

# Word on the Street

STUDENT NEWS AND VIEWS



## Mindfulness for all in a challenging year...

This week Student Council presented their ideas and plans for the up-coming new cohort for September 2021.

The students spoke with passion and confidence to convey their ideas to Mrs Holden about the future for Student Council and their proposal to start a student led mindfulness club across all year groups in September. This idea has initially been trialled with Year 7 and has been a great success as Khadija Sharif reports:

'Student Council had started a mindfulness club which was for students in Year 7. Students can talk about their problems, issues and make them feel happy and at home at Mulberry Academy Shoreditch. In addition to this, we play team-building games and group activities, which pupils seemed to have enjoyed! It was very successful and I hope this can be implemented in each year



group as not everyone is tough. You look tough on the outside but you could be soft like a pillow inside! I have seen students who didn't have many friends and were extremely shy and overwhelmed coming to these sessions and seen a change. What I mean by that is that they had smiles on their faces and enjoyed themselves, which we had liked to see. As a Council, we hope to be



able to continue to boost students' confidence and their social aspects in all year groups. Thank you.'

This year has been a great year for Student Council, as students have worked together and supported each other both during lockdown and upon their return to school life in person.

'Over lockdown everything was different, not what we had imagined. Due to coronavirus, everything was messed up. We had to go home and learn from inside our houses and, while that seemed fun, it made us lose our social aspect of life. Student Council has made me happy and has made up for all that lost time.'

**Jessica Williams Cox**

## Year 8 student led Drama lesson

Students have begun learning about the characters from 'Lord of the Flies.' Ishaq Miah and Hafiza Yasmin were tasked with the role of a Playwright. They had to read a segment of the original novel and adapt the extract into two pieces of narration that could be incorporated into the class performance. Here are extracts of their work. Well done team! For their impact session, students were tasked with creating a class performance by using their different skills as both visionaries and designers. As Tonniann Dior Daley reports:

'In my Drama lesson I worked with Micah Godson in my class as directors to recreate a scene from the Lord of



as: acting, playwrights and costume designers. I was nervous at first as I have never done the role of director. I didn't really know what to do, but I had the time to think about what I should do and in the end I think it turned out really well!!'

'In my Drama lesson I worked with Micah Godson in my class as directors to recreate a scene from the Lord of the Flies. As it was quite a large class we were assigned to different stations such

**Narrator:** Out there, perhaps another mile away, the plain white surf flicked on a multi-coloured reef, and after the open sea was a deep dark green blue. Within the glimmering unique arc of coral, the lagoon was as tranquil as a mountain lake; ocean blue and shadowy emerald-violet. The breath taking beach between the palm terrace and the glistening was as thin as a stick. More than 6 boys scattered all around the jungle. A choir of screams distinguished from the corner, identified as animals out searching for dinner. Deafening sounds of hissing pervaded as the grass rustled, leaves gathering and piling up as a gush of wind diffused through the atmosphere.



# Goodbye Trafalgar

Dear Trafalgar House,

There is no easy way to say this to you all and I wish I could do this in person, however, I am unable to due to Covid restrictions.

I wanted to share with you all that this is my official last term. This decision was not an easy one at all, especially with you all in my mind.

I will forever cherish the moments that I have shared with you all. Your passion, competitiveness and heart for this house has been amazing.

When I first helped with creating and designing Trafalgar House, the colours, the values I never even imagined this kind of response and so to see this all play out has been incredible.

You are all amazing and wonderful and I want to thank you so much for allowing me to be your Head of House. It has been the absolute best thing.

I truly believe Trafalgar house will keep

getting stronger and stronger and as a house, big things will continue to lie ahead for all of you.

There will be a new Head of Trafalgar and this will be announced very soon. I am confident that you will all be in extremely wonderful hands.

I want you all to keep being strong LIONS, keep that positivity, creativity and aiming towards big success.

Big love,

**Ms Moreno**



*"You will be missed Ms Moreno and, wherever you go, we hope that you are safe. Trafalgar House spreads all our love towards you."*  
Darnell Geraldo, Year 12

*"Goodbye miss! Have a good time in the future. We will never forget that we had lots and lots of fun with you as our Head of House. I have had a good time as a Community Leader, I will make sure that Trafalgar remains strong. Trafalgar students will miss you".* Rafiqus Khan, Year 8

*Miss, we will NEVER forget you! Thank you for all the amazing fun things you have planned for us. We will always be by your side. Lots of well wishes!"*  
Imani Chowdhury, Year 7



# Welcome to TrailFam



TrailFam is as trail running crew for young people. It was set up by Mr Stokes to give students at MAS a chance to experience sport in the outdoors.

