

## HEADTEACHER'S BULLETIN

Issue 4 . Friday 19<sup>th</sup> October 2018

This is the last week before the October half term and we have had a brilliant week at the school.

The English National Opera were in for a whole day on Tuesday 16<sup>th</sup> October working with all year groups. We were joined by students from Columbia Primary School and Christchurch Primary School for a special hour long assembly to start the day off. The pop-up Opera day was just brilliant with 25 members of the English National Opera in all day to show students at the school the amazing world of Opera.

In other news, the Year 8 football team beat Morpeth school with scores of 3-1 and 1-0 – so our winning streak continues !!!

### Notices:

The weather is getting colder now – please ensure your child has a suitable coat in line with our school uniform policy.

Can I remind all Parents/Carers and female students that when we come back from the October half term break, knee high black socks are no longer allowed.

I would like to wish you a very safe and peaceful half term break.

**Mrs Holden – Executive Principal**



## Sixth Form

This week, I wanted to let you know about all of the fantastic opportunities our Sixth Form students have been involved in so far this term.

Firstly, huge congratulations are in order to the following students for their successes in getting on to university programmes: Jonathanne Kengamu, Omer Jama and Manazar Dahir. They have a place on a highly competitive *Black Achievement Conference* at the London School of Economics. The Conference is designed to help students and their families to plan for their future by providing a taste of higher education. The Conference will include motivational sessions, university advice, parent/carer workshops and an exhibition of extra-curricular opportunities available to student in London. Students are encouraged to bring a Parent/Carer with them to the Conference as there will be bespoke sessions available to them throughout the day.

Aysha Sarah and Somaiya Chowdhury won a place on the *Sutton Trust's Pathways to Law*

*programme*. Pathways to Law is a programme that looks to inspire and support students to explore a range of careers in law and build essential knowledge, skills and confidence required to go on to higher education and the world of work. All Pathways to Law students are also offered real-life experience, with a work placement, and mentoring and networking opportunities.

Well done to Aysha Sarah and Reema Begum for getting onto the *SOAS Scholars: Thinking Globally!* Project for Year 12 pupils. The project aims for participants to learn more about university study, student life, how to progress to university, the actual costs of university, and financial support available.

Last Thursday was also a highlight for me and some of our Sixth Form/Year 11 students. We went to St Paul's Cathedral for the Girls Talk London Mentoring Event. This was to provide an opportunity for young women aged 14-18 to have a discussion with professionals from a variety of professions within STEM. The event began with a keynote

speech from Juliet Davenport,

Founder and CEO of Good Energy and continued into a series of 'speed mentoring' sessions with representatives from Facebook, the National Physical Laboratory and Sussex Medical School. It was an inspiring event and our student were a perfect example of inquisitive and ambitious young women.



**Ms Frankum**

## Partnership of Equals Conference Review

On Friday 12<sup>th</sup> October, Mulberry Academy Shoreditch took 45 students from across Year 10 and Year 12 to the Partnership of Equals conference. The conference is a Mulberry Schools Foundation project and was designed in collaboration with students from across the Mulberry Schools Trust. Over 300 young people were brought together from across the country for the day to imagine what a gender equal society might look like.

Having been selected and trained in issues surrounding gender equality and sexism through in-school workshops, Mulberry Academy Shoreditch students were ready to fully participate in discussions with students from other schools during the day. The day was fantastic, involving conversations, performances and speeches from leading professionals in the creative world: theatre directors, actors, artists, poets and more.

At the end of the day, the academy's GCSE drama group performed a piece they have been rehearsing for weeks, which explored the presentation of gender in Shakespeare's sonnets.

The brilliance of the young people involved and the calibre of the professionals who took to the stage, ensured the aims of the conference were fully achieved: to raise awareness of gender equality; to explore how the arts can find creative solutions to inequality; to empower young people to become leaders, advocating for a more equal world. It was fantastic to see our students stand out, responding with such emotional intelligence to the challenging questions and issues raised. We hope students involved will become our very own advocates for gender equality within the academy, working together to help us evaluate and improve our whole school policy on sexism.

