

Executive Principal's and Head of School's News

Societies Rome trip

On Saturday 20th May, 25 students in the Societies from Mulberry Academy Shoreditch, Mulberry Girl's School and Mulberry Stepney set off to Rome for a 3-night stay. Whilst in Rome, they visited all the main sites including the Trevi Fountain, the Colosseum, the Pantheon, the Spanish Steps and went to the smallest country in the World, Vatican City to see the Sistine Chapel. It was a real pleasure to have taken the students away on the first cross-Trust residential abroad. They all embraced



the culture, eating traditional Italian pizza and pasta and lots of gelato. They returned, after walking 54 kilometres across Rome, on Tuesday 23rd May. I very much look forward to our next Societies trip to Athens in October 2023. A massive thank you to Ms McRill for leading on this trip and making Societies have a fantastic International trip.



The Prince's Trust event

On Monday our Year 7s took part in



the Prince's Trust Enterprise Challenge final where they pitched their business idea (which they have developed during workshops over the last two terms) to a panel of professionals. It went really well! The year 7s smashed it! They came 3rd place in the London Regional Final which is amazing for first time pitchers! What fantastic team work, decision making, problem solving, communication, creative thinking and resilience! We are very proud of them!

Standards assemblies

On Monday Mr Rakshi and I held assemblies for Year 7, 8, 9 and 10 to reiterate to students the need for the very best behaviour and uniform standards as we go through the Summer term. Thank you to parents for their support with this.

Half term revision school - this is taking place all week for students in Year 11 and 13 in readiness for their on going public examinations.

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

Sixth Form News

Congratulations to our year 12's who officially have completed the Ipsos 6 week programme, where they have been meeting after school to prepare for their future education and employment. They visited the Ipsos HQ on Wednesday to find out more about how to join the Ipsos team as an apprentice or graduate. Students were very



inquisitive and the Ipsos staff were very impressed with the questions they asked.

By attending these workshops the students have learnt the skills needed when they leave the Sixth Form such as how to write a CV, personal statement and prepare for future interviews.

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.

bio

= life

WOW!

EXAMPLES

- Biologist** A biologist is someone who studies living things.
- Biodiversity** Biodiversity is the variety of life found on Earth (plants, animals, fungi and micro-organisms).
- Biography** A biography is a written description of a person's life.

Credit Agricole workshops

Over the last few weeks, Year 9 have been participating in a series of legal workshops organised by Young Citizens. Students discussed and debated topics such as climate change, immigration and police powers in a series of interactive sessions with volunteers from Credit Agricole. The lawyers were really impressed by students' enthusiasm throughout the programme – well done Year 9!

'We've learned about how the law works, and what rights we have as citizens. In our final session, we debated topics such as whether children under 10 should be held liable for their crimes.' Nusrat Kabir.

'I enjoyed and benefitted from our interactive and enjoyable law sessions. We learned about topics like the police force. The speakers were kind and explained the topics well, as well as it giving me advice for the real world and potential future career paths. Personally, it's inspired me to consider studying law in the sixth form.' Miles Constable.



Politics Trip



On Friday Ms Ali took a group of Politics Society students to Mulberry Stepney Green to join an interesting talk by Baroness Uddin. In 1998, she was invited to the House of Lords for her contribution to the advancement of women and disability rights and was the youngest woman on the benches and the only Muslim and Asian woman to be appointed to the House of Lords. It was very interesting to hear about how she got into politics, her career and role as a politician and current affairs in the news at the moment.



MULBERRY STEM ACADEMY

IN PARTNERSHIP WITH MERCEDES-BENZ GRAND PRIX

Thank you to Peter Hodgkinson from Mercedes Grand Prix Ltd came into school on Wednesday to give our Greenpower race teams some valuable help and advice about improvements they can make to their cars before their next race in June!



Year 9 students have been dissecting hearts in Ms Larkin's lesson this week

School Council

On Monday 22nd May, members of MAS School Council held their second meeting with headteacher, Mr Rakshi, and discussed ideas for the upcoming term.

It was a productive discussion on topics ranging from reducing corridor congestion to sports facilities. All our School Councillors made some very persuasive and impressive points, and their enthusiasm certainly came through. Pupils left the meeting feeling motivated and ready to enact their ideas.

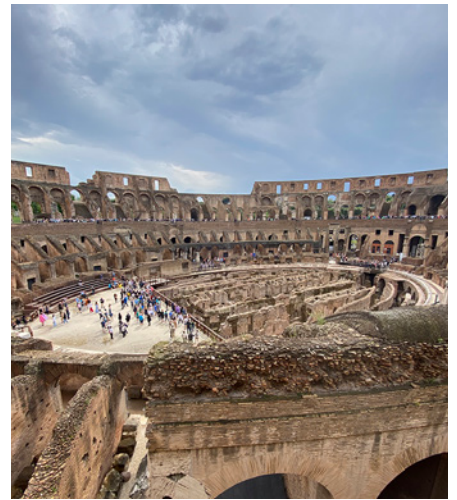
If you have any feedback on how we can make our school even better, please speak to any member of the School Council – we always welcome suggestions!



