

Executive Principal's and Head of School's News

Year 11 and 13 Half term revision

It was really fantastic to see so many students from Year 11 and 13 in the school over the half term break for revision sessions in preparation for their ongoing public examinations. Well done to all staff who came in and to Ms Scales for her leadership of this.



Surfing in Bristol

On Thursday Mr Stokes and Ms McRill took student to Bristol to celebrate and mark World Ocean Day by surfing and water sports at the large artificial ocean facility they have in Bristol. This was featured on national TV on The One Show!! Wow!

Year 7 Parents' Evening

We were delighted to welcome year 7 and their parents on Tuesday evening. This was a really positive event and it was great to meet parents in person again after the meet the tutor event earlier this year. We look forward to our next parents' evening for year 8 on Tuesday June 20th.



Year 12 experiences

On Wednesday Mr Hibbs took a group of students on a UCAS discovery trip in preparation for writing their personal statements. Additionally, on Thursday a group of students also visited UCL. They were buzzing on return about the prospect of attending one of the world's leading academic institutions.

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

Sixth Form News

On 6th June, 19 Year 12 students attended the UCAS 'Discovery' East London Destinations Exhibition at the University of East London. Our students thoroughly enjoyed the day, after having spoken to several UK University representatives and potential apprenticeship employers. The conference also involved discovering



alternative post-18 pathways and listening to live expert talks. Many of our students have expressed that they now feel more confident heading into Year 13 following this experience.

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.

graph

WOW!

= written/drawn

EXAMPLES

Calligraphy Decorative handwriting.

Choreograph If you choreograph a dance, you plan and write down all of the moves.

Topography Topography is the description of the features of land surfaces

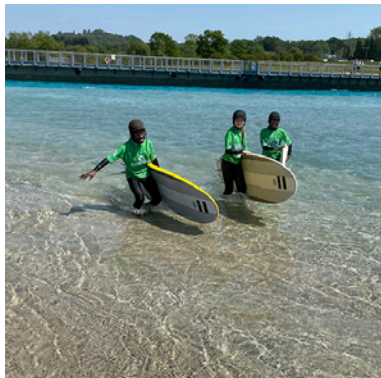
Important message from school Health regarding the recall of Epipens.

Click on the link to read and check if your child's Epipen has been recalled. <https://www.gov.uk/drug-device-alerts/national-patient-safety-alert-class-1-medicines-recall-notification-recall-of-emerade-500-micrograms-and-emerade-300-micrograms-auto-injectors-due-to-the-potential-for-device-failure-natpsa-slash-2023-slash-004-slash-mhra> Please can parents contact their GP for a prescription, to be supplied with an alternative brand and ask them to ensure that they bring one into school as a replacement.

World Ocean Day at The Wave

A group of Year 7 Wellbeing Club students and our TrailFam team went on a fantastic trip to celebrate World Ocean Day at The Wave in Bristol, an inland surfing destination. They absolutely loved their surfing lesson and enjoyed the whole wave experience! The day was aimed at learning about how to protect our oceans and so, as well as surfing, our students helped to paint a mural and learned all about marine conservation. It was a beautiful day and an unforgettable trip. Their day was captured by the BBC's One Show. You can see them enjoying their day on BBC iPlayer:

<https://www.bbc.co.uk/iplayer/episode/m001Impsn/the-one-show-08062023> at 6mins30secs into the show.



Celebrating our cultural diversity

On Friday 26th May MAS School Council celebrated World Day for Cultural Diversity for Dialogue and Development by encouraging students and staff to pin their international connections on a world map. The pin was used to indicate a number of elements: where our families are from, the languages we speak, the kinds of cuisines we eat and many more. The activity was a big hit, and the world map is now a fixture in the Street for everyone to see (and add to) - we now have a colourful reminder of just how diverse and inclusive our school is. The activity was accompanied by a rolling slideshow created by School Council members with facts about lots of different countries, including how to greet one another using the languages spoken in those countries!



Year 7 STEM Academy Robotics

Our Y7 STEM Academy students finished their robotics unit with a competition last Friday. Students were tasked with putting together robots and programming them to draw as cool a shape as possible. In order to do this, students used their maths knowledge to consider the best sizes of angles and sides of their polygons. They also used their coding knowledge from their Python unit and were able to use loops to increase the efficiency of their code. A big well done to all students for completing this unit!



Science Society Trip

On Wednesday the Year 9 Science Society went on a trip to the Royal Veterinary College, ranked the #1 vet school in the world. The students heard from current students and professors at the college about courses offered in veterinary nursing and medicine, as well as biological sciences relating to animals. We then met two very sweet 7-month-old calves who had been brought in from their farm campus. Students learned about the anatomy of the cow and used stethoscopes to listen to their heartbeat and the four chambers of the stomach.

Finally, students completed a bone anatomy quiz where they were able to hold and look at real animal bones and skulls and raced to identify what the bones were and which animal they came from. It was fascinating to see how the femur bone of a giraffe compares to that of humans - it is safe to say that some bones were much heavier to carry than expected!

