

18TH MAY 2020

ISSUE 431

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WWW.EASTBARNETSCHOOL.COM

STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES

## FINDING THE POSITIVES

Parents, Carers, Pupils and Staff,

It has hard to believe that we are moving into our 9th week of lock down, so much has happened and yet so much remains the same. We have learned to value the time we have with our loved ones and have become impressive at multi-tasking; some of us manage to get achieve the all important 10,000 steps a day while other have taken to gardening. We have seen spring cleans and wardrobe clear outs, while others have taken up mindfulness and yoga. However you have spent your time during lock down I hope it has been with peace. Our minds can be run away with us and I can appreciate that at this time there is much anxiety and stress. During times of difficulty and struggle we often develop our strengths. This reminded me of a short story from many years ago. A young boy found a cocoon of a butterfly. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through the little hole. Until it suddenly stopped making any progress and looked it it was stuck. The boy decided to help the butterfly and took a pair of scissors to cut the remaining part of the cocoon, so the butterfly could break free. The butterfly emerged easily, but is body was swollen and small and the wings shrivelled. Despite the kind heart of the boy, he did not realise that the restrictive cocoon and the struggle the butterfly needed to get itself through the small opening was all part of the preparation to fly. Struggles help us to grow stronger than we were before and as community we will get through this period of struggle together.

We have been given guidance from the Government that we should aim to provide some face to face learning for year 10 and 12. I want to assure you that the safety of our community will come first. We are working through risk assessments and will be in touch with a plan once, which ensures the safety of all, has been agreed. We will continue to provide online work and are learning week on week how to make the provision better.

Keep safe,

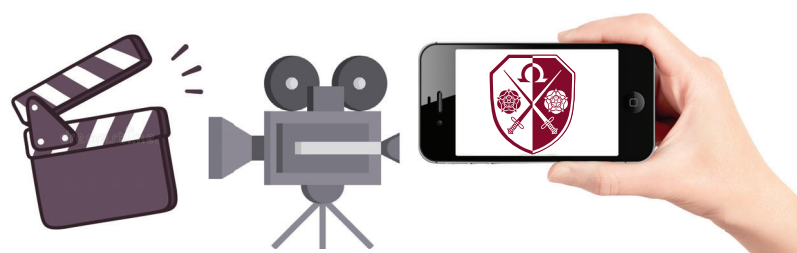
L Swaine, Headteacher

## Thank a teacher day 20th May 2020

Is there a teacher who has really helped you during this period of lock down? Perhaps you would like to send them a card?



<https://thankateacher.co.uk/thank-a-teacher/thank-a-teacher-form/>



## 'LIFE IN LOCKDOWN' STUDENT VIDEO

We received a student request to make a video about student life in Lockdown and we think it is a wonderful idea. It is a fantastic opportunity for you to share what great things you have been doing at home, a chance for you to say hello to the EBS community or simply to thank your teachers for all the support they have been giving you during this challenging time. Your Head of Year will be providing you with more details about this exciting and fun digital project. If you want to be involved, you will be asked to 'hand in' a short video (no longer than 10 seconds) or a photo via Skooler. The winning entries that make the video cut will receive Kudos points! We encourage as many of you to get involved as possible but please make sure your parents/ guardians have viewed the video/ photo before you submit it... they may even help you create it!

We hope to share the final video with the EBS Community in the first week back after half term! Enjoy the creative opportunity and get filming to become an EBS video star. The video promises to be as good as the recent Teacher video... if not better!



## House Murder Mystery Competition

To access the East Barnet School Murder Mystery, please ask your son/daughter to check their school email. An email has been sent to them with access to the competition. A hand-in folder has been set up on Skooler with a deadline of Tuesday 9pm to submit your task answers and who you think the murderer is!

## Enrich and Extend your Learning

Are you finishing your work early? Do you have spare time to fill during your days? Please take a look at the resources and opportunities below to extend and enrich your learning;



## SPEAKERS for schools INSPIRATION

### Virtual Speakers for Schools talks

Speakers for Schools are streaming some fascinating talks from a number of leaders in their fields covering a variety of topics from Acting, Journalism and Fake News to Football, Charity and setting up your own business. You can even get involved in the Q&A sessions, which form part of the talks. Please check out some of the really inspirational speakers performing in the upcoming weeks using the link below.

<https://www.speakersforschools.org/inspiration/vtalks/upcoming-vtalks>

**Oxplore** is an innovative digital outreach portal from the University of Oxford. As the 'Home of Big Questions' it aims to engage 11 to 18 year olds with debates and ideas that go beyond what is covered in the classroom. Big questions tackle complex ideas across a wide range of subjects and draw on the latest research undertaken at Oxford. Oxplore aims to realise aspirations, promote broader thinking and stimulate intellectual curiosity. Find out more about topics from Archaeology to Zoology and answer questions such as 'Could we end Poverty?' or 'Can War be a good thing?'

This truly is a fantastic resource and should be used to extend your learning when perhaps your schoolwork has been completed early. Use the link below to access the site;

<https://oxplore.org>



**OX?PLORE**

## HPV VACCINATIONS

HPV Dose 1 for Year 8 and Dose 2 for Year 9 Girls were due to take place the first week in May. Currently, Barnet School-aged Immunisations are suspended. The school programmes will be recommenced as soon as it is possible to coordinate with schools and will resume when safe to do so.

# EBS NEWS



## CAN YOU HELP? PTFA LASER-CUTTER APPEAL

Over the past few weeks, EBS has been making face-mask extenders to help front-line staff in the NHS but we need a new laser cutter to make even more!

Are you able to help?

If so, please:

- Donate £5 - text the word EBSPTFA to 70970
- Donate £10 - text the word EBSPTFA to 70191
- Or visit [www.easydonate.org/EBSPTFA](http://www.easydonate.org/EBSPTFA) to donate any amount - every little helps!

If you are a UK tax payer, please Gift Aid your donation and

HMRC will add 25% at no cost to you!

When school is back to normal, the £10,000 cutter will continue to be used in D&T lessons by all our students. THANK YOU from EBS and the front-line staff of the NHS!

**A thought provoking poem by Elena Roncarati Yr 11.  
One of many pieces entered into a writing competition run by the English & Media Centre**

### *Do You Know Her, Her Name Is Corona?*

*It's the Corona  
We can postpone her  
We cannot stop her  
But we can choke her*

*Everybody lives  
Yet only some get to give  
So take this moment  
And make sure to own it*

*No money coming in  
And with a family to feed  
I'm turning to alcohol  
Which only increases my needs*

*I am scared  
But I must be brave  
Because I can save others  
By giving them my aid*

*We must stop the spread  
To lessen the dead  
By staying at home  
And helping the prone*

*Because you are saving us  
And a thankyou's not enough  
We are a great race  
And you are our face*

*I can't leave  
I can't move  
It's a prime time  
To be abused*

*I have no home  
Accept the empty streets  
So I can't beg for money  
To get food to eat*

*Aid the community  
Increase the immunity  
But keeping your distance  
And encouraging resistance*

*Our face that smiles  
Spreading joy for miles  
Our face that cries  
For people who've died*

*No one to comfort me  
Just my thoughts and I  
It's making me question  
The worth of my life*

*I am a child  
Who's missing fun and games  
I don't know what's happening  
And I don't know who to blame*

*People on the frontline  
In history, this is your time  
To do something great  
And save someone else's fate*

*Our face that can see  
Greatness beyond thee  
We are a great race  
And you are our face*

*My life has been leading  
Up to this year  
And now my time has passed  
Of that, I fear*