

DIFFICULT DECISIONS

Closing the school is always a very difficult decision and I hope the strike day did not cause our families and students too much disruption. I encouraged our Year 11 and Year 13 students to use the opportunity for revision and I hope they took this advice. While there will be much debate in the press about why these strikes are taking place, the reason that staff have chosen to strike is due to the chronic underfunding of schools. Teacher pay is one symptom of this underfunding, but there are many others. Essentially the majority of teachers feel that children's education is being damaged every day by strained school budgets and the challenges of recruitment. Some in the press may argue that these strikes will damage the education of our children. However, the majority of teachers feel that if strike action is not taken and schools continue to be underfunded, then the quality of the education we can offer will diminish over time. We will always endeavour to ensure that the children's education is protected.

L. Swaine, Headteacher

THE 'SCIENCE GUY' RETURNS TO WOW EAST BARNET SCHOOL STUDENTS!



A true highlight on the EBS calendar, Dr Andrew Szydlo returned to EBS, enthralled all of our Year 7s on Monday, with a high-speed journey through the wonders of chemistry. Hydrogen balloons exploded, liquid nitrogen was poured and table tennis balls were fired, in this educational and entertaining presentation. We really hope the students enjoyed it and take the inspiration into their science lessons.

R. Innes, Head of KS3 Science

SAVING ENERGY IN SCHOOL

This week members of *We Only Have One World* (WOHOW) club started placing laminated signs near all light switches on the first and second floors at EBS. We will continue in club time next week. These attractive and witty signs are to encourage all students and staff to switch off lights and be more mindful about our use of energy. WOHOW are motivated by our concern about climate change and the biodiversity crisis. We want everybody to aim to use less energy, which saves money too. Hope you will play your part in this important task.



ICE SKATING INTO SPRING!



On Friday 27th January, 15 Year 8 students visited Alexandra Palace for some fun on the ice. This was a rewards trip for their amazing effort and tally of House Points in the last term. Congratulations, we hope you had fun!

NATIONAL APPRENTICESHIP WEEK



National Apprenticeship Week is nearly upon us, and there are some big names involved this year. Our Careers Team have put together an amazing document that has all the details and help for the future. Click [here](#) to check it out!

CROSS COUNTRY MIDDLESEX CHAMPS!

Congratulations to Daniel Banyard (Year 12) and Tommy Narvaez-White (Year 11) who were selected to represent Barnet at the Middlesex Schools Cross Country championships. In what was a very competitive field of over 70 runners from across the County in their races, both boys put in strong performances. The conditions at Harrow School playing fields were very tough, with lots of heavy, muddy and wet terrain to negotiate. Danny and Tommy powered through finishing 15th and 21st respectively in their races. Congratulations to both of them!



HOMEWORK PROBLEMS ON STUDENT PORTAL? If students are struggling to access their homework on Student Portal, Ms Piazza will be available after school on Mondays in room 334.

EBS HOUSE CAKE COMPETITION

Monday 6th February 2023

Theme: *Valentine's Day*

House Points for the best cake!

1 House Point for every entry!

1st place = 200 points for House

2nd place = 150 points for House

3rd place = 100 points for House

4th place = 50 points for House

Supporting Young Minds!
Cake drop-off at
8.30am in the
Sixth Form
Café

Remember **NO NUTS. Bring change in for break!**



LOST PROPERTY: We have a significant amount of lost property in school, unfortunately these items are not labelled making it difficult for us to return them to students and for students to identify generic items. We will display all lost property in school next **Wed 8th Feb, 3:15 - 4:15pm** and invite parents/carers to come and look for anything their child might have lost. Please be aware that we are unable to keep lost property indefinitely and will send any unclaimed items to charity periodically. Thank you, EBS Office

CONSULTATION ON FLOOD LIGHTS: We recently sent letters to local residents about our plans. Click [here](#) to read.

12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

WHAT IS 'CYBER RESILIENCE?'

Cyber resilience focuses on three key areas: reducing the likelihood of a cyber attack gaining access to our accounts, devices or data; reducing the potential impact of a cyber incident; and making the recovery from a cyber attack easier, should we ever fall victim to one.

