

EASTBROOK SCHOOL

NEWSLETTER



16 DECEMBER 2022

Secondary & Sixth Form

Issue No 1



Merry Christmas



KEY DATES THIS TERM

5th Jan - Return to school (8.40am)
16th Jan - Yr12 Parents Evening
16th/17th Jan - Yr8 HPV vaccine (1st dose)
3rd Feb - Inset day
7th Feb - Yr11 Parents Evening
13th - 17th Feb - Half term
21st Feb - Yr9 Options Evening
27th/28th Feb - Yr9 DTP & Meningitis ACWY Vaccine
21st Mar - Yr9 Parents Evening
3rd - 7th April - Spring half term

PRINCIPLED

RESILIENT

OPEN

UNDERSTANDING

DISCIPLINED



CELEBRATING ATTENDANCE

Highest Form Attendance

8D

Highest House Attendance

Bear



CHRISTMAS DONATIONS

This year the school was donated 95 presents that we allocated to some special students for various reasons. A huge thanks to Miss Corley's for arranging this.



WELCOME FROM THE HEAD

Dear Parents/Carers

Welcome to our first end-of-term secondary and sixth-form newsletter! What an exciting first term it has been as headteacher of this wonderful school! As the term draws to a close, I'm happy to tell you about all the wonderful things happening here. One of the best things about being the headteacher here is meeting and seeing the students around the school. They really are the best ambassadors of our school and made my first term here so exciting.

This has been a challenging time for Year 11, who have just completed their mocks. They have been working very hard, and I wish them well with their results in January. This process is important in helping them practice coping, not just with the exams themselves, but also how to deal with the pressure of exams. We will be doing more work with them in the new year on topics such as how to prepare for the final exams, time management and how to revise. More on that soon.

Year 7 has settled beautifully into school. After getting lost at first (as did I!), it really is joyful to hear their chatter and enthusiasm at being at school.

In November, I was delighted to accompany students from our sixth form who won the Colin Pond Trust Scholarship Awards, where six of our highest-attaining students received certificates and a £300 grant to spend on their 'A' level studies. Well done to Harry, Dylan, Tayo, Tahsin Daniel and Andrew!

Talking of awards, this term, I have introduced the 'Headteacher's Commendation' for students who have stood out and embodied our PROUD principles. These students are picked out by their form tutors and Heads of Year as role models. Congratulations to:

Lily Tapsell (Year 12), Georgina Coleman (Year 11), Temidayo Roberts (Year 10), Charlie Gladden (Year 9), Iannis Bonciu (Year 8) and Alimah Shikdar (Year 7).

Each student received a special certificate, an Amazon voucher, and a badge to mark this achievement. Well done to all of you.

Further congratulations to the Christmas card competition winners, who will receive an Amazon voucher for their efforts. Even better, their cards are the official Eastbrook Christmas cards sent out to our local community and staff. There were so many high-standard entries; my thanks go to all who participated. The winners are Mohamid Vehami and Melissa Hasanaj, both in Year 7 and Victoria Andrian, in Year 10. Well done, and thank you.

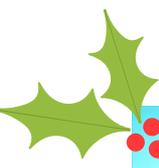
Thanks to all the parents who participated in our parent voice consultations in November. That information is helpful to us; we are listening and need to know what matters to you so we can plan accordingly. Thanks also to those who responded to our consultation on the uniform; your feedback is very valuable. Acting on that, we've decided to postpone reintroducing school shoes until next September. Still, we will be enforcing the other uniform aspects outlined in my letter and on the website (e.g. piercings, hair colour and jewellery). Thanks in advance for your support in this and for helping us to make our school great.

This issue outlines some of the fantastic work that staff and students have been getting involved in, and as you will see, our school is buzzing with activities. Eastbrook School really is going from strength to strength.

I want to wish our whole Eastbrook School community a very restful, safe and peaceful break.

Avani Higgins
Headteacher





PLAYWRIGHT VISIT

We were honoured to be selected by playwright Simon Stephens as one of only five schools in the country to help him research his new play, which will be performed at the National Theatre. Known for the outstanding 'Curious Incident of the Dog in the Night-time,' Simon was CURIOUS to know what our students felt about being 21st-century teenagers living in Dagenham. A selection of fantastic Year 11 students took part in the research group, reflecting on questions such as 'what scares you about the future?' and 'what's one of the best things about growing up in Dagenham?' Simon asked himself one of his questions: 'what excites you about the future?' His answer? "That it is in the hands of the Eastbrook students in this room." We couldn't agree more. And not just the people in the research room with Simon but all of the students who have gone beyond the classroom to enrich their knowledge and experiences this term.

Miss Pearson

YR9 SPACE ARTS CONFERENCE

On Thursday, 10th November 2022, a group of Year 9 students helped to deliver the multi-school borough Inspiring Futures, Iniva, A Space arts conference held at Barking and Dagenham College. The students had previously worked with these cultural organisations and artist Holly Graham to artistically respond to the provocation of identity and wellbeing. They created and shared work at the conference and contributed to empowering and amplifying youth voices within Barking and Dagenham's Race and Social Justice programme.

