

## A LESSON IN KINDNESS FROM A FORMER HEADTEACHER

Welcome back, I hope you had a wonderful half-term break. Before the holidays we had our first ever Pastoral Day; the feedback from the event was great and we were delighted to see so many of you in the building. This half-term brings more parent/carer-teacher communication in terms of Consultation Evening for Year 11, our Sixth Form Open Evening and lots of celebrations too; from our annual Christmas Jumper Day, our Christmas Card Competition, our upper-school play and the Winter Concert, so please do get involved. For the rest of this term in EBS News I will be sharing a story from Mr Christou, East Barnet School's former Headteacher, this week is *Do You have the Magic Potion?*

There was once a young man who imagined that he could change the world by inventing a magic potion that he could spray in the air and make all people kind. He lived a very hard and unpleasant life, but in his imagination he created a different world for himself; a much more beautiful world that he would retire to at night when he could shut off the horrible reality of his life. He started to chase his dream, but rather than a potion, he decided to spread kindness by helping others. He promised to carry out one act of kindness every day of his life. On the first day, he decided to offer his seat on a bus to an old man who was obviously not able to stand easily. The old man was delighted and could not stop saying, "Thank you." The young man felt very good inside. Another group of older people got on the bus at the next stop, but of course the young man did not have a seat to offer them. Just as he started to feel sorry for them, another group of young people who were sat all over the bus copied his example and offered their seat to them. He smiled and remembered his dream about the magic potion; perhaps he had discovered it. He felt very good inside. Kindness can be very catchy; try it! It certainly makes you feel good inside.

L. Swaine, Headteacher

## SPOOKY THINGS WERE HAPPENING AT EAST BARNET SCHOOL OVER HALLOWEEN!

### Potion Class for Muggles

In preparation for Halloween, students collected ingredients and magical textbooks before heading to the EBS Potions Class - a special part of the curriculum that happens but once a year! Our Potion Masters (Science Teachers) showed students the spooky nature of Science, introducing them to changes in chemical reactions; forming bubbles, colour changes, precipitates appearing and reactants disappearing. The chemical names for the reagents were swapped to potion names and students mixed their 'ingredients' together to find out whether a chemical reaction took place.



### Scary Food and Treats for Students

We are very rarely at school for Halloween, as it normally falls in half-term, so we were thrilled to have a Kitchen theme day!



## BLACK HISTORY MONTH WINNERS!

Congratulations to our two winners for the Black History Month Competition held in school. They are Liya Dudhia 7D and Emanie Aldeeb 11E. A grand total of 50 House Points will be awarded to their respective Houses.

## NATIONAL STRESS AWARENESS DAY

Wednesday was National Stress Awareness Day and we thought it would be a good opportunity to share a Parents' Guide to Teenage Anxiety and Stress. You can get your FREE copy by clicking [here](#).

 **NUTS:** Please remember we are a nut free building - some staff and students have severe allergies!

# WINTER CONCERT

TUES 6<sup>TH</sup> DEC



AUDITIONS MON 21<sup>ST</sup> NOV



## ARE YOU FOLLOWING US ON TWITTER?

Follow for all the latest news: [@EastBarnetSch](https://twitter.com/EastBarnetSch)

## YEAR 12 LEADERSHIP PROGRAMME

EBS Leadership is what YOU make it!

I think it was good! I did 4+ hours a week and it was my favourite part of school tbh. Support from teachers was brilliant and overall it was fun!

You have to make it more rewarding. Not just something you put on your personal statement.

I really enjoyed my role as an Ambassador and there are a lot of valuable skills and experiences I have taken from leadership!

Over the next couple of weeks all Year 12s will be identifying a Leadership opportunity which they will contribute an hour a week to within the EBS community. This not only develops and enhances themselves individuals, but it is also a valuable addition when completing their UCAS (Universities and Colleges Admissions Services) form. It also means that they are giving something back to the EBS community, whether it is supporting an individual student, a class of students and their teacher, a faculty or a project that the school community benefits from. There are a range of opportunities that students can choose from. They should speak to their teachers (subject and form tutors) to develop and take up these opportunities, with an aim to starting their chosen Leadership option by the end of November.

