

## HAPPY NEW YEAR!

I would like to wish everyone in the community a very Happy New Year. The children returned incredibly well to school this week. They were a credit to you and to us, being sensible about the testing process and getting straight back into their learning. They always make any return from holidays all the more easier. Over the holidays I was gifted a book, called *High Performance, Lesson from the Best on Becoming Your Best*. It is the culmination of conversations with remarkable people. The book identifies that the highest performing individuals in all areas of life, have some key factors in common. The first is that they take responsibility for their actions, 'no one can control what happens to them, but everyone can control their response'. The book encourages that we should identify the elements of our situations that we can control and put our attention and time in to them. Another factor is managing our emotions. Getting to grips with our emotions is a crucial ingredient of high performance. When a situation becomes overwhelming, we can catastrophise, but the highest performing individuals just take each step at a time, focusing on the things within their control. The final factor is motivation, whereby individual's tap into their own intrinsic motivation. With the uncertainty of the Covid-19 situation, these ideals are a sensible way to approach the term ahead and they align with our values of "I want to learn" and "Do the right thing". We focus on Growth Mindset, Motivation, Hard Work, Kindness, Respect and Integrity. We look forward to a wonderful year ahead and will face any challenges together.

L. Swaine, Headteacher

## REST IN PEACE, DESMOND TUTU



It is with great sadness we announce that Archbishop Desmond Tutu passed away on the 26th December 2021, at the age of 90. Tutu marked a change in History as a human rights activist. He won the Nobel Peace Prize in 1984 for his role in the struggle to abolish the apartheid system and was the first black Archbishop of Cape Town. His determination, passion and kindness led him to be a worldwide inspirational leader. His work will go on to teach and inspire many generations in years to come and we are proud to honour his name here at EBS.

E. Kerr, Head of Tutu House

## HOUSE UPDATE

At the end of a full and fun Autumn term, which included amongst other activities, the EBS Cake Competition, Winter Wonderland Art Competition and the House Christmas Tree Decorating Competition...the House position at the end of December was:

1st **KELLER 9095 HOUSE POINTS**

2nd **MURRAY 8079 HOUSE POINTS**

3rd **TUTU 7519 HOUSE POINTS**

4th **CHAMA 6764 HOUSE POINTS**

Well done Keller House! This is a great start for the first full term of the school year, and a fantastic welcome for the new Heads of House: Mr Davies, Head of Keller and Ms Brady, Head of Murray.

## January Twos

But it doesn't stop there because we are replacing the January Blues with the 'January Twos'! All House Points earned by students during the month of January will be doubled! A true EBS bonus for the New Year, which could have a massive influence on the current leader board!

Ms Bailey, School Lead - House System

## AMAZING WORK FROM YEAR 9



Outstanding homework from Ms Piazza's Year 9 French group. Students were asked to design and

information leaflet about Paris, using the Target language. We were blown away by the effort and quality of work by every student. Top 3 prizes will be announced in assembly next week. Well done to all!

## HOW ARE WE DOING?

We are always conscious of providing the best experience for our students, so we have put together this very short questionnaire to see what you think! This is your opportunity to let the school know whether we are doing things well, or if there are places in which we can improve. If you would like to complete the survey before Friday 14th January, 5pm, please [click here](#). All responses will be anonymous. Thank you!

## WANT TO WORK AT EBS?

We are recruiting! We are looking for an excellent individual to join our dynamic and busy front office. If you think you are the right person, and you would love to get involved in all aspects of school life, then why not apply? We are looking at applications as they come in, so don't delay! [Click here](#) for details.



## FANCY A £20 AMAZON VOUCHER?



Before Christmas we sent out a questionnaire to all parents to gauge their opinion on the EBS PTFA, and WOW, what an amazing response we have had! The information we have gathered so far has been so useful and **will really help to shape the future of the PTFA.**

If you missed the email, or didn't have enough time before Christmas (it was a bit hectic), we are giving you another opportunity to complete it. The very short questionnaire should take between 5 and 10 minutes, and at the end of the questionnaire, you can opt in to our prize draw - one lucky winner will receive a £20 Amazon voucher! [Click here](#) to access the questionnaire before 14th January. Thanks!



# COVID-19 SELF-ISOLATION & TESTING

## FOR UNDER 18.5 YEARS AT EAST BARNET SCHOOL



**HIGH TEMPERATURE**  
Feel hot to touch on your chest or back



**CONTINUOUS COUGH**  
New cough for an hour+ or 3+ episodes in 24 hours



**CHANGE SMELL/TASTE**  
Not able to smell/taste or a difference in smell/taste



**COLD & SNEEZING**  
Particularly in those that are vaccinated



**IF YOUR CHILD HAS COVID-19 SYMPTOMS**

Take an LFD, self-isolate, do not attend school.  
Negative = book a PCR  
Positive = self-isolate



**IF SOMEONE IN THE HOUSE HAS SYMPTOMS**

Student attends EBS and LFD tests every day for 7 days. If positive at any point self-isolation begins.



