

This

NEWS AND INFORMATION FROM YOUR SCHOOL

Executive Principal's and Head of School's News

Chinese Education Delegates visit Shoreditch in partnership with UCL

Today we had the privilege of hosting a very prestigious group of visitors to the school from China. They were looking at education in state schools in the UK and particularly London! A fantastic opportunity for us and for them to learn from each other.





Year 12 School Council

Thank you to our student council in Year 12 (right) for presenting to our Local Governing Body on Wednesday evening after school and answering questions from Governors around our Sixth Form provision.







Year 11 Prom

What a lovely event - thank you to Mr Collis for leading this event and to Ms Armstrong and Mr Hatton for their help too. Students had a fantastic leavers' assembly with films and photos and then some lovely food and drinks and socialising and dancing.



Year 13 Prom

A happy but also sad occasion for Year 13 students who are leaving us to go on to Universities or Apprenticeships or the workplace. We are so pleased we could give students so really good send off. Thanks to Mr Collis and Mr Singh for their leadership of this event. Photos will be in next week's newsletter.



Year 8 Parents' Evening

Thank you to parents who attended the Year 8 Parents' evening on Tuesday evening - a very positive evenina.

Thank you,

Mrs Ruth Holden **Executive Principal**

Mr Edward Rakshi. Head of School

Sixth Form News

This week year 12 have been busy preparing for their mock exams which are taking place this week and next. They have also started to look at destinations for after Sixth Form and have begun workshops on applying to University and writing their personal

Last week year 12 students went on a trip to Bristol University to learn more about the courses and life on a University campus outside of London. The students had a great time and came back inspired with what they had seen.

Good luck to everyone doing their exams next week, we look forward to more summer term activities and preparing for year 13.



Brentwood Karting Reward Trip

On Friday 140 students from the Mercedes STEM Academy from across the trust went to Brentwood Karting to get a taste of F1 driving! Students had a great adrenaline-filled day full of go-karting, rocking climbing and pizza. We're looking forward to using our new driving skills at the Lotus Hethel GreenPower race this weekend!





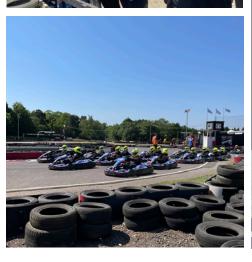
















Year 11 Celebration

Here are some photos from the Year 11 Celebration Event that took place yesterday. Look how wonderful they all look, and so grown up! It was a lovely event and a great way to celebrate their last five years here at MAS.



























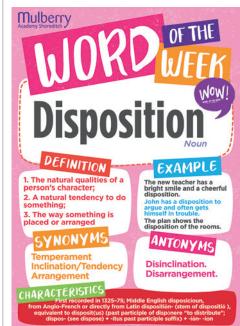


Summer Solstice

In wellbeing club this week students learnt about summer solstice and made flower crowns to celebrate!







STEM CORNER

Chill Out By Mohammed Kawsar Ahmed Tajwar 12B

It is finally summer and along with the heat, summer brings complaints about how it is too hot to think, to sleep or to even go to school. When it is hot our skin is inflamed so we can feel uncomfortable and therefore irritated in the heat so it is important for us to keep cool. Science has many uses in our daily lives but how do we use it to keep cool?

When you touch an ice pack you will feel cold but how does it work? All objects, even solids, move a tiny bit all the time. If they are moving quickly, they generate heat which is given to its surroundings. If you are feeling warm the particles in your body are vibrating fast and if someone touches you, they feel that too. This is because the heat is given to them. When you touch an ice pack you are giving your heat to the liquid inside. As the heat is taken away from you, you will feel cooler. Eventually the ice pack will have the same energy as you and it will feel 'warm' as it is not taking any more energy away from you. This is a basic explanation of how cooling works. In place of an ice pack, our body uses water to take the heat

of an ice pack, our body uses water to take the heat away from us. Water can take in a lot of energy and needs even more energy to evaporate, so water on our skin takes the heat out of our bodies and evaporates producing a cooling effect. It takes the heat from our blood so that cooler blood flows around our bodies.

So if you rinse areas with veins close to the skin like your

wrists, the inside of your elbow and the top of your feet with cold water, the heat from your blood will be given to the water and the cold blood will circulate your body.

It is obvious to drink plenty of water, but when we sweat, we lose minerals so drinking milk or coconut water is also advised. I am sure you are tempted to go get ice cream in the heat however, they contain processed fats and sugars which need heat to digest so to cool down, fruit may be a better option. Fruit high in water contnent especially, like cucumber or tomatoes.

Sleeping during hot nights can be very difficult. As we fall asleep our body temperature drops which makes us feel sleepy but this becomes hard if the outside temperature is too hot. Some people may sleep without any duvet but this disrupts your body's ability to control its temperature. To allow your body to naturally lower its temperature, making you fall asleep, a thin blanket can be used. A thin barrier between your body and the warm air allows your body to maintain its own temperature.

Be sure to seek shade and avoid sun when it is extremely hot and I hope these facts will help you to have a cooler summer.



Great to see Year 7 revising independently for their end of year maths exam

Science Club

Science Club has been having lots of fun lately as the experiments level up towards the end of the year. Recently, students tested the effects of static electricity on their hair using a Van der Graaf generator. The less your hair weighs, the more it will stick up in all directions!



Healthy cooking class

On Wednesday, a group of students learned how to cook another tasty, healthy dish - fish tacos with a delicious salsa, in their second workshop with charity School Food Matters. They worked in groups of three to 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 PROBLEMOF THE WEEK

Did you manage to solve the maths problem this week?

Five identical rectangles fit together as shown. What, in cm2, is the total area which they cover?

Not to scale

SOLUTION: 270

Let the length and breadth of each of the rectangles be a cm and b cm respectively. Then 2a = 3b and a + b = 15. So 2a + 2b = 30. Therefore 3b + 2b = 30, that is b = 6.

So the total area covered by the five rectangles is that of a rectangle measuring $18\ cm$ by $15\ cm$, i.e. $270\ cm^2$.

Well done to this week's winner, Farhana Hossain, 10E