

Executive Principal's and Head of School's News

Trust Sports event

On Tuesday Ms Pitts organised and led a lovely event for schools in The Trust - it was a dodgeball competition for Years 9 and 10 students. Students came from Mulberry Stepney, Mulberry Schools for Girls and Mulberry UTC to compete and have fun and meet each other.

Also physical sport and exercise is so good for us all !



Principal's Reward Trip

On Thursday I had the pleasure of taking some Year 7, 8 and 9 students out for a reward trip with a few staff. It was lovely to walk in the city of London and go to one of London's tourist attractions - The London Dungeons!! As well as a nice ice cream and treats.

As a school, we believe in positive discipline and rewarding and noticing students for being respectful to their fellow human beings and hard working.



Public Examinations

GOOD LUCK to all of our lovely Year 11 and 13 students who are now in exam conditions and fully in the exam season with English, Biology, Mathematics and RE taken place this week.



Thank you,
Mrs Ruth Holden,
Executive Principal
Mr Edward Rakshi,
Head of School

Sixth Form News

Year 13 exams have taken place this week in subjects such as Geography, Economics, Psychology, Criminology and BTEC Business. Our students have had a great start and are working really hard to prepare for their exams. It will be a busy week next week with most subjects having at least one paper sat by students. Good luck to everyone!

A small group of students were selected to represent the Sixth Form during the recent Challenge Partners review last week. They all shared their views and experiences of life in sixth form at Mulberry as part of a student panel. They demonstrated once again that they



Revision on the roof!

are a true asset to our school and are excelling during the first year of their further education. A huge thank you goes to Emaan Akbar (Head Girl), Emma Darcy Lewis (Lead Student Ambassador), Muhammad Rammez Uddin, Antoine Berty, Simra Chowdhury, Aiman Shafiq and Mohammed Kawsar Ahmed Tajwar.

Mulberry
Academy Shoreditch

ROOT WORD OF THE WEEK

The 'root' is the basic part of a word that has meaning and can have a 'prefix' or 'suffix' added to it.

bene

WOW!

= well/good

EXAMPLES

Benevolent Benevolent means 'kind'. E.g. the girl was benevolent, she helped the boy after he'd fallen.

Beneficial Beneficial means 'useful, helpful' or 'good'. E.g. The insect is beneficial to the plant.

Beneign Benign means 'pleasant' and 'not harmful'. E.g. The benign nurse helped the child.

House BenchBall Tournament

On Wednesday 17th May the House team organised a benchball tournament after school, which resulted in a three-way first place tie between Thames, Barbican and Trafalgar! Well done to everyone who took part!



Trust teams Dodgeball

Our Year 9 and 10 students took part in a Dodgeball tournament with students from schools across the Trust on Tuesday... here are some photos from the event.



GCSE trip to Deutsche Bank

On Wednesday, Year 10 GCSE Business took a trip to Deutsche Bank in Liverpool Street. The Dragons Den day required students to design an innovative new product and pitch it to a board of senior directors at Deutsche Bank. The students put their business knowledge into practice as they discussed how to market the product as well as outline the costs and estimated profit margins. The group presentations were incredible, all students confidently presented their ideas to the board and after much deliberation ... the winning team was picked! A huge well-done to all involved, what a fantastic opportunity!

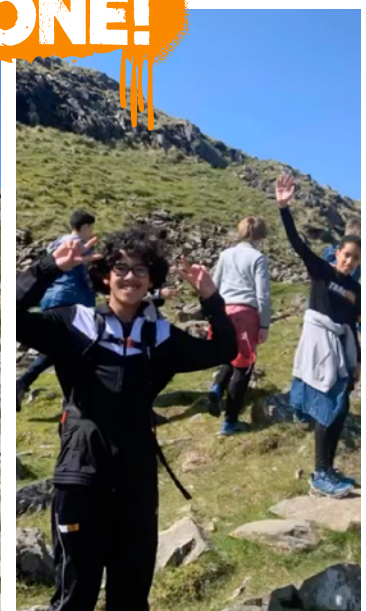
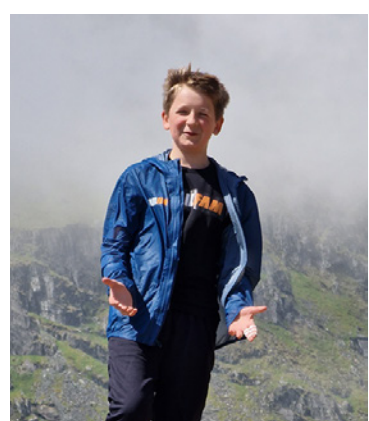


TRAILFAM Racing in Snowdonia

On Thursday 11th May the TrailFam Race Team set off for Wales to take part in the Ultra-Trail Snowdonia Race. On Friday they hiked up Mount Snowdon and that evening they ran their 10K race with one student earning a place on the podium. The team then spent Saturday watching helping out at the aid stations and watching the 50K and 100K adult races. The weather was fantastic and students enjoyed their weekend spent in beautiful Snowdonia. A big thank you to Mr Stokes and Ms Hassan for making the trip possible and a huge well done to all the TrailFam young runners!

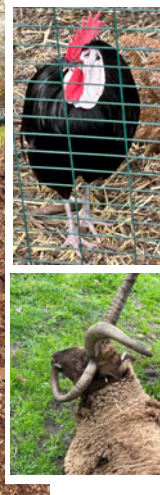


WELL DONE!