**IF CHILD IS CONTACTED BY TRACK & TRACE**

Follow the NHS guidance that is given at the time and inform the school of the relevant advice.



**IF CHILD HAS POSITIVE LFD AFTER 10 DAYS**

Return to EBS if well, stop daily LFDs. If student is still unwell seek medical advice - stay home.

### 10 DAY SELF-ISOLATION GUIDANCE

10 DAY SELF-ISOLATION	DAYS	ENDING SELF-ISOLATION EARLY USING LFD TESTS
Self-isolation starts*	0	Self-isolation starts*
Self-isolate	1 - 5	Self-isolate
Self-isolate	6	Self-isolate
		↓ Take an LFD test
		↓
		LFD test is <b>NEGATIVE</b> LFD test is <b>POSITIVE</b>
		↓      ↓
Self-isolate	7	Continue to self-isolate      Continue to self-isolate
		↓      ↓
		Self-isolate      Self-isolate
		↓      ↓
		Take an LFD test 24 hours after the last one      Take an LFD test 24 hours after the last one
		↓      ↓
		LFD test is <b>NEGATIVE</b> LFD test is <b>NEGATIVE</b>
		↓      ↓
		Self-isolation ends after this negative test**      Continue to self-isolate
Self-isolate	8	<b>RETURN TO SCHOOL***</b> Self-isolate
		↓
		Take an LFD test 24 hours after the last one
		↓
		LFD test is <b>NEGATIVE</b>
		↓
		Self-isolation ends after this negative test**
Self-isolate	9	<b>RETURN TO SCHOOL</b>
Self-isolate	10	

**FURTHER EXPLANATION**

\* Day your symptoms started or positive LFD result if no symptoms.

\*\* You can stop self-isolating if you do not still have symptoms.

\*\*\* If day 6 and 7 tests are taken before 8am on the relevant days, students can return to EBS on day 7.

**STUDENTS SHOULD CONTINUE TO TEST WITH LFD KITS EVERY 3-4 DAYS**  
KITS ARE AVAILABLE IN THE FRONT OFFICE

## EAST BARNET KEEP ON RUNNING!



Another great performance from our Cross Country Runners at the Barnet Championships on December 9th. On a tough course, all our runners were determined to perform their best and did the school proud. Daniel Banyard finished 2nd in the Year 10 and 11 race with Tommy Narvaez-White close behind in 5th. Jack Redford finished 4th in the Year 7 boys race with Raffi Swan finishing 6th. Scarlett Overland-Harper finished 5th in the Year 7 girls race and Charlotte Parsons finished 14th in the Year 8 and 9 race slightly ahead of our other Year 8 runners (Nuriya Mahony, Eliza Taylor, Gabriella Narvaez-White and Ellis Kraven) who all put in strong performances. Alfie Downes and Dhean Arjan both put in strong runs in the Year 8 boys race. Well done to all involved and best of luck to those selected for the Middlesex Championships next year!

## BRING IN THOSE PENNIES!



# EBS LIBRARY SECOND-HAND BOOK SALE

THURSDAY 20TH JANUARY 2022  
LUNCHTIME 4A, LUNCHTIME 4B &  
AFTER SCHOOL



BOOKS PRICED  
FROM 50P

THE EBS KITCHEN SPRING MENUS ARE NOW ON THE WEBSITE! [CLICK HERE TO SEE THEM!](#)

## JOEL CORRY RETURNS!



The amazing former EBS student Joel Corry returned to school before Christmas to speak to Year 11 students about perseverance and how 10 years of hard work helped him break into the music industry. Joel also met with other students, taking pictures and signing autographs. We are so proud of you, Joel!

## CAREERS UPDATE



Happy New Year to you all and I hope you had a restful break. I just wanted to let you know about a few interesting opportunities during the next couple of months:

**All Years: STEM (Science, Technology, Engineering & Maths) -** register [here](#) to attend a free virtual BT Young Scientist & Technology Exhibition.

**Years 10, 11, 12 & 13: National Apprenticeship week runs from 7th – 13th February 2022**

For details about how apprenticeships work and who can apply, see the Amazing Apprenticeships website [here](#). Nearer the time, there will be many opportunities across social media using the hashtag #NAW2022. The theme is "Build the Future".

**Years 10, 11, 12 & 13: Virtual School-Leavers Apprenticeship webinars** featuring a wide range of different companies including RSM, Rolls Royce, Astra-Zeneca and BP - register [here](#) for details.

