



HAVE A GREAT BREAK!

I would like to wish all members of our community a happy, peaceful and healthy holiday. The final Mr Christou story of this term is The Lemon Tree:

"My father bought me a small lemon tree to plant in the garden of our house in Cyprus. I put it in the ground and covered the roots in soil, but the small tree just flopped to the ground and looked quite sad. "It needs a stick" said my Dad. So he gave me a good strong stick and said, "Put that in the ground next to it and tie it up with some string so that it can be held upright." As the years went by, the tree grew bigger and my Dad would periodically loosen the string so that the tree could grow a thicker trunk. After a few years, when I thought the trunk looked strong enough to no longer need support, I asked my father whether it was time to remove the stick. "No, not yet" he said. "The winter is coming and the tree is not yet strong enough to survive the fierce winds." In caring for this tree, there is a lesson about how we should support our children. Hold them tight at first, but loosen the strings as they get older and more mature."

L. Swaine, Headteacher

WINTER CONCERT

Last Tuesday saw the most spectacular Winter Concert. Friends and family braved the cold winter evening in their droves, resulting in us adding extra chairs! The auditorium was filled with a festive display of the most overwhelming talent. Everything from piano solos, vocal solos, choirs, orchestra, rock bands and drama sketches raised the roof. The evening ended with everyone, including the audience singing their hearts out with Nativity's '*Sparkle and Shine*'. As always, I was super proud of all our children and can't wait until the next one!

R. Gough, Head of Music



HOMELESS ACTION IN BARNET COLLECTION

A huge thank you to everyone who donated to Homeless Action in Barnet last week; it was really heart-warming to see just how much of a difference we can make as a community. Having led this year's HAB initiative, Chama House Ambassadors took a whole minibus-full of goodies on Wed 7th Dec with Mr. Carrington, which was very gratefully received at this time of year. Thank you again for helping us to make a small difference to the lives of people less fortunate than ourselves and thank you to the amazing Chama House Ambassadors: Georgia Betts, Christopher Chobanov, Harry Hodgkinson, Rhianna Lewis and Anna Volstad. If you would like to support Homeless Action in Barnet further please click [here](#). Seasons greetings and happy new year!

L. Steele, Head of Chama House



SO MANY COATS

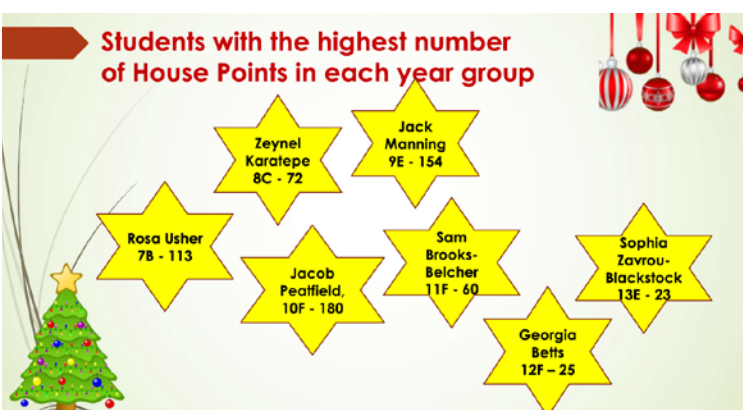
In list property we have lots of winter coats with no names on them. PLEASE label your clothes. Click [here](#) to order Stikins (stick on name labels), using our code '6421' to fundraise for EBS.

THANK YOU FOR MAKING A DIFFERENCE

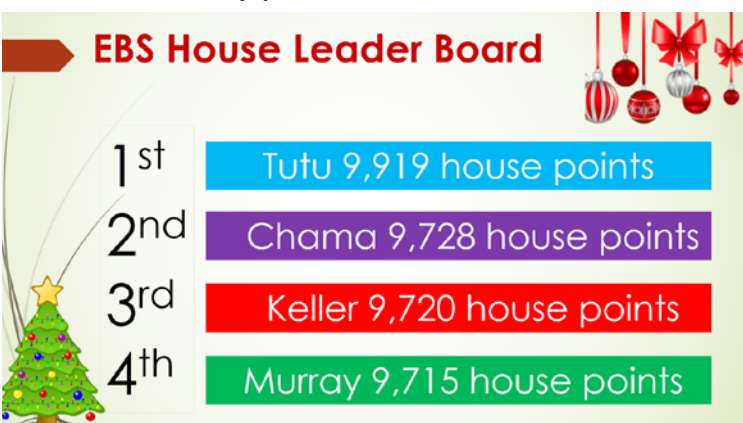
Just an update on the fantastic Advent Calendar collection organised by Year 12 student, Anthea Lambi, and featured in the last EBS News. Richard Adler from Food Bank Aid told Anthea that the calendars were delivered to 20 food banks, where "managers and volunteers were absolutely over the moon [...] I can only imagine the joy on children's faces when they got something that they've possibly not had before or that they're ever expecting to get."

