

## THE HUMAN AND THE CHIMP

I was recently talking to some students about some books I really enjoyed reading and they took a real interest in a book called *The Chimp Paradox* by Professor Steve Peters. The book is a mind management tool based on the neuroscience of the brain. The model simplifies the way the brain can be understood by identifying the competing priorities. The 'Human' is the frontal lobe, associated with logical thinking and works with facts. The 'Chimp', based in the limbic system, is related to emotions and feelings. The Human and Chimp interpret our experiences independently, either of them can take control, but it is better when they work together. I enjoy using this analogy with the students, as not being responsible for or managing your 'Chimp' can lead to behaviours that we may not appreciate or may regret. Acknowledging emotional responses and managing them can help us all to be more confident, healthier and happier. It has been another wonderful term with fantastic trips, shows and lots of learning. I wish all staff, students and their families a well-deserved break.

L. Swaine, Headteacher

## CHESS CHALLENGE ALMOST COMPLETED!



The school round of the UK Chess Challenge is almost completed. With three students tying with top scores

after their seven matches, a 'finals' round will be played after Easter to determine the EBS Chess Champion of 2019. A 'well done' too to the Sixth Form Leaders, Alexander Schwaller and Sonny Greenley, who made an enormous contribution to the success of this year's competition.

The final results for the top five positions:

Position	Name	Points
1st	Peter Durrant   Jai Martins   Kai Shah	18
2nd	Archie Allen   Sam Hodgkinson	17
3rd	Dylan Beanlands   Paul Truhans	16
4th	Evan Shah	15
5th	Simon Durrant   Henry Kirkham   Spencer Prout	13

There are still a few places available for the regional rounds of the UK Chess Challenge Megafinal. Under 12 - Under 18 players automatically qualify. Will this be the first year an EBS student qualifies for the national Gigafinal? Details and entry is available online by clicking below:

- [North London Megafinal, Potters Bar: Sun 5th May 2019](#)
- [Hertfordshire Megafinal, Harpenden: Sat 4th May 2019](#)

C. Parsons, Chess Guru



**LESSONS FROM AUSCHWITZ:** Last term, two of our Year 12 students Chloe Blott and Greg Wishart took part in the 'Lessons from Auschwitz' project run by the Holocaust Educational Trust, which involved visiting Auschwitz. To read about their experiences, please click [here](#).

## YEAR 8 TRIP TO OXFORD UNIVERSITY AS PART OF THE SCHOLARS' PROGRAMME

On 1st March, 11 Year 8 students and I went on a trip to St Hugh's College at Oxford University as part of the Scholars Programme. On arrival we were given schedules for the day, tea, coffee and lots of biscuits. First we went to a university style tutorial and learnt techniques to write persuasive arguments through emotive language, logic and structure, practising our skills on the topic of wearing school uniform. At lunchtime the college provided us with a lovely lunch, including chocolate cake! Afterwards we were given a tour of the campus; this was my favourite part because the gardens were beautiful and it was interesting to see the different styles of buildings. To read the rest of Megan Lam's report on the day, please click [here](#).



## MENTAL HEALTH IN SCHOOLS



LEEDS  
BECKETT  
UNIVERSITY

I am delighted to announce that EBS are working with Leeds Beckett University to achieve a Mental Health in School Accreditation. We are currently auditing our practice, and consulting with staff and students. Our Governor for mental health, Susie McDonald (who is also a Parent Governor) would like to consult with parents and carers and will be setting up a parent forum. If you would like to be part of this, and have your chance to discuss any aspects of mental health that affect you as parents, please contact her via the school: [enquiries@eastbarnetschool.com](mailto:enquiries@eastbarnetschool.com).

L. Coffill, Associate Deputy Headteacher

## YEAR 7 STUNNING ARTWORK

We wanted to take this opportunity to share some amazing art work with you that was drawn by one of our Year 7 students, Zoe in 7F. This is absolutely fantastic! Keep up the good work, Zoe - we can't wait to see what work you produce in the future!



## YR 8 LEAGUE PLATE FINAL CHAMPIONS!



Our boys progressed through the league stages this year, culminating in a final against JCoSS. Held at East Barnet in front of a large crowd, the boys came in at half-time, losing 2-0. After some

words of encouragement and personnel changes, the boys responded to draw level with two well taken goals by Ugur Bilgili. The game went into extra-time with the threat of penalties looming. However, Ugur completed his hattrick to take the lead and the boys hung on for a well deserved 3-2 win.