## WINTER CONCERT

Can you sing? Play an instrument? Got any festive jokes? Nativity sketches? Solos/Duets/Groups/Bands? Get involved in the Winter Concert! It doesn't have to be a 'Christmas' piece but keep to a festive feel. Collect an application form from the pink folder on the door of room 304. Return the form to Mrs Eustace/Ms Gough by Wednesday 16th November.

**Auditions:** Mon 21st Nov in room 305 from 3:30pm onwards

**Concert:** Tues 6th Dec at 6pm

Tickets available on school shop. Refreshments available so bring cash.

Be a Parent Volunteer – Join the PTFA and help for free entry to this event! Please contact A. McDonnell via email: [amcdonnell@eastbarnetschool.com](mailto:amcdonnell@eastbarnetschool.com).

## THANK YOU!



A huge thank you to Heward and Nikayla in Year 9 who stayed behind on the last day of the half-term, until 6:30pm, to help Ms Gough sort out the recording studio. Both students are in Tech Club, and helped by taking everything out, cleaning, vacuuming, untangling, sorting, rearranging and putting it all back together. It's looking super slick and smart and everything is working well. Thanks again!

## AN IMPORTANT VOLUNTEER!



I have volunteered for St. John's Ambulance for over four years. I have become fully First Aid trained and learnt a huge number of new skills. I have treated all sorts of medical problems for the patients that present to us, and helped to save lives too in difficult situations, for example administering CPR on a number of occasions. The skills I have learnt help me to be more confident. I have completed over 150 volunteer hours in the past year, helping at events such as the London Marathon, Arsenal and West Ham football matches, Hackney half marathon and many other public events. I take part in Remembrance Day parades and will be providing First Aid assistance at the Lord Mayor's Show next week. In June I was invited to go to the Queen's Platinum Jubilee concert at the Palace, which was an honour! I am proud of myself for taking part in all of this and helping to save lives; it's an honour to be part of St. John's Ambulance. I hope to continue volunteering whilst looking to progress into a career as a Paramedic when I am older.

Freya Alexander, 11G

## AN IMPORTANT REPRESENTATIVE!

Congratulations to Ellie Merkis in 10C who has been selected to represent the Middlesex Schools FA U16 Girls Squad in their upcoming match against Surrey!

### MCAS COMMUNICATION IS THE WAY FORWARD:

Thank you to everyone who installed the My Child At School app and for using your accounts. Everyone should have now received an invitation code. If you believe you haven't or you are having any problems logging in, then please email the school office so we can help you get started. The MCAS app is available from [AppStore](#) or [Google Play](#). Please Remember - From 1st January 2023 the MyChildAtSchool app will become the main method of communication between school and parents & carers, this includes notifying you of same day detentions. SMS Text messages will only be used to contact parents in specific circumstances: To inform you if your child is absent from school and you have not notified us of the absence; Urgent messages, such as school closures, where we need to ensure the information is received as quickly as possible. Longer more detailed letters and communications will continue to be sent by email and will also be posted in the Important Documents section of MCAS. Thank you for your support.

## COST OF LIVING SUPPORT

We know that the cost of living is a challenge for everyone at the moment, so we have put a couple of links below that may help. The team at Good Thinking have put together a new [cost of living article](#) to give you some practical tips and links to support organisations. The GLA's Help With the [Cost of Living online hub](#) continues to be updated with a range of information to support Londoners, including on money and mental health.

## PARENTAL SUPPORT TO HELP YOU

 **khulisa** Sign up to Khulisa's Parent Champion Sessions!

Are you struggling to connect with your teen? Do you worry about the impact of Covid experiences, social media, peers and smart phones on their lives? Do you struggle to find time for yourself and your own well-being? Over four-weeks of online webinars, together we'll explore some of the more challenging areas of parenting young people in a safe and confidential space:

- Communicating with your child/young person/teen
- Building a relationship with them as they change from a child to a teen
- Managing some of the more challenging behaviours they are showing and understanding where these come from
- Coping with Social Media and peer pressure
- Helpful ways to look after your own well-being as a parent as it's not an easy job and putting yourself to the top of the pile is often really hard!