Here are a few examples of the range of apprenticeships available

1. London Underground apprenticeships [here](#)
2. Solicitor apprenticeships [here](#)
3. NHS Healthcare apprenticeships [here](#)
4. North London Garages apprenticeships [here](#)
5. Hair and Beauty apprenticeship [here](#)
6. PE & Sport apprenticeships [here](#)
7. Find an apprenticeship (UK Government website) [here](#)

**Year 8-13: Barclays Life-skills – Virtual Work Experience for Ages 14-19** Excellent way to boost your CV - free virtual work experience sessions covering self-confidence, resilience, growth mindset, creating a CV and more. Emphasis on financial services careers but covers customer services and many other areas. Sign up soon – the deadline is 9th February and places go quickly. Details [here](#).

**Years 7-13: University of the Arts, London (UAL) - Fashion Fun**, taster sessions for students interested in fashion and art – see [here](#) for details.

**Year 12: The EY Foundation (Ernst & Young) - Year 12 paid internships in banking, accounting and technology** The EY Foundation is offering eligible Year 12 students a number of paid internship opportunities with their employer partners. Details [here](#). Any interested young person should note that they need to be...

- In Year 12, based in London and eligible for free school meals OR the college bursary
  - Interested specifically in one of the industry sectors identified (banking, accountancy, professional services, security, technology)
  - Available during the Easter holidays
- Applications are expected to close in early/mid-January. If you need help, please email the careers team [here](#).

**Years 12 & 13: Uptree Work Experience events with top names in law, advertising, investment, insurance and technology** (please always obtain permission from school in advance if this is during the school day). Details [here](#).

J. Swift, Careers Leader

# EAST BARNET SCHOOL'S SPRING TERM CLUB TIMETABLE

**MON**

CLUB	NO CLUBS BEFORE SCHOOL	ROOM	STAFF
Sister Act VOCAL Rehearsal		305	KE
Y8 & 10 Trampoline (A)		Sports Hall	GSC
Y8 Dance Club (B)		Dance Studio	ELB
Y7 Science Club (A)		413	IT
Creative Writing Club (A&B)		345	CGre
Y7, 9 & 11 Lunch Club (A)		342	LAF / EH
Y7, 9 & 11 VEX Robotics (B)		217	SAS
Choir (4:30pm)		304	RG / KE
KS4 Homework (4:30pm)		235	JN
Y11 GCSE Revision		235	BP
All Years Netball (4:30pm)		MUGAs	ELB/HP
Cross Country (4:30pm)		PE	CM
Y11 DT/Engineering Catch up (5pm)		217	CR
Pride Club (4:30pm)		TBC	JWo
Textiles (4:25pm)		210	CJO
Our Planet - Sci & Eng (4:30pm)		432	SSR

**LUNCH**

**AFTER**

**THUR**

CLUB	ROOM	STAFF
Y9 Sports Leaders	Sports Hall	VP
All Years Table Tennis	Dance Studio	CM
VEX Robotics	217	SAS
African Drumming (A)	304	RG
Yr 8 Drama (B)	102	LSt
Y8 & 10 Lunch Club (B)	342	LAF / EH
Y11 German Revision	335	JWo / JG
VEX Robotics (4:45pm)	217	SAS
Y11 & Senior Basketball	Sports Hall	6th Form

**LUNCH**

**A**

**Want to start your own club? Get your ideas together and speak to Mr Iordanou about a time and a place!**

**TUES**

CLUB	ROOM	STAFF
GCSE PE Badminton	Sports Hall	BP
KS4 Digital Media Catch-up (B)	234	CGr
Student Led Music Practice	Practice Rooms	RG / KE
Chess Club (All Years) (B)	424	RVa
Y7, 9 & 11 VEX Robotics (B)	217	SAS
Our Planet - Sci & Eng (A)	432	SSR
Yr 7 & 9 Dance (A)	Dance Studio	Sixth Form
Y7, 9 & 11 Lunch Club (A)	342	LAF / EH
Y10 Basketball (B)	Sports Hall	HWR
KS3 D&T (4:30pm)	226 - 228	CHC / CZ
Y11 D&T/Engineering Coursework	216	CR
Sister Act SHOW Rehearsal (5:30pm)	Various	Various
KS4 Homework Support (4:30pm)	235	JN
All Years Table Tennis	Dance Studio	GSC
Girls Football	Astro	LBr
VEX Robotics (4:45pm)	217	SAS
Y11 French Revision (4:25pm)	333	VG
Y11 GCSE Art Support (4:30pm)	320 / 322	Art Dept

**LUNCH**

**AFTER**

**FRI**

CLUB	ROOM	STAFF
KS4 Trampoline	Sports Hall	BP
Y7, 9 & 11 VEX Robotics (B)	217	SAS
Y11 Homework Support (A)	234	HWR
Student Led Music Practice	Practice Rooms	RG / KE
Y7, 9 & 11 Lunch Club (A)	342	LAF / EH
Our Planet - Art (A)	321	SSR
Y7 & 9 Trampoline (A)	Sports Hall	JDL
E-Sports (4:30pm)	Auditorium	LSt
KS4 & 6th Form Volleyball (5:00pm)	Sports Hall	CKa

**LUNCH**

**A**