Highlights included the glow sticks at the end, which students waved in homage to Aretha Franklin's legacy!



**Ms Bartlett/Ms Wrigglesworth**

## Mental Health Week

Mental Health Week took place from 8<sup>th</sup> – 12<sup>th</sup> October at the school, involving an exciting programme of activities and events.

The week started with a yoga meditation session in the library during Monday lunchtime with both Key Stage 3 and Key Stage 5 students managing to find 'Zen' in the middle of a busy day – a vital skill to build on at university and later on in employment.

Tuesday saw the releasing of some positive energy in the dance studio with a dance exercise session – a fun way to switch off, release some stress and get fit at the same time!

The tempo slowed right down again on Wednesday with a lovely mixed gender group of students of all ages finding the means to explore their emotions through poetry. The group discussed how poor self-image or negative thoughts were harmful when allowed to fester in the mind.

Thursday's art session had everyone moving closer to a sense of mindfulness by focussing on the present and busily colouring in to a backdrop of soothing music. This is a great therapeutic strategy for

students which they can easily take with them to university and the stressful working environment beyond. The music of the final day was a lot more rousing, with a large group of Year 7s belting out 'Isn't she lovely', led by our choir. Smiley stickers were given out enthusiastically by staff throughout the day as rewards for politeness and a smile – and the smiles got broader and more frequent as the day wore on!

Throughout the week, students were encouraged to consciously identify what lifts them up by pinning leaves or flowers on our Tree of Life. Equally they were asked to think about what pulls them down so they could write it on a piece of paper and throw it into a bin – a first step in the process of dealing with negative emotions. There were a large selection of pamphlets and activities to encourage an awareness of a variety of mental illnesses, but also ways to improve mental health by developing a growth mindset and higher emotional intelligence.

Through the above activities, two tutor times and year group assemblies, the message the academy was determined to project is that we ALL have mental health, but

we are not ALL mentally healthy. We ALL need to realize that there are lots of things we can do to keep ourselves mentally healthy and we ALL need to work together to reduce the stigma attached to mental illness. It was a great beginning and there will be more work in this area to follow.



**Ms Stack**



## Opera Squad Takeover Day



On Tuesday 16<sup>th</sup> October, Mulberry Academy Shoreditch welcomed the English National Opera (ENO) for 'Opera Squad Takeover Day'. Students and staff enjoyed workshops led by ENO singers and facilitators throughout the day and pop up performances of opera around the school at break and lunchtime.

Many of our students jumped at the opportunity to try on some of the impressive costumes from various opera productions.

We were also delighted to welcome students from Columbia Primary School and Christchurch Primary School to join in the workshops in the morning.

The highlight of the day had to be seeing students in absolute amazement as the opera singers sprung into song from corners of The Street and the playground.

Feedback from staff and students was very positive:

*'I wish every day at school could be like this.'* **Year 8 student**

*'This the best event the school has ever had.'* **Ms Earle**

*'Can I just say how truly amazing today was. It is so good to see our students reaction to opera and such a wonderful opportunity for them.'* **Mrs Scales**

*'The workshop was so cool, working with professional opera singers was a*

*real highlight.'*

**Year 9 Drama and Music student**

It was a wonderful day for all and we look forward to future collaborations with ENO.



**Ms Taylor**

## Football Game Updates!

Mulberry Academy Shoreditch took part in five fixtures this week and won all 5 of them.

The first match was our Year 10 boys against Sir John Cass. They played a 6 a side match. There were some really tough games but Mulberry secured the win with both teams. We were unbeaten, and in total we won 3 games and drew 1 game.

The second and third match of the week involved the Year 8 boys and the Year 10 boys at Hackney Marshes on Saturday. In the Year 10 match, Oakland's school spent most of the match picking the ball out of their net, as the Year 10's cruised to a 12 nil victory.

The Year 8 team worked really hard and were at the score 4-1. Before long, they allowed the opposition to bring the game back to 4-3 before finally winning the game in the last few seconds of the game for a score of 5-3. This is the first ever win by

the Year 8 team and with the spirit they have shown, it certainly will not be their last.