- 1. PASSWORDS: LONGER AND LESS PREDICTABLE**
The longer, less common and predictable a password is, the more difficult it becomes for cyber criminals to crack. The National Cyber Security Centre's 'three tonkies words' guidelines are ideal for creating a long password which is easy to remember but hard to guess.
- 2. AVOID RE-USING PASSWORDS**
When you use the same password across different logins, your cyber resilience is only as strong as the security of the weakest site or service you've registered for. If a criminal gains access to your username and password for one site or service, they'll definitely try them on others.
- 3. USE A PASSWORD MANAGER**
A good way to juggle different passwords for every site of service you use is to have a password manager. This software stores all your passwords for you, so you simply need to remember the master password. LastPass, OnePass, Password and Keeper are all excellent password managers.
- 4. BACK UP YOUR DATA**
Keep a copy of your data using OneDrive, Google Drive or another reputable cloud-based storage solution. If it's extremely important or sensitive information, you could even decide to keep more than one back-up version - by saving it to a removable USB drive or similar device, for example.
- 5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)**
Multi-factor authentication is when you need access to your phone (to receive a code, for example) as well as your password to confirm your identity. This makes it far more difficult for cyber criminals to gain entry to your accounts and your data, even if they do manage to get your username and password.
- 6. CHOOSE RECOVERY QUESTIONS WISELY**
Some services let you set 'recovery questions' - such as your birthplace or a pet's name - in case you forget your password. Take care to use information you might have mentioned (or are likely to in future) on social media. More unpredictable answers make cyber criminals' task far harder.
- 7. SET UP SECONDARY ACCOUNTS**
Some services provide the facility to add secondary accounts, phone numbers and so on to help with potentially recovering your account. Make sure you set these up; they will be used if you're having trouble logging in or if you're trying to take back control of your account after a cyber attack.
- 8. KEEP HAVING FUN WITH TECH**
Consider our tips in relation to the games and online services your household uses. Protect yourself and your family: don't let the best toys win; devices are not only fun, they're essential. But take a lot of fun - so as long as you keep safety at the top of your mind, don't stop enjoying your tech.
- 9. CHECK FOR BREACHES**
You can check if your personal information has been involved in any major data breaches by entering your email address at <https://haveibeenpwned.com> (even that website is correct). It's useful if you're worried as much as possible - or if you're worried as much as possible - to review your account security.
- 10. CHANGE DEFAULT IOT PASSWORDS**
Devices from the 'Internet of Things' (IoT) such as 'smart' home appliances, are often supplied with default passwords. This makes them quicker to set up, but also less secure. Change your default passwords to something more secure.
- 11. KEEP HOME DEVICES UPDATED**
Download official software updates for your household's mobile phones, laptops, consoles and other internet-connected devices regularly. Security improvements and fixes are a key feature of these updates - so by ensuring each device is running the latest version, you're making them more secure.
- 12. STAY SCEPTICAL**
Cyber criminals commonly use various methods, including emails, text messages and social media - posts, the content of any messages or posts that are out of context, offer something too good to be true or anything 'urgent' - expect if they appear to come from someone you know.

Meet Our Expert

Dr. Jonathan Ross is the author of 'The Cyber Security Handbook' and 'The Cyber Security Handbook for Parents'. He is also a member of the National Cyber Security Centre's 'three tonkies words' guidelines. He is a frequent speaker at conferences and seminars on the topic of cyber security, as well as the author of several books.

National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com @nationalonlinesafety NationalOnlineSafety nationalonlinesafety

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It is one of life's fundamentals that good literacy skills are crucial for success in school and life beyond. From passing exams, going on to higher education and joining the world of work, the ability to understand the very language that makes us human is vital. To boost the skills of our students, we are embarking on a whole school strategy to improve the Literacy skills of every East Barnet School student.

In lessons, we are now focusing on 'key subject vocabulary' and this close analysis of individual words will help students not only build their vocabulary, but will help them make the necessary connections between the big ideas and concepts they study in their lessons. Staff are asking our students to look at the meaning and definitions of these key words, and are then checking their understanding in the following lessons. As with anything in life, continued practice and repetition makes perfect, and as we continue this focus on vocabulary, we are certain that we will boost the chances of our students developing the wide vocabulary they need to succeed in school and in the world of work.

In addition to the work happening in lessons, Year 9 students in Form Time have been involved in a very successful trial using Microsoft Teams, whereby students are asked to record themselves 'Read Out Loud.' Research tells us that there are several benefits to reading out loud, and most notably, an increase in reading fluency and language acquisition. Furthermore, and much like physical exercise and the benefits to mental health, research shows us that regular reading out loud can improve emotional health and well being too. Evidence tells us that reading aloud boosts self-esteem, feeds the imagination and crucially, puts a smile on your face! Congratulations to Year 9 and look out for more information as we roll out the 'Read Out Loud' challenge to the rest of East Barnet School in the near future.

If you are interested to read more about the benefits of reading and reading aloud, please click [here](#) and [here](#).

Parenthood..

The most rewarding job in the world
And also the toughest

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Parents Helpline
0808 802 5544
www.youngminds.org.uk/parents

YOUNGMINDS

We need your help to raise money for a new suite of keyboards for all of our students

Donate on ParentPay by selecting 'PTFA Donation'



Thank you for your support

Keyboard Appeal

EAST BARNET SCHOOL

PRESENTS



ROALD DAHL'S

Matilda

THE MUSICAL

JR.

**TICKETS STILL
AVAILABLE**

**NEARLY
SOLD OUT!**

MARCH 8th, 9th, & 10th at 7PM

MATINÉE on SATURDAY 11th at 2PM

SOLD OUT!

SOLD OUT!

SOLD OUT!

SOLD OUT!

SOLD OUT!

ADULTS £10, CONCS £5

Book by
Dennis Kelly

Orchestrations and Additional Music by
Chris Nightingale

Music and Lyrics by
Tim Minchin

This amateur production is presented by arrangement with
Music Theatre International (Europe)
All authorised performance materials are also supplied by MTI Europe
www.mtishows.co.uk

Tickets available at the EBS Shop
WWW.EASTBARNETSCHOOL.COM