

29th June 2020

ISSUE 436

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WWW.EASTBARNETSCHOOL.COM

STAY HOME PROTECT THE NHS SAVE LIVES

EBS
NEWS



STUDENTS HAPPY TO BE BACK

We had a wonderful week in school. The sun was shining and we had lots of children through the door. We have had great feedback, students are happy to be back and we are delighted to see them. The updated Government guidelines have given us lots of food for thought. We are currently planning for September and hope to be able to update you before the start of the summer holidays. At present, despite the reduction in social distancing from 2 metres to 1 metre, we have opted to keep the 2 metre distance in school. Safety must be our main priority and we are confident we have mitigated the risks with our current plan and as such are reluctant to make changes. A team of students responded to the staff video with their own thank you message. Thank you to all students who took the time to send in a message and especially to Samuel Board and Charlee Campbell who produced the video. During the easing of lock down, I ask that we are all cautious and keep safe so we can continue to protect our wonderful community.

Many thanks,

L.Swaine, Headteacher

School will be virtually and physically closed on 20th and 21st July.

As the pupils have missed out on extra-curricular activities and trips we are using this time for lots of fun, educational well-being activities. For example Caroline Green, our writer in residence will be running a writing for pleasure session, the food department will be sharing some delicious recipes and there will be art and photography challenges to name just a few so watch this space for more information....

Inspiring poetry from our year 8 students

These year 8 students were asked to write a poem using a range of poetic techniques on a subject of their choice.

Both poems were written from home and use lovely imagery to explore the beauty of the natural world and beyond.

The Kingfisher

The water lay still
The reeds gently swaying in the summer breeze
Circling the pond, the tall majestic trees
The small glade motionless until

The kingfisher darts between the branches
Disturbing the leaves
Narrowly dodging a swarm of bees
All through the grass the kingfisher dances

Coming to rest on a branch up high
Surveying the pond
Watching through a lacy frond
A splash on the surface has caught his eye

Swooping over the pond, he swiftly dives in
Catching a fish now clamped in his beak
He eagerly swallows a well earned treat
The ripples subside and the glade is peaceful again

Isabelle Dickens

Little Light in Space

By Jupiter and further I gaze
At Titans striding through the solar flares
They seem to have so little in the way of cares
As they cut through the universal haze

None mean sincerely to be critical
And each they claim it makes no difference
Every time observed really means no offence
But I know they despise my orbit elliptical

Love Venus, turn heat on Mercury or rest on Uranus
Sat on Mars to watch from afar the stars
Swim the Neptune seas in tranquillity or pollute the blue planet with your cars
Deep into the nightened sky I lie in wait barely luminous

So send your celestial spies
Further still into your own known unknown
Where I have always stood alone
And whisper to me that I am not a planet in your eyes

William Ward



RADIO INTERVIEW WITH HEADTEACHER



Last week I interviewed Miss Swaine, Headteacher of East Barnet School to find out how the school has coped with the lockdown situation. We discussed the arrangements that have worked through the whole time with key worker children being in school and how the school is bringing in more students as the restrictions are reduced. Ms Swaine talked about the exam results and the legacy created by these unprecedented times as well as how she and her top staff have coped through it all. The restrictions have changed since the interview, so I hope we can do a catch up soon.

Martin Chandler

Tuesday and Thursday at 7pm and Wednesday at 12 noon the link www.hspark.co.uk

Ten Ways for parents to help children cope with change

"An experience such as the pandemic and lockdown has previously been the fodder of Hollywood disaster movies and laughed off as being ridiculous. In 2020 this turned into a grim reality that was certainly not a laughing matter and has created all sorts of difficulties including anxiety and trauma for many people, including children and young adults. As we ease out of lockdown and schools are trying to welcome students back as safely as possible, it is likely that many of them will have some concerns/worries about returning. The following poster is from YoungMinds, the mental health charity, and gives parents some tips on things to lookout for if your child is apprehensive about leaving home and resume their studies. I hope you will find it useful."