The Year 8 boys team extended their winning streak after a few days to two more game wins. They beat Morpeth 1-0 and 3-1 respectively.

The last match of the week was of the Year 7 and 8 girls team. They managed to keep up the winning streak. The support from the Year 10 girls in this game was phenomenal and certainly spurred on their young team mates. Once again after four tough games where Mulberry won 3 and Morpeth won 1, Mulberry came out as overall winners.

Well done to all the teams and keep up the good work.

**PE Team**



# EXTRA CURRICULAR ACTIVITIES/CLUBS

Autumn  
Term  
2018

	Club/Activity	Time	Place	With	Year
Monday	Boys Football	7.30-8.30	Sports Hall	Mr McCabe	7,8,9,10 & 11
	Haven club	1.00-1.30	401	Ms Warner	7-13
	Year 7 Football	3.30-4.30	Sports Hall	Mr Coffey	7-11
	STEMETTES	3.30-4.30	416	Ms O'Connor	7-8
	Bengali club	3.30-4.30	223	Mr Ali	7-8
	Homework	3.45-4.20	502	Ms Begum	7-8
	STEMETTES (Girls only)	3.30-4.30	416	Ms O'Connor	10-13
Construction Club	3.30-4.30	401	Mr De Souza	10	
Tuesday	Girls Football	7.30-8.30	Sports Hall	Mr McCabe	7-11
	Haven club	1.00-1.30	401	Ms Warner	7-13
	Yoga	1.00-1.30	Dance Studio	Ms Laskus	7-13
	CREST Awards club	3.30-4.30	513	Ms O'Connor	7-13
	Netball	3.30-5.00	MUGA	Ms Hererra	7-11
	Design Technology	3.30-5.00	401	Mr De Souza	9
	Myco Tyco	3.30-5.00	512	Mrs Moreno	10-13
Wednesday	Badminton	7.40-8.30	Sports Hall	Mr McCabe	7-11
	Meditation	10.50-11.05	Dance Studio	Ms Laskus	7-13
	Journalists in training	1.00-1.40	301	Ms Birdi	7-13
	Mini Science club	1.20-1.40	414	Ms O'Connor	7-13
	History matters	3.30-4.30	215	Ms Davis	7-13
	Football	3.30-5.00	MUGA	Mr McCabe	9
	Geography Club	3.30-4.15	406	Mr Leite	7-13
	Gardening club	3.30-4.45	Garden	Mr Hodgson	7-13
	Robotics club	3.30-4.30	513	Mr Hussain	7-13
	Good News Choir	3.35-4.35	323	Mr McInnis	7-11
	Count on us	3.30-4.30	311	Mr Murphy	8-9
	Football	3.30-5.00	MUGA	Mr Jones	10
	Thursday	Fitness club	7.30-8.20	Gym	Mr McCabe
Haven club		1.00-1.30	401	Ms Warner	7-13
Spanish Music Club		1.00-1.30	Music Room	Ms Holdcroft	7-8
Years 7 & 8 Drama Club		3.30-4.30	Main Hall	Ms James	7-8
Years 8 Boys Football		3.30-5.00	MUGA	Mr McCabe	8
Science club		3.30-4.30	413	Ms O'Connor	7-13
Debate Mate		3.30-4.30	202	Ms Bartlett	7-8,10
Mixed Ensembles		3.35-4.35	323	Mr McInnis	7-11
Construction		3.30-4.30	401	Mr De Souza	7-8
6 O'Clock Club		4.30-6.30	Humanities	Ms Davis	11,13
Partnership of Equals Project		3.30-4.30	Drama Studio	Ms Higdon	10 (Invited)
Friday	Basketball	7.30-8.20	Sports Hall	Mr McCabe	7-11
	Haven club	1.00-1.30	401	Ms Warner	7-13
	Girls Football	3.30-5.00	MUGA	Mr McCabe	7-11
	Chess Club	3.30-4.30	313	Ms Flood	7-13
	Book club	3.30-4.30	LRC	Ms Maksudsa	7-9