Sessions are online via Zoom every Monday in November and you can choose either Lunch (12:30 - 14:00) or Evening (19:00 - 20:30) sessions. Joining details for the 7th November are below:

Topic: **Building Positive Relationships**

Time: **Lunchtime** Nov 7, 2022 12:30 PM London  
Join Zoom Meeting by clicking [here](#), Meeting ID: 862 7927 5212, Passcode: 657463.

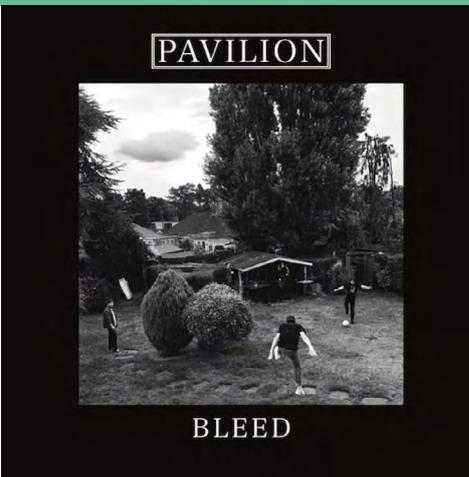
Time: **Evening** Nov 7, 2022 07:00 PM London  
Join Zoom Meeting by clicking [here](#), Meeting ID: 883 3949 7008, Passcode: 132909.

## WE ARE RECRUITING!

We have a some really exciting vacancies on our website, just waiting to be filled by the right people. If you, or someone you know, would like to join #TeamEBS, we would love to hear from you. All close soon though! For more information [click here](#).



## FORMER STUDENTS RELEASE SINGLE!



We are really excited to announce that the band Pavilion, which consists of two former students, have released their debut single today! The single is called 'Bleed' and is very catchy! You can listen to the single in all the usual places such as Spotify and iTunes. Please

support this amazing band as they take the first steps on their amazing journey!

If you love the song, Pavilion will be playing at The Camden Assembly on Saturday 12th November. Tickets are £12, selling fast, and can be purchased by clicking [here](#).

Barnet Active Creative Engaging holidays - BACE



# BACE

## HOLIDAYS



Have you signed up for your child's **FREE** place with **BACE**?

Free holiday club activities are available for eligible\* children in Barnet - from Reception to Year 11!



have fun



get active



learn new skills



Scan the QR code



**BACE holiday clubs offer the chances for your child to:**

- take part in fun, creative activities
- make friends
- get physically active, and
- enjoy free nutritious meals each day!

\*eligibility criteria applies - benefits-related free school meals

Visit [barnetyouth.uk/BACEHolidays](http://barnetyouth.uk/BACEHolidays)



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# EBS CAREERS BULLETIN

## UNIFROG ONLINE CAREERS PLATFORM

We are in the process of introducing a new online careers platform, Unifrog, to all Year groups. Students should now have received an email from Unifrog with details of how to sign up. Please note - we are no longer using Startprofile and ALL students are expected to start regularly using Unifrog for their Careers information and decisions. If any students are having problems with signing up, please see below.



## UNIFROG - HOW TO SIGN UP

- Check your Outlook inbox and spam filter for the Unifrog email.
- Click on the link and follow instructions.
- Use your school email address.
- Choose a password with Upper case & Lower case characters, numbers and a special character like an exclamation mark. Write your password in your school planner.
- When asked, input the school postcode: EN4 8PU.
- Once signed up, you can sign in. Why not scroll down and try the personality quizz then 'favourite' one or two careers?

unifrog

## PARENTS AND CARERS

Unifrog is also available for free to EBS parents and carers. You are able to set up your own account using your personal email address and the school sign up code below:

### EABSparents

This will allow you to get used to how Unifrog looks to our students and to try some of the activities. Please note your account will not be connected to your child's account.

Sign up at this website address:

<https://www.unifrog.org/code>

Please be aware that the code is valid for 90 days and then needs to be re-submitted.



## SPECIAL AREAS OF INTEREST ON UNIFROG

- Look out for the interesting upcoming webinars that are advertised to students. This week, the theme is climate change and green careers.
- If any student wants to know more about a specific interest have a look in the know-how library - there are links to relevant TED talks and podcasts.
- MOOCs - massive open online courses - these are provided by universities and employers. Mainly aimed at older year groups, they are useful for anyone who's interested in studying a subject in more depth.