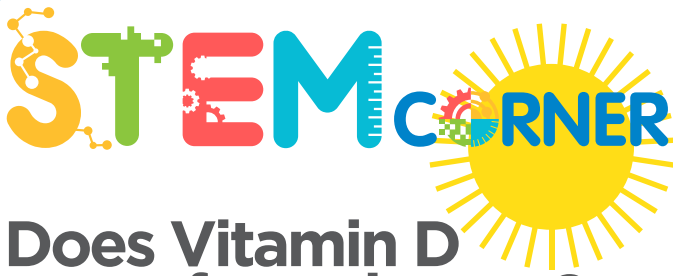
Many thanks to Ted Nicholls, a governor at Mulberry Academy Shoreditch, for setting up such a wonderful opportunity.



MAS Arts Corner

We are very proud of our Year 9 artists Ruben and Jasmine for producing their first public art exhibition. They worked with Half Moon Theatre and UCL University to create a multi-media exhibition about their responses to the Uni Campus. The exhibition included a sound and video installation they had created, a tapestry map with photos and stitching, and an interactive wall where the public visiting the exhibition could engage with their work. This is a very impressive example of students using their holiday time to work on something fun, fulfilling and meaningful whilst also developing employability skills like teamwork, project management and creative problem solving. Congratulations Ruben and Jasmine!





Does Vitamin D come from the sun?

As the days are getting sunnier, I am sure someone has said that they need to get some vitamin D. But I thought you get vitamins from food, how does sunlight give you a vitamin?

Vitamins help to digest minerals that our body cannot. Vitamin D helps to digest calcium and phosphorus which strengthen bones. Vitamin D also strengthens our immune system. Not enough vitamin D can cause osteomalacia ('soft' bones) or rickets (deformed bones) but too much could cause hypercalcemia which is when there is so much calcium in the blood it becomes toxic. Vitamin D is found in the fats in food so it is able to be stored in the body's fats. Vitamin D is in dairy, nuts and fish. This means that your body has a store of Vitamin D when it is needed so vitamin D levels shouldn't be a problem unless you have a condition like osteoporosis or a bowel disease.

So what does the sun have to do with vitamin D? The sun does not give you vitamin D directly. When the sun hits our skin, a type of fat called cholesterol in our skin is turned into vitamin D. It doesn't even take much sunlight for the reaction to happen. In the summer, we get more sunlight that is stronger so more of the cholesterol in your skin will be turned into vitamin D. However, even in the winter there is enough sunlight to give a little vitamin D.

However, Cholesterol is also important for skin, that is why prolonged exposure to sun can cause wrinkling of the skin, eye damage or rashes.

While producing your own vitamin D is good for your health, too much exposure to the sun can be very bad for your health. As I mentioned, it can cause rashes but too much sun exposure can cause Actinic Keratoses (a type of rash) to spread around your body and cause permanent damage to your skin. In extreme cases a skin cancer called melanoma could form.

Therefore it important not to overly expose your skin to the sun. Make sure to use sunscreen and reapply it every few hours. Try to stay in the shade during peak sunlight times at 11am to 3pm in the UK. This does not mean avoid the sun completely but we should take care not to damage our skin. Having a balanced diet means that you should have enough vitamin D and should not seek out the sun.

I guess you are wondering 'why is it called Vitamin D?' and the answer is simpler than you think. Vitamins were discovered to be chemicals that humans need to live properly. Vitamins were named after letters in the order they were discovered. If there is a number after the letter like B3 it means it has a similar function as vitamin B but is a different chemical. K is named after the German word 'Koagulation' which means clotting as it helps blood clot. If you see a number missed out like B4, it means that they are not necessary for a human to live.

by Mohammed Kawsar Ahmed Tajwar 12B

Art club mural

Well done and a huge thank you to Bianca, Jaya, Isabella, Lilly R., Lilly E., Asma, Leeanna, Fatou, Arthur, Rain, Rochelle and H.manoah for planning and painting the mural in the Science corridor. Keep your eyes peeled for what the Art Club will do next!



Year 12 visit UCL

On 7th June, 30 Year 12 students visited UCL (University College London) with Mr Hibbs and Ms Preethi for a specially organised 'aspirations day'. The day was a huge success and has emboldened our students to consider applying to UCL in Year 13. The day involved campus tours, Q+A sessions with current students and talks regarding student journeys, UCAS applications and the history of UCL. It was a great opportunity to get a taste of uni life at UCL. The team were beaming in their praise of our students; some of whom may be studying here in two years' time.



MATHS PROBLEM OF THE WEEK

Did you manage to solve the maths problem this week?

Adam, Bill and Chris went swimming 15 times last summer. Adam paid for everyone eight times and Bill paid for everyone seven times. At the end of the summer, Chris calculated that he owed £30. How should he split this between Adam and Bill so that each has paid the same amount?

SOLUTION: £18 to Adam, £12 to Bill

If each person paid their fair share, each would have paid five times. Therefore Adam has paid on an extra three occasions and Bill has paid on an extra two occasions. Hence the £30 Chris owes should be divided in the ratio 3:2. Therefore Adam should get $\frac{3}{5} \times £30 = £18$ and Bill should get $\frac{2}{5} \times £30 = £12$.