The students presented their work and helped the facilitators run the conference, leading on aspects such as grounding exercises, mind mapping, and even describing writing! As well as, of course, making meaningful art!

All staff involved were so impressed by the calibre of work, and outcomes have since been published in a book called 'Roots & Routes'.

Well done to you on your fantastic work. We are PROUD!

Mr Nathan – Head of Visual Arts





YEAR 7. CHAPTER 1

The 5th of September 2022 feels like a lifetime ago. Yet, on that sunny day, the air crackled with anticipation. Chapter 1 of 5, possibly 7, at Eastbrook School had begun. 165 gleaming, smiling faces stared at the Year 7 tutor team with eagerness and excitement.

Each student was assigned a form tutor. Forms A to G were ready to start the day.

Students filed in nervously behind their tutors – looking around with mixed emotions. Fortunately, the year 7s had a day to explore everything before the other year groups arrived.

Mrs Bishop - thespian leader of 7G - soon had the largest form, which she handled masterfully.

7A followed their tutor, Mr Goodwin, without a murmur – they knew the geographer wouldn't get them lost.

Mr McKenzie, the legend tutor of 7F and the calmest member of the team, quickly had his form seated and ready to introduce themselves.

Ms Malik, the historian on the team, radiated confidence and had 7C eating out of her hand, smiling and nodding in agreement before the clock struck 10:00.

Ms Soare, the basketball extraordinaire and tutor of 7D, was energetic and commanding when she led her group to her room.

Mr Dos Santos – mathematician and calmness personified – had 7E settled while working out the ratio between the left and right sides of the room.

Mr Dhansey – English specialist and tutor of 7B – had his form lined up and seated before the next act began.

Those first few hours were hectic yet rewarding: ParentPay was set up, timetables distributed, and tours were conducted. But students looked like they needed a good rest.

The whole year group participated in the Arts Award, with many students completing it successfully. All certificates will be given out during the end-of-term rewards assembly. Several of our students joined the older year groups at the Debate Mate launch and are now regular Debaters. Students can still sign up for the Thursday club. We've had sports galore, with boys and girls playing several football matches against local schools – some victorious and others still working on it.

We've had Black Excellence presentations, from which we still need to select the final winners, all of the highest standards.

Two groups, 7G and 7C, presented excellent assemblies on Remembrance Day and for Black excellence. The first of many to come. In English lessons, students select their BookBuzz books, arriving in the new year, providing hours of entertainment, and whisking them off to magical places. Year 7s also had their first parent and carer evening at Eastbrook School. Finding their teachers after only a few weeks at school was no mean feat.

It has been one of the busiest and most rewarding half terms in recent years, meeting the new year 7 cohort and helping them to settle in. We could not have done it without the support of the whole school. Thank you.

Finally, as a team, we would like to thank you, the parent and carers of our year 7s. Thank you for entrusting us with your precious child. We appreciate your continued support and look forward to 2023.





LIFTING CHAMPIONS

This term has seen the powerlifting club grow from strength to strength. Leigha Nelson is leading the way in prepping for her first British finals in April and Ralfs Vackars who qualified for the U18 powerlifting championship. We also may have some other students entering. Watch this space.

YR8 VOLCANOES

Year 8 students were tasked to create models of volcanoes which they were learning about in the 'tectonic hazards' topic.

The students gathered the materials and the paint colours needed to build the volcanoes. They then designed and organised their models and went to work to build some spectacular volcanoes. Seeing our students take ownership of their volcano projects and, more importantly, with great passion and professionalism was impressive.

The exciting part was to see our students bring their volcanoes into their lessons and make them erupt using orange/red dye or cola and mints.

Overall, the year 8 students enjoyed designing and building their volcano models. Well-done everyone. Geography Department



BUSY DEVELOPING COMPUTER SCIENTISTS

In computing, we have been swamped this half term:

Our Key-Stage 3 students have coded new games and created art using Blockly. Students have learned how programs store and manipulate data using numbers or other symbols to represent information. They have also created programs that include sequences, events, loops, and conditionals to express ideas or address a problem that can be solved using a computer.



This student created an interactive dance party.



DECCA AITKENHEAD COMES TO EASTBROOK

On Friday, the 18th of November, we were awarded the opportunity to speak to Decca Aitkenhead, a highly respected British journalist who is also an author and a broadcaster. Decca gave us an insight into her life, how and why she became who she is, and what we can also do to achieve our goals.

At the start of that day, Decca came into Eastbrook and was welcomed by our remarkable prefects. We all introduced ourselves to her, and she also did the same. We talked about our time at Eastbrook and what we wish to do later in the future. In addition, we spent some time comparing our different societal experiences. This was extremely interesting as it made us aware of all the unique opportunities that we have today.

