

Executive Principal's and Head of School's News

Ramadan began on Thursday, and from me and from all of the staff at the school, Ramadan Mubarak to all members of our community who are observing Ramadan.

Year 6 Parents

On Tuesday the school held one to one interviews for Year 6 students and their parents who are coming to the school in September. It was really nice to meet some of our new students and their parents and talk about our Easter school and Summer school programmes for Year 6 students.

Thanks to Ms Ali for leading this event.



Trust Sports Event

On Thursday the school hosted a The Mulberry Schools Trust Sports event. It was really great to see Year 8 students from across the schools competing against each other in a friendly and good mannered way.

Year 10 Work Experience

Well done to Ms Flood who has led on this for Year 10 students. It has been delightful seeing so many of our



students out and about experiencing the world of work.

BTEC results

Well done to Year 13 students who on Thursday received the outcomes of their most recent BTEC examinations.

Thank you,
Mrs Ruth Holden,
Executive Principal

Mr Edward Rakshi,
Head of School

Notices

The school will be checking that uniform is all in place for all students and that sixth formers are abiding by their standards of school wear. All parents have been written to and students informed that next week will have a big focus on standards and uniform.

Sixth Form News

A big congratulations to all of our BTEC students in year 12 and 13 this week who received some excellent results from their January exams. They have worked really hard to secure these results which help as they prepare for the last stage of their coursework.



This week saw the launch of the Rise and Read Programme. Year 12 Reading Mentors have completed their training and after a breakfast celebration with their new mentees, they begin the programme. It has started really well with high attendance and lots of enthusiasm from our younger readers. Well done to everyone involved!



Mulberry Schools Trust Basketball Tournament

On Thursday morning we hosted a basketball tournament with three schools in the Trust playing to win! Here are some photos from the event. Well done to Mulberry School for Girls who were the winners!



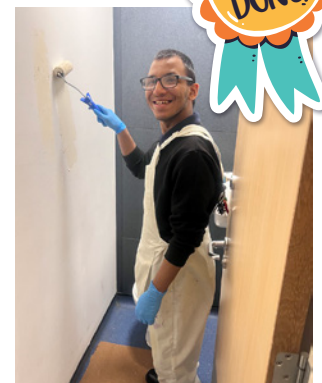
The House Spelling Bee

On Monday MAS held its annual House Spelling Bee. The House competition buzzed with excitement, with spellers from all six houses putting on a fantastic display of spelling prowess. The final was particularly nail-biting, with Dylan Ellis emerging victorious with an amazing performance. Congratulations to all the students who participated and showed off their spelling skills, we can't wait for the next house competition to see what other amazing talents you all have up your sleeves. Keep up the great work, spellers!



Year 10 work experience

Over the last two weeks year 10 have been doing their work experience. Students have been experiencing a whole range of work places - from nurseries and pharmacies, the Financial Conduct Authority, and the Bangladeshi High Commission! We are really proud of them, and hope they had an enriching and enjoyable experience.



Zakariah Salam (above) has done a great job working with the Premises Team this week!

La Maison Hantée

The French department organised actors from Onatti Productions to come into school to perform La Maison Hantée to a group of students to help them develop their French listening and comprehension skills.



SCIENCE WEEK



Last week, Year 10 carried out the Wind Turbine Challenge as part of the Mulberry Academy Shoreditch Science Week celebrations. In Science lessons, students worked in teams to create 4- and 6-blade turbines out of card, paper straws and string. They then attached weights and used hairdryers to test which turbine was best at lifting heavy loads.

On Monday, Year 9 took part in the Smallpeice Rubber Band Car Challenge. Both Miss Polyma and Mr Murphy were really impressed with their classes who persevered in the task despite facing obstacles. Winners of the poster competition and Innovation Challenge will be announced in assemblies next week! Well done all for a wonderful Science Week and thank you for your contributions.



Mulberry Academy Shoreditch

WORD OF THE WEEK

Intrinsic

Adjective

DEFINITION
An essential part or characteristic of something or someone.

EXAMPLE
Elephant mothers have an intrinsic need to protect their young.
The ring had no financial value, but it had intrinsic worth to Bella because it belonged to her late Grandmother.

SYNONYMS
Inner. Inherent. Built-in.

ANTONYMS
Extrinsic. Learned. Acquired.

CHARACTERISTICS
From the Medieval Latin word 'intrinsicus' meaning 'interior' or 'internal'.

Mulberry Academy Shoreditch

Autism Acceptance Week

Raising awareness and understanding of autism
Monday 27th - Friday 31st March

LOOK OUT FOR TALKS QUIZ and more!