A trip to bella Roma

A group of our students, along with students from Mulberry Girl's and Mulberry Stepney Green, spent a long weekend from 20th-23rd May, in the beautiful Italian capital city of Rome.

They visited the spectacular Santa Maria Maggiore Basilica and the iconic Trevi Fountain. They explored the Piazza Navona, the Pantheon, the Spanish Steps and of course, the majestic Colosseum. They walked in the Villa Borghese Gardens and the Piazza del Popolo and went to the amazing Vatican City and Sistine Chapel as well as the imposing Victor Emmanuel Monument. Here are some photos from their memorable trip...



STEM CORNER

Stressing out?

You just remembered you need to do your homework, write an article for the school newspaper, cram for a test – and you need to get it done for school the next morning. It does not sound like much, but school can be pretty stressful for a teenager. Stress gets to us all at some point when we are overwhelmed. But what is stress actually?

When you see a car about to crash into you, your body feels fear. This releases adrenaline that gets your body to either fight, flight, or freeze. Stress comes in a similar way. When you see a speeding motorbike, your brain does not know if you are in danger, so it feels stressed. You probably won't get hurt but your brain still sees the danger and prepares you for it regardless. This releases different chemicals like cortisol which also prepare you to fight, flight or freeze. Stress activates when the danger to you is unknown which means that you feel stressed more than you feel scared.

Your brain can understand things as 'stressful' even if they are not dangerous for example speaking in an assembly or a test. However, your brain still releases cortisol whenever it feels stressed, meaning you will get a burst of energy. In the short term this can be good as the energy from the cortisol can increase your focus and alertness.

A common time people get stressed is when revising for or doing a test. While you are sitting down the energy is not going to be useful, you are given more energy than you need, and your body becomes overwhelmed meaning you lose focus. Constantly feeling stressed means that your brain is releasing too much cortisol meaning you may not sleep easily, feel irritable, be forgetful and even feel isolated. If you are regularly feeling stressed, the part of your brain that responds to stress gets stronger, meaning you will feel more stressed, faster next time.

Stress comes when you encounter something that might harm you therefore, a good way to manage stress is to see how you are not in danger. For example, practicing tests in exam conditions (not on your bed or a comfy chair) will get your brain used to test conditions and help you see that exams are not threats but a situation you are used to.

Just as we manage a fever, we need to manage stress. Exercise is a way to use that energy so is also good for managing stress. Talking with someone you trust can help to vent your emotions and destress. A good management technique is to sit quietly and do nothing to give your brain a break – that means put your phone down. If the stress comes at the worst time just, breathe in, pause, and breathe out.

Stress gets to everyone, but the important thing is to take the steps so that you can manage how you overcome it.

by Mohammed Kawsar Ahmed Tajwar 12B

Courtroom drama

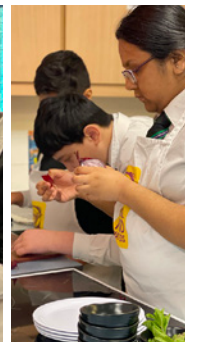
On Monday our Criminology students took on a court case (that mirrored a real life case) and set up a court room to conduct a murder trial. They all took on roles such as CSI, police, lawyers, witness for the prosecution, judge and jury and each played their part very well. The verdict was guilty and the judge delivered a life sentence of 18 years in prison.

The workshop was a valuable part of their unit 3 and helped them to gain knowledge and practice of the processes and rules of a court hearing.



Healthy Food Workshop

On Thursday, a group of students learned how to cook a tasty, healthy dish - cauliflower and onion fritters with salad and raita, in a workshop with charity School Food Matters. They worked in groups of three to grate, chop and mix the healthy ingredients and used the recipe to guide them through the preparation. The results were delicious - a healthy, sustainable dish that they can make at home too!



MATHS PROBLEM OF THE WEEK

Did you manage to solve the maths problem this week?

If $a \times b = 2$, $b \times c = 24$, $c \times a = 3$ and a , b and c are all positive, what is the value of $a+b+c$?

SOLUTION: 10.5

From the three equations we see that $(abc)^2 = 2 \times 24 \times 3 = 144$ and so, since abc is positive, $abc = 12$. Then the third equation tells us that $a = \frac{1}{2}$, the second that $b = 4$ and the first that $c = 6$. Therefore $a + b + c = 10\frac{1}{2}$.