HOUSE LEADER BOARD

EBS has been a hub of activity this half term, with lots of events feeding into the positions of the Houses, including sports activities, Christmas Tree Decorating and of course, students continuing to "Do the *right* thing" and showing that they want to learn. The following students with the highest number of House Points in each year group were congratulated in the end of term assembly, in recognition of their demonstration of our values.



As you can see from the House Leaders' Board below, it is very close!! Well done Tutu, who are currently in the lead, with only a few points between Chama, Keller and Murray. Next term is going to be very interesting! January Two's makes a return as well as other activities for students to get involved in. Wishing all students and their families a well-deserved break, Enjoy!



D. Bailey, Student Leadership Coordinator

SPORT? PARTY? CONFERENCE? CLUB?

We can help! We have so many areas to let, from classrooms to the auditorium, dance studio to the astro; whatever you need, we have it! Contact [Schools Plus](#) or call 0345 222 2323 to find out more!



THE CHARM OF CHAMA AT CHRISTMAS



Chama House took 1st place in the annual House Christmas Tree decorating competition. Ms Swaine considered that they particularly embraced the 'Sustainability and Recycling' theme, which is so key globally, nationally and for us at EBS. Chama House ambassadors had collected and decorated pine-cones from local Oakhill Park, used paper and boxes from classroom recycling bins and ribbons/tinsel from last year. Well done to Chama's

newly appointed House Ambassadors - Anna Volstad, Chris Chobanov (pictured), Georgia Betts, Harry Hodgkinson (pictured) and Rhianna Lewis. Tutu followed very closely in 2nd position, with Keller 3rd and Murray 4th. It was great that all houses had actively considered the 'Sustainability and Recycling' theme, as well as brightening up the school and getting us ready for the festive season.

I WANT TO READ - GIVE A BOOK



Here at EBS we really value reading and improving literacy and will be launching a number of initiatives to get more children reading for pleasure in the new year.

Research shows that reading is the only out of school activity demonstrably linked to positive life outcomes. If your child is in Key Stage 3 they will soon begin an online reading programme allowing their teachers to identify words they struggle to pronounce and helping staff identify key vocabulary to be taught explicitly during Form Time. All students across all year groups will benefit from a consistent approach to how words are taught enabling them to improve their wider vocabulary and fluency when reading. Parents can support us by encouraging your child to read at every opportunity. Spend the time over the holidays weaning them off their electronic device and encouraging them to instead pick up a book. Keep an eye out for further literacy plans in the new year and in particular the exciting events planned for World Book Day on 2nd March. If you would like further support or have any questions please do get in touch.

A. Iordanou, Assistant Headteacher

FLAIR UPDATE

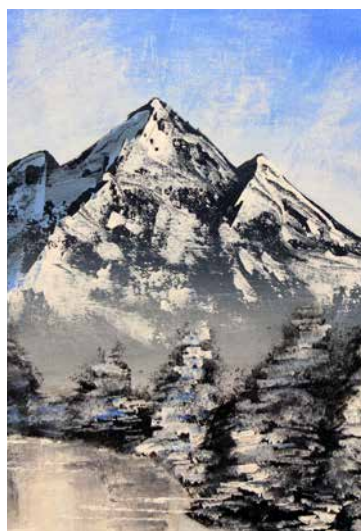
May I take this opportunity to thank you for taking part in the Flair survey in October 2022. This is a particularly crucial step to towards becoming an anti-racist institution and your input is highly appreciated. We have now received feedback and the results from the Flair survey have helped us to devise an action plan which we will feedback to students, staff and the governors at the start of next term. The plan for feedback is as follows:

1. Feedback to staff during CPL (Continuous Professional Learning) on Wednesday 4th January 2023.
2. Feedback to the Governors during January.
3. Whole school/Year assemblies where students will be informed of the strategies and intentions of the school about tackling racism. We will keep you informed about any further developments.

B. Smith-Appollis, Flair Coordinator

WINTER CARD COMPETITION WINNERS

Congratulations to the shortlisted Winter Card Competition entries. The winner was Mia O. 7G, with runners-up Andrej L. 7H, Lily V. 7B, Nicholas F. 8E. Such beautiful imagery!



TUTU CLAIM NARROW HOUSE POINT WIN

For two weeks students in Years 7, 8 and 9 took part in a House Sport Competition during their PE lessons. Students competed against each other in their Houses in Orienteering, Football, Basketball and Table Tennis. It was fantastic to see excellent levels of commitment and respect from all students throughout the competition, with some excellent teamwork and individual performances in the four activities. The scores from all lessons were added together and the final standings are as below:

1st Place	TUTU	(225 points)
2nd Place	CHAMA	(210 points)
3rd Place	MURRAY	(208 Points)
4th Place	KELLER	(201 Points)

Congratulations to Tutu who just edged it and become our House Sport Champions 2022. All points scored are added to the overall House Cup totals, with the House Cup being awarded at the end of the academic year.