D. Smith, Head of PE

## YR 10 NETBALL TEAM BARNET CHAMPIONS!



Unbeaten all season and qualifying in first place for the finals tournament, the Year 10s wanted to go one better than last year's runner up place. The team, captained by Summer, who along with

Tsenat, are undoubtedly the best defence team in Barnet, and have never lost a match. This, coupled with some fantastic shooting by Alice and Davani, crowned the Year 10 Netball Team Winners. They will now go on to represent Barnet at the London Youth Games. Well done, an incredible achievement!

C. Hammond, PE Teacher

## THE EBS DANCE GROUP RETURNED TO THE BARNET FESTIVAL!



The EBS Dance Group once again took the Barnet Dance Festival by storm with their piece 'Destroying The Heart Of A Nation'. The piece was introduced by Erin and Michea who had the audience on the edge of their seats from the start. Once the piece was introduced the girls joined the rest of the EBS Group that was made up of; Florence, Kamilla, Stella, Loren, Hanan, Maya, Angelina, Sophia, Lena, Elicia, Charlotte and Alice. The audience were treated to visuals to support the theme of the dance and the girls got the loudest cheer across the festival (not that I'm biased). The festival always has a theme and this year it was Mary Poppins! The finale was well thought out and brought together special effects, tumbling and choreography, all inspired by the film itself, not to mention the big

confetti finish. The festival gets bigger and better every year and we are very lucky to have this opportunity in the Borough. To celebrate all the hard work in both the Dance Platform and Dance Festival the students were treated to a trip to Laser Quest! Lots of fun was had by all - a big thank you to Mrs Smith for supporting us on the trip. Dance Club has again opened it's doors, if anyone would like to join the club please come along on Wednesday lunchtimes 1:40 - 2:15pm. See you there!



E. Buczman, Dance Teacher

## MUSIC LEADERSHIP MONTH AT EBS



It's been Music Leadership Month and we've had some fantastic events on at EBS. Sofia Casotti, Ukulele Club, Eloise Pavlou and Scarlett Irish all performed in various Year Assemblies, we've had leaders give out taster lessons to Year 7s and also visited Danegrove to take part in some workshops. Students may have even noticed some music our Sixth Formers perform to start the day on Friday mornings. Thank you to everyone involved, the Music Department are very proud of all our talent!

E. Marriott, Head of Music

## END OF TERM / START OF TERM

School will finish for the end of term on Fri 5th April from 12.30pm. Summer Term begins Tues 23rd April at 8.40am. Wishing everyone a happy holiday, and all our students who will be preparing for GCSE, AS and A Level examinations, a successful and productive time for revision.

**CAN YOU HELP THE HORSE COURSE?** The London Horseplay Centre is a local charity based in Barnet, which uses horses to help children and young adults who are struggling or at risk of social exclusion. Their programme 'TheHorseCourse' is 1 of 5 charities in the London region which is in the running to win up to £50,000 of National Lottery funding. All they need is your vote by clicking [here](#) (pick the London region). It only takes a minute to vote!



## PTFA NOTICES

**NEXT PTFA MEETING:** To be held on Wednesday 8th May at 7.30pm in the school library – come and join us for some tea & cake or to meet other parents.

## BEST ATTENDERS OF THE WEEK!

Year 7: **7A** with **98.62%** ● Year 10: **10H** with **97.31%** ●  
 Year 8: **8H** with **98.28%** ● Year 11: **11C** with **94.40%** ●  
 Year 9: **9B** with **97.69%** ●

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

**'Every school day counts'.**

Tutu were once again the attendance champions last week, with three year groups at the top! Don't forget to pick up your tokens from your Head of House.

## 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 the last two weeks!

### 15th March 2019

Yr 7: Sofia Casotti  
 Yr 8: Parsa Darmanaki Farahani  
 Yr 9: Naina Babajee  
 Yr 10: Felipe Saldarriaga Bohorquez  
 Yr 11: Tymoteus Pecherewski

### 1st April 2019

Yr 7: Alina Loskutova  
 Yr 8: Nancy Kennedy  
 Yr 9: Alexander Green  
 Yr 10: Rachel McTeare  
 Yr 11: Ella Moss