POSTER COMPETITION
THEME: COLOUR
WIN PRIZES!

and Fun Activities
In tutor time each day

Mulberry Academy Shoreditch

Egg Decorating Competition

WIN A PRIZE!

Rules
for the Eggceptional Egg Decorating Contest:
Boiled egg must be decorated in some way and can use other materials and props
One egg submission per person

HAVE FUN!
Winners will be announced on the 31st March Room 403 Lunchtime

For more details see Miss Rainey

Art Club

Students are currently designing a mural that will decorate the school.



STEM CORNER

Fun facts about fasting

by Mohammed Kawsar Ahmed Tajwar 12B

During Ramadan, Muslims abstain from eating & drinking during daylight hours, only taking meals after sunset for a month of the Islamic lunar calendar. Fasting or Sawm is a pillar of Islam but, do you ever wonder what fasting does for your body?

Fasting can have many benefits for people as well as the religious. While people may be thirsty or hungry, over time people build discipline and resilience. In addition, some people may lose or gain a little weight but, it varies from person to person and their diet.

This year in the UK, Muslims break their fast at about 7:30 to 8:00 at night and wake up before 4 am to eat before the sun rises. This means that their daily routine of eating and sleep changes - forcing their brain to adjust to a new schedule. This increases activity in the brain which is how your brain grows and develops leading to better cognitive function and memory.

During the day, the body digests what the person ate in the night to make energy. Once that is all used up, the body starts to digest all the damaged and unwanted cells in the body. As the digestive system is given a break from breaking down large amounts of meat and processed food from a modern diet, it can focus on getting rid of all the dead and damaged cells in the body in a process called detoxification. This also helps increase the good bacteria in the gut which helps with general metabolism.

Fat and 'bad' cholesterol can build up in veins and arteries which increases blood pressure and heart rate. When fasting, these are broken down to release energy producing ketones. A ketone called acetone is released, which a hadith (narration of Islamic sayings/stories) states is "the breath of the observer of fast [which] is sweeter to God ... [than] musk". Another ketone of cholesterol released promotes growth, the production of 'good' cholesterol and reduces ageing in veins and arteries.

The combination of additional brain activity and changes in digestion releases serotonin which is a chemical messenger like dopamine or melatonin. Serotonin helps the body digest damaged cells and control when the body is awake or needs sleep which is needed when fasting. Moreover, it helps blood clot making you heal faster and also regulates emotions so people may feel less anxious and more happy or relaxed.

Fun fact, emperor penguins fast for four months while incubating eggs so to those fasting, maybe 14 hours this year doesn't seem so long.

Ramadan Mubarak.

ANNA FIORENTINI
THEATRE & FILM SCHOOL

PERFORMING ARTS CLASSES & HOLIDAY COURSES

EASTER HOLIDAY COURSE

Join the award-winning school for a musical theatre course, 3rd - 6th April based in E20. Students will create their own musical which will be performed to friends and family at the end of the week. To find out more and book your space visit the website.



TERM-TIME CLASSES

As well as holiday courses, the Anna Fiorentini School holds classes every weekend in term-time. Students follow a timetable of singing, acting, dance and acting for screen. These classes are proven to increase confidence & self-esteem all whilst having fun in a safe & supportive environment. Opportunities are also available for those who want to enter the professional industry through the school's Talent Agency. Book your obligation-free taster day today for the Summer 2023 term today.



SCHOLARSHIPS & BURSARIES

The Anna Fiorentini School is passionate about ensuring that all young people, regardless of their socio-economic background can benefit from the arts. In partnership with the Fiorentini Foundation the school is able to offer a limited number of scholarships & bursaries each term. Get in touch with the team to discuss this further and apply to the Trustees.

www.aperformingarts.com 0207 682 1403




TEEN IMMUNISATION SAVES LIVES

Make sure you're protected #VACCINESWORK

The next session for Year 9 DTP/ACWY vaccinations will take place on Tuesday 2nd May 2023
Please can you go on the link and complete the consent form for your child. If you do not consent can you please still complete the form
<https://london.schoolvaccination.uk/dtp/2021/towerhamlets>

MATHS PROBLEM OF THE WEEK

Did you manage to solve the maths problem this week?

If the pattern is continued, what number will appear directly below 400?

1
2 3 4
5 6 7 8 9
10 11 12 13 14 15 16

SOLUTION: 440

Note that the number at the end of the n th row is n^2 , so 400 will lie at the end of the 20th row. The row below will end in 21^2 , i.e. 441, so the number directly below 400 will be 440.

Well done Problem of the Week winners Abid Alam Joy 12B, Mahdiya Yasmin 7A, Malaz Siddieq 7F, Zahidah Chowdhury 7F