CAREERS UPDATES



East Barnet School's
Careers Platform

Have you signed up?

All EBS students are expected to sign up and use the platform for careers information.

- Check your Outlook inbox emails using "search" for Unifrog.
- Click on Unifrog link and use your school email address.
- Choose a password (remember to use an upper case letter, lower case letters, numbers and a special character like an exclamation mark).
- Write your password down in your planner.
- When asked for a postcode, use EN4 8PU (school postcode).
- Sign in and complete the Interests profile (blue box).
- Favourite 2 or 3 Careers in the Careers library by clicking on hearts.

**Are you Hiring?
Want to share with us about the
amazing work you do and why?**

**EBS
STUDENTS
ARE**

ENTERPRISING

ENTHUSIASTIC

ENGAGING

Please contact the Careers Team on
careers@eastbarnetschool.com to discuss careers talks,
work experience and employment opportunities.

A TRIP TO DOWNING STREET

On 29th November, three students, Georgia, Andrew and Andreana were lucky enough to represent the grassroots club, Omonia Youth FC, at 10 Downing Street with the Prime Minister to watch the England v Wales match. 15 children from the club were representing the English FA at the event and there were 15 children representing the Welsh FA, who were from a School called Porth Community School. The children were all provided with an England shirt and all got to meet the PM. An absolutely surreal experience and one they will cherish forever. Definitely a once in a lifetime experience.



FESTIVE BAKING!

For the past couple of weeks, Year 7 and 8 students have been busy after school cooking up some festive treats in our Food & Nutrition Festive Workshops. Students have made Cornflake Christmas wreaths, sausage rolls and gingerbread. Keep a look out for more Food & Nutrition Workshops in 2023!

K. Royer, Food Technician

MCAS COMMUNICATION IS THE WAY FORWARD:

Thank you to everyone who installed the My Child At School app. If you are having problems logging in, please [email the school](#) so we can help. The MCAS app is available from [AppStore](#) or [Google Play](#). From **1st January 2023 the MyChildAtSchool app will become the main method of communication between school and parents & carers, this includes same day detentions. Texts will only be used to inform you if your child is absent from school and you have not notified us of the absence, and urgent messages, such as school closures. Longer more detailed communications will continue to be sent by email and posted in the Important Documents section of MCAS. Thank you.**

START OF TERM ARRANGEMENTS

Tues 3rd January: INSET Day, school closed to students.

Wed 4th January: Students return to school.

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](#).



ARE YOU FOLLOWING US ON TWITTER?

Follow for all the latest news: [@EastBarnetSch](#)

ADVICE AND SUPPORT FOR ALL - ESPECIALLY OVER THE FESTIVE PERIOD



Chat opening hours (Christmas and New Year period)

Saturday 24th December Christmas Eve 4pm-8pm	Sunday 25th December Christmas Day 4pm-8pm	Monday 26th December Boxing Day 4pm-8pm	Tuesday 27th December Bank Holiday 4pm-8pm
Saturday 31st December New Years Eve 4pm-8pm	Sunday 1st January New Years Day 4pm-8pm	Monday 2nd January Bank Holiday 4pm-8pm	

kooth.com



What's on Kooth in December

Tuesday 6th December Discussion Board Coping with Grief during the festive period	Tuesday 13th December Discussion Board Coping with eating difficulties during the festive period
Wednesday 14th December Live Forum Top Tips- For budgeting this season 7.30pm - 9pm	Monday 19th December Live Forum Let's Talk Loneliness 7.30pm - 9pm
Wednesday 28th December Live Forum Social Takeover- End of Year Party 7.30pm - 9pm	Friday 30th December Discussion Board End of year reflections

Support from Kooth is still available over the festive period. Above are the opening times and activities that are going on. PLEASE speak to someone if you need to - you are not alone.

FURTHER SUPPORT

The school holidays and change of routine can sometimes be difficult for a lot of our young people. In the event that you are worried about your child, the following helplines can offer guidance and support.

IN AN EMERGENCY, SEEK HELP:

- Kooth online counselling at www.kooth.com
- Childline 0800 1111
- YoungMinds: Text YM to 85258 for free, 24/7 support.
- Barnet CAMHS Crisis Line: 020 8702 4040
- Police and Emergency Services call 999

TALK TO SOMEONE AND DON'T SUFFER IN SILENCE

In addition, the Mental Health Charity, YoungMinds provide a lifeline to thousands of families, advising and supporting them to understand their child's behaviour and secure the right help. Children and young people with mental health problems are at the heart of everything this amazing charity does. Click [here](#) to learn more.