Exploring Stepney City Farm

On Wednesday, Mr Messam took a group of students to Stepney City Farm where they met its resident sheep, goats, donkeys, pigs and poultry, as well as smaller animals like rabbits, guinea pigs and ferrets.



Sugary Science

Do you ever get a craving for something, even when you are full? You shouldn't but, you end up eating too many snacks anyway. Almost anyone can relate to this but, why do snacks taste 'good'? Why can you stuff yourself with snacks even when you are full? And why is it likely you'll do it again?

To see why some foods are 'addictive' we need to also look at other foods that are not and see what causes the differences. Vegetables and fruits are (mostly) not a popular snack choice, but with snacks like crisps or chocolate it is easy to binge eat. A key difference in these foods is the amount of sugar in them. While fruit and veg do have natural sugar in them, processed foods are much more highly concentrated in sugar. In addition, if you look at the label, most snacks contain high amounts of salt, fats and even protein! However, they are NOT a balanced meal. It may seem strange, but your brain makes you crave foods with high sugars, salt and proteins. When we eat food with nutrients that we need, our brain encourages us to continue eating that food. Before processed food, few foods had high concentrations of sugar meaning sugar was a difficult nutrient to get access to. Our brain and body need sugar, so when we eat a food with sugar in it, our brain rewards us to encourage us to eat more of it. The brain releases chemicals such as dopamine, serotonin and norepinephrine which make us feel happy and so we eat the sugary food again to experience those addictive feelings once more. On the other hand, vegetables used to be a more accessible food prior to the development of processed food, so our brains do not make us crave them as much. If you eat a new vegetable or fruit, your brain will make you want to eat more as it could have different vitamins that you need. However, the effect eventually wears off which is why you might not like the fruit/vegetable anymore.

In the current day with processed foods, our brains respond the same way to sugar. Food companies know this and purposefully exploit this. When we are bombarded with high amounts of sugar in a bar of chocolate, our brain starts to release too many of those "reward" chemicals which make us crave and eat unhealthy amounts of snacks even if they are not nutritious or we are full. This effect is the same every time you eat the sugary snack, so you are very likely to continue eating it. Proteins make up neurotransmitters which control feelings, which is why you may experience mood swings or alertness after eating certain foods.

Foods are carefully engineered to make us crave them and continue to eat them. When we eat sugar, parts of our brain produce chemicals like dopamine in a similar way to when we do something that we enjoy. In this sense, snacking can become an addiction, although it is not as harmful as substance addiction. When trying to treat addictions, doctors use MRI machines to see what happens to the brain and how to stop the brain from going into overdrive. Food companies are now using MRIs in the opposite way. They put someone in the MRI and feed them crisps and see how they can change the recipe to make it more addictive.

Of course, having snacks and enjoying them is not bad for you and you should eat food that you like, but it is important to be aware of their addictive properties. I

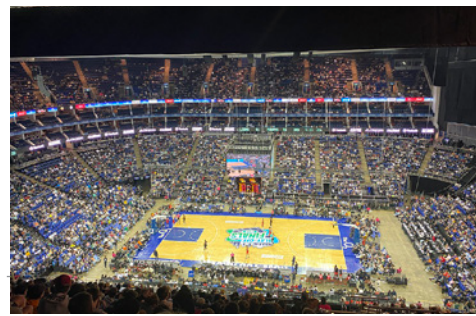
could write all the reasons why you shouldn't regularly drink fizzy drinks, or the benefits of eating a fruit over some crisps, but it is unlikely to stop you from binge eating your favourite treat. The best way to address this issue is to make it harder to buy unhealthy food. A governmental change like enforcing a sugar tax, which forces companies to add less sugar to drinks, would protect you from forming such strong addictions to sweet treats. We live in a world where food companies are unchecked – they are free to carefully engineer addictive food you become hooked on. Make a stand today by signing petitions that could force our government to take action.

by Mohammed Kawsar Ahmed Tajwar 12B

Basketball Final

On Sunday 14th May, 10 students who have shown commitment and progress in basketball club were selected to attend the basketball at the O2 Arena where London Lions

beat Leicester Riders 88-80 in an energetic and exciting final!



LOST PROPERTY Next week students can collect any lost items from the Street. Items not collected before the half term holiday will be given to charity.

MATHS PROBLEM OF THE WEEK

Did you manage to solve the maths problem this week?

I choose four different integers. When I add all the pairs of these numbers in turn, the totals that I obtain are 23, 26, 29, 32 and 35, with one of these totals being repeated. What is the largest of the four integers?

SOLUTION: 19

Let the four different integers, in ascending order, be p, q, r, s . Then $p < q < r < s$.
 So $p + q < p + r < p + s < q + s < r + s$ and $p + q < p + r < q + r < q + s < r + s$.
 Each of these strings of inequalities gives five different values for sums of pairs. So each is the string of five values given in the question: namely $23 < 26 < 29 < 32 < 35$. Hence it may be deduced that $p + q = 23$; $p + r = 26$; $p + s = q + r = 29$; $q + s = 32$; $r + s = 35$.
 Therefore $s - r = (p + s) - (p + r) = 29 - 26 = 3$. So $(r + s) + (s - r) = 35 + 3 = 38$.
 Hence $2s = 38$ and the largest of the four integers is 19.
 (It is left as an exercise for the reader to calculate the values of the other three integers and to check that, when added in pairs, the four integers give the sums stated in the question.)