- Ms Virides, Counselling and Mindfulness Lead.

Choose health

Know what affects your child, what makes them grumpy, hyper, disconnected...



- Do they need snacks throughout the day?
- Do they need lots of sleep?
- Do they need to get out and about and do exercise?
- Do they need time alone?

Trust that you know your child and give them the basics that they need to cope with difficult days

Be calm

Try to stay calm whilst your child is feeling distressed. Your child may show:



- highs and lows
- melodrama
- anger
- blame
- self-centredness

Get learning

Be involved, find out more and talk about:

- social media
- internet benefits and dangers
- new music
- language and slang
- current affairs
- what it's like to be young in the current world



Work together



Share ideas about how to:

- create action plans
- have a problem-solving approach
- enjoy achievements
- be forward-looking
- show them that we can all get things wrong

Communicate

The small things you do make all the difference:

Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting

Move on up

Be flexible:

- Respond to what your child is doing right now, even if they seem to be acting far more immaturely than usual
- Be aware that your child may be having mood swings and may need a lot more comfort than usual
- Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back.



Be wise

As they discover new things, try to:

- be interested
- be non-judgemental
- guide
- give boundaries
- see it from all sides
- listen to their point of view
- choose your words carefully
- act on warning bells

Be the anchor

In times of change you are:

- constant
- family
- familiar
- routine
- in-jokers
- irritating
- comforting
- home



Have fun

Provide lots of light relief:

- be silly
- be embarrassing
- play games
- laugh together
- do stuff together
- make jokes
- make things
- be outside



Look after yourself

Support yourself, to best support your child:

- lean on friends
- offload on other family
- find 'me time'
- see the GP
- relax, exercise, sleep well, eat well
- remember tomorrow is a new day



Ten Ways for parents to help children cope with change

YM Parents Helpline

0808 802 5544

youngminds.org.uk

Mon-Fri 9.30am-4pm



Keller House

EAST BARNET SCHOOL



Chama House

VIRTUAL RUN COMPETITION

... AS PART OF THE EBS SPORT & HEALTH FORTNIGHT
MORE DETAILS TO FOLLOW | 29.06.2020-10.07.2020

This week's full VTALKS schedule:

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

HOW TO JOIN THE VTALKS...

Join 10 minutes before the VTALK to be ready
You can join without needing an account, watch how here:

- <https://vimeo.com/418436143>

VTALK LIBRARY & MORE

Watch pre-recorded VTalks from our library here:

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

Please see our Schools Guide here:

<https://www.speakersforschools.org/wp-content/uploads/2020/04/School-Guide.pdf>



SPEAKERS for schools INSPIRATION

EBS SPORTS AND HEALTH FORTNIGHT STARTS THIS WEEK!

Watch out on skooler for the following challenges to get involved with.

House points awarded for participation!

Monday 29th June - Virtual Run Launch

Wednesday 1st July - Fitness challenges

Friday 3rd July - Sports and Health Quiz

Tuesday 7th July - Skill Challenges

The Virtual Run competition is ongoing over the fortnight. Please see Ms Buczman's guidance [HERE](#) for setting yourself up safely to participate."

EBS SPORTS AND HEALTH FORTNIGHT



WHO WILL LIFT THE HOUSE CUP THIS YEAR??

WHEN
June 29th - July 10th 2020

WHERE
At Home via Skooler

Challenges set over two weeks

VIRTUAL RUN COMPETITION
Which house will run the furthest. GPS tracking used to total House Mileage

SPORTS AND HEALTH QUIZ

Test your knowledge on the sporting world and how much do you know about keeping healthy?

FITNESS CHALLENGES

Three months of PE with Joe has been leading to this... Push yourself in our fitness challenges

SKILL BASED CHALLENGES

Throw and kick your way to more house points.