If none of the services above can offer the support that you require, please contact Barnet Social Care MASH department on 0208 359 4066.

Wishing you a healthy and peaceful festive season.

The Safeguarding Team



WINTER HAF PROGRAM

FREE OF CHARGE for eligible children
www.workworkstrainingsolutions.com
info@workworkstrainingsolutions.com

Sport | Employability | Nutrition | Food

Location
North London Business Park
Building 3, N11 1GN

Time: 9am - 2pm

Ages: 11 - 16

Dates

Monday 19th December
Tuesday 20th December
Wednesday 21st December
Thursday 22nd December

BOOK NOW

Scan the QR Code to book



North Central London's sustainability and transformation partnership



Distressed or in crisis?



Are you aged under 18 or a parent or carer of someone aged under 18? Do you live in Barnet, Camden, Enfield, Haringey or Islington?

Barnet Active Creative Engaging holidays

BACE
HOLIDAYS

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

have fun

get active

learn new skills

Winter 2022

Visit barnetyouth.uk/BACEHolidays



Group A Strep (GAS)

GAS is a common bacteria which causes a range of infections including scarlet fever. These infections are usually mild.

Invasive Group A Strep (iGAS)

It can also cause a rare, more serious infection called Invasive Group A Strep (iGAS). This occurs when GAS bacteria gets into parts of the body where it causes serious disease, like the lungs or bloodstream.

We are writing to inform you of a recent national increase in notifications of scarlet fever to the UK Health Security Agency (UKHSA), above seasonal expected levels. We would like to take this opportunity to remind you of the signs, symptoms and the actions to be taken if you think that you or your child might have scarlet fever.

Signs and symptoms of scarlet fever

Scarlet fever is a common childhood infection caused by *Streptococcus pyogenes*, or group A *Streptococcus* (GAS). It is not usually serious, but should be treated with antibiotics to reduce the risk of complications (such as pneumonia) and spread to others. The early symptoms of scarlet fever include sore throat, headache, fever, nausea and vomiting. After 12 to 48 hours, the characteristic red, pinhead rash develops, typically first appearing on the chest and stomach, then rapidly spreading to other parts of the body, and giving the skin a sandpaper-like texture. The scarlet rash may be harder to spot on darker skin, although the 'sandpaper' feel should be present. Patients typically have flushed cheeks and be pale around the mouth. This may be accompanied by a bright red 'strawberry' tongue. If you think you, or your child, might have scarlet fever:

- contact your GP or NHS 111 as soon as possible
- make sure that you or your child take(s) the full course of any antibiotics prescribed. Although you or your child will feel better soon after starting the course of antibiotics, you must complete the course to ensure that you do not carry the bacteria in your throat after you have recovered
- stay at home, away from nursery, school or work for at least 24 hours after starting the antibiotic treatment, to avoid spreading the infection

You can help stop the spread of infection through frequent hand washing and by not sharing eating utensils, clothes, bedding and towels. All contaminated tissues should be disposed of immediately.

Invasive Group A Strep (iGAS)

The same bacteria which cause scarlet fever can also cause a range of other types of infection such as skin infections (impetigo) and sore throat. In very rare cases, the bacteria can get into the bloodstream and cause an illness called invasive group A strep (iGAS). Whilst still very uncommon, there has been an increase in iGAS cases this year, particularly in children under 10 years old. It is very rare for children with scarlet fever to develop iGAS infection.

As a parent, you should trust your own judgement.

Stop the spread

During periods of high incidence of scarlet fever, there may also be an increase in outbreaks in schools, nurseries and other childcare settings. Children and adults with suspected scarlet fever should stay off nursery / school / work until 24 hours after the start of appropriate antibiotic treatment. Good hygiene practice such as hand washing remains the most important step in preventing and controlling spread of infection.

Group A Strep (GAS)

Cases of Invasive Group A Strep (iGAS) are rare. Some current cases are presenting with sepsis-like symptoms.

Be aware of important sepsis symptoms:

- ▶ Blue, pale or blotchy skin, lips or tongue - on darker skin, check for blueness on the lips, tongue or gums, under the nails or around the eyes
- ▶ rash that doesn't fade when you roll a glass over it
- ▶ difficulty breathing
- ▶ weak, high-pitched cry - not like their normal cry
- ▶ not responding like normal, not interested in feeding or normal activities
- ▶ being sleepier than normal or difficult to wake.

Group A Strep (GAS)

Parents should trust their judgement when their child is poorly. Speak to your GP or call 111 if your child is poorly and getting worse.

Always call 999 or go to A&E if your child:

- ▶ Is having difficulty breathing - such as grunting noises or their tummy sucking under their ribs
- ▶ there are pauses when your child breathes
- ▶ child's skin, tongue or lips are blue
- ▶ is floppy and will not wake up or stay awake.