Since starting, TrailFam has been on lots of runs in the countryside and has so far taken out Years 12 and 7. Trail running has helped me improve my cardio and has allowed me to get out of the city and into nature! We have received sponsorship from big outdoors brands like Inov-8 and The OMM who have given us over 100 pairs of trail running shoes, running packs and waterproof jackets. Being a part of TrailFam has given me a new



appreciation for the outdoors and it is great to see our progress on Instagram and the TrailFam website. Although I won't be able to go on as many midweek trail runs next year, I will have the opportunity to gain running coaching qualifications, compete in trail running events and use the school gym in the mornings to



build on my core strength and other areas important to trail running. TrailFam will open to ALL year groups from September  
**Follow @TrailFam on Instagram and head over to trailfam.com for more information.**  
By Valentin Lita, Year 12



# Year 9 Dodgeball champions



**On Wednesday 9th of June, the Year 9s had a House Fun Day.**

During that day, we did many things, such as play dodgeball, have our face painted and our photo taken in the photo booth, as well as much more. For periods one and two, the Year 9s had a massive dodgeball competition. There were many hits, and it was a great deal of fun! The Houses that got into the finals were Tate and Thames... AND TATE WON!

During periods three and four, we were able to walk around to each designated station and choose what we would like to do during those two hours. This time there was football, Fifa, basketball, henna, glitter painting and t-shirt designing. At the t-shirt design booth, we had to draw something to thank the NHS for their work over the pandemic. At the henna stand we had some Year 12 students do amazing henna designs for us. For lunch, we had a BBQ menu, which was amazing!

Over periods five and six, we went to the MUGA to relax after a long day so we could talk to our friends and play football if we wanted to. Finally, we had an ice cream van come into the school and we could buy ice creams, sit in the playground and enjoy our ice creams and the sun.

I think we enjoyed dodgeball the most because we do not normally have a big sports lesson with our whole year, so that was a lot of fun. I also think that having the ice cream truck was very refreshing since it was at the end of a very hot day.

It was important to have this event this



because, after such a stressful year, this day allowed us to relax and have fun, which was very nice. I hope that we will get to do this all over again!

**Aya Adel, Year 9 Sports Captain**



# Year 7 House of fun



The House Fun day was a really nice way to have fun with my friends at the end of the year. We've spent a lot of time at home, so I enjoyed being able to play sport together. I played Football and Fifa but also liked the photo booth. You could also play table tennis and there were other games like Jenga and Connect 4. Everyone was excited when the ice cream van arrived in the afternoon! Next year I hope we will be able to do the same as well as a Sports Day.

**Aaqil Ahmed, Year 7**





# Year 8 House Festival day

**On Monday 7th June, Year 8s at Mulberry Academy Shoreditch were given the experience of a House Fun Day!**

This gave them the opportunity to take part in fun activities, such as dodgeball, esports, painting a t-shirt, getting face painted, henna and transfer tattoos, watching a film and playing table tennis. All of these things were memorable and an exciting experience; however, many students were asked what the most enjoyable occasion of this day was, and the result was when an ice-cream van parked and allowed each student to purchase something and sit outside in the sun. One student was interviewed on this day:

- Q** 'So, what kinds of things did you do on this House Fun Day?'  
**A** 'Well, mostly different sports, and we also watched a film.'  
**Q** 'Which of the activities did you enjoy the most?'  
**A** 'I enjoyed playing dodgeball the most because it's really fun.'  
**Q** 'Which moment would you say was the most memorable and exciting of the whole day?'  
**A** 'I would definitely say when we got



ice cream. It was a great experience, and I don't think any of us were expecting it.'

**Q** 'Out of ten, zero being the lowest and ten being the highest, what would you rate your experience?'

**A** 'I would rate it a ten out of ten.' It is safe to say that students will remember the day for years to come.

**Eleni Brooks, Year 8**



# Year 11 Fun Day

The Year 11 House Fun Day on Friday 11th June was spectacular, with a henna room bursting with colours and patterns, a sports hall filled with rackets and waving nets, scores only rising with the cheers that spilled into the playground where a crowd swarmed an ice cream van, the waft of pizza soon dispersing them — a day of smiles and joy. The teaching staff blaring music and shaking the walls, keeping the sky clear and us laughing, it was a day to remember.

By **Amal Mohammed, Year 11**



As a prefect, I have been awarded many opportunities and, alongside that, rewards such as the Prefect award trip to All Star Lanes bowling alley. This term, to support our peers in their mocks, we made posters about efficient ways to revise and how we can better deal with the challenges and demands of Year 11".

**Nuzhat Jahan, Year 10**

