrian crossing installed on Mount Pleasant for the safety of the local community. If you would like to support the campaign, please click [here](#) to sign the petition.

NATIONAL APPRENTICESHIP WEEK

To celebrate National Apprenticeship Week, we are sharing some useful information for students and parents, they can be accessed by clicking [here](#) and [here](#).

STAN LEE EXCELSIOR AWARD

The Library and Caroline Green will offer the popular Stan Lee Excelsior Award reading group for 2020. Students in Years 7-11 joining the group will have a chance to read and review five brand new books. All books have been specially chosen and are either Graphic Novels, Comic Books or Manga. Meetings are Monday lunchtimes from 10th Feb in the Library, 1.30-2.30pm. We will be reading the blue list of books which is aimed at students in Years 7-11.



For further details, ask your Librarian or visit www.excelsioraward.co.uk

PTFA NOTICES

PTFA LOTTERY

Congratulations to the £50 and £15 winners drawn last month - this could have been you!! To be in with a winning chance while supporting your school, enter via [ParentPay](#). For your chance to win £15 - £300 each month, click [here](#) to see the school website for more information or email ptfasecretary@eastbarnetschool.com to find out if your lucky number is available. Thank you and good luck!

EAST BARNET SCHOOL PTFA

Quiz Night

Are you feeling lucky?

Quiz Master – Sean Sweeney

FRIDAY 13TH MARCH

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.

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



FEBRUARY HALF TERM CYCLING COURSES



“Thanks to all of your fantastic instructors for helping my son gain a skill we have been trying to accomplish for months. You gave him a lot of confidence and taught him brilliantly.”

Barnet parent

Barnet Council with Cycle Confident are providing FREE cycle skills courses for children over February half term.

Complete beginner courses, intermediate off-road courses and on-road courses are all running from Hendon Park.

Training is in small groups with 2 fully qualified instructors.

BOOK NOW

Places are limited so for more info or to book, visit

www.cycleconfident.com/courses/child-group

or call 020 303 16730

Hendon Park (Some bikes available to borrow)

Learn to Ride (4 yrs +)

10.00 - 11.00 am:
17th, 18th, 19th, 20th, 21st February

Intermediate (7 yrs +)

11:00 am - 1:00 pm:
17th, 18th, 19th, 20th, 21st February

On Road (9 yrs +)

1:30 pm - 3:30 pm:
17th - 20th February

Advanced On Road (11 yrs +)

1:30 pm - 3:30 pm:
21st February

CYCLE
CONFIDENT



BEST ATTENDERS OF THE WEEK!

Year 7: 7H with 100% ★ ● Year 10: 10H with 97.74% ● ●
Year 8: 8B with 100% ★ ● Year 11: 11F with 97.92% ● ●
Year 9: 9H with 97.33% ● ●

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

‘Every school day counts’.

Congratulations to Tutu who have three top forms - two more for a full house! Well done to the two 100% form groups! Don't forget to pick up your tokens from your Head of House.

DO THE RIGHT THING!

Congratulations to all the Do the Right Thing winners!

27th January 2020

Yr 7: Isabella Reuben
Yr 8: Jazmin Haghghi
Yr 9: Mashall Argandiwai
Yr 10: Vincent Chan
Yr 11: Ava Bevan

3rd February 2020

Yr 7: Jamie Watson
Yr 8: Alessya Anghel
Yr 9: Lily Gallagher
Yr 10: Emily Bryce
Yr 11: Felipe Saldarriaga Bohorquez
Sixth Form: Piper King and Emily Gentle