Our conversation was cut short as it was time for Decca to present to the rest of the year group in the weekly assembly. This was where she talked about her job in more detail. Qualifications in sixth form and universities, skills relating to communication, confidence and body language, working in restricted timings, and Deccas encounters with celebrities were all spoken about throughout the assembly. However, the key message of the assembly was to learn how to talk to people and hold a conversation the correct way without feeling weird about it. Some of the pointers she gave were:

Correct your body language and eye contact - when speaking to another person, it is good to remain on the same level as the other person. This is to preserve a sense of equality. Furthermore, it is essential to keep eye contact with the speaker even if they are not looking at you. This gives the reader an incentive to speak more, as you are interested.

Ask questions - we were advised to ask interesting questions that would lead the speaker to say more than they would normally. This includes follow-up questions that maintain the conversation.

The assembly was fascinating and enjoyable as what was spoken about could help improve our daily lives, not only the people interested in going into journalism. Talking to some people in the year group, many of us appreciated hearing about the great experiences Decca had and learning how to communicate better with others, which we do every day.

Afterwards, we prefects spent more time with Decca to finish our conversation and ask more questions. All in all, this was a remarkable experience that we were provided with.

Ibrahim Giwa-Omotayo



A CHRISTMAS CAROL'

Eastbrook Performs 'A Christmas Carol'
Yr 7 and 8 have worked hard with Drama teacher Mr. Walker on the most famous Charles Dickens story 'A Christmas Carol'. A play about a mean-spirited and selfish old man, Ebenezer Scrooge, who hates Christmas.

The show was performed for an audience of Yr7 and Yr8 students during the school day and as an amazing end to a busy term.

We congratulate the students involved for the hard work they have put into their rehearsals over the last few months. Many thanks

Mr Walker & The Performing Arts Department

BONJOUR! HOLA!

This half-term, the KS3 students learned about family celebrations and festivals. Once everyone was familiar with the vocabulary and key expressions related to the topic, they had to learn facts about Le festival de musique in France. Students also watched a video about the province of Quebec to widen their cultural understanding of Francophone countries.

In the last weeks of Term 1, our Y8 French students teamed up with Y7 to design beautiful Christmas cards. They had a fantastic time designing Joyeux Noël (Merry Christmas) and Bonne Année (Happy New Year) cards in French and writing thoughtful wishes. The cards were sent to Care Homes in Canada to wish the elders Merry Christmas and Happy New Year.

The students' generosity has shined through in the making of these French Christmas cards, working hard to put a smile on the faces of the people in the Canadian retirement homes.

Thank you to all who took part in this thoughtful gesture.

Well done to everyone! The MFL team are super proud of you!

Joyeux Noël! Bonne Année 2023

MFL Team





COLIN POND TRUST REWARDS TOP-ACHIEVING GCSE STUDENTS.

On the 17th of November, Ms Higgins and Mr Hickman were incredibly proud to attend the Colin Pond Trust Scholarship Awards with students and their parents, where six of our high-attaining students received their certificates in recognition of outstanding attainment in their GCSEs.

The sixth edition of the annual Colin Pond Scholarship Awards celebrated the top-performing GCSE pupils who have chosen to continue their studies in Barking and Dagenham after finishing Year 11.

Students and their families attended a glamorous event at The Broadway Theatre in Barking, where 64 young people from 13 local schools were awarded a £300 grant each to spend during their A-level studies.

This year's event was sponsored by BD Group, which offers facilities, cleaning and catering services in the borough.

Councillor Elizabeth Kangethe, Cabinet Member for Educational Attainment and School Improvement, said: "The Colin Pond Trust Scholarship Awards is an important celebration in the borough's calendar.

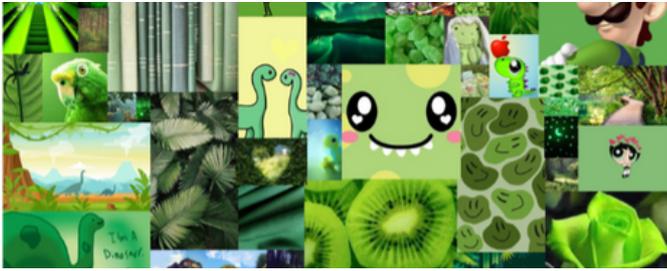
"I'm very proud of all the young people who have achieved outstanding results in their GCSEs and delighted that they have chosen to continue their studies in the borough.

"In Barking and Dagenham, we always ensure we give our students the best education. As a result, we have had over 300 pupils from our schools going to the top 33% of higher education institutions, including Oxford, Cambridge, University College London and Imperial College London.

"I'd like to thank all teachers and staff who played a great part in supporting our students and helping them achieve their goals."

Colin Pond was a councillor in Barking and Dagenham between 1998 and 2001 who had a great interest in education. Before his death in 2001, he left money in a trust to help the borough's young people continue their studies.

Harry, Dylan, Tayo, Tahsin, Daniel and Andre represent the high standards of attainment we promote at Eastbrook along with our PROUD character values, especially Resilience, having had so much disruption to their studies due to Covid 19. Congratulations once again to our winners!



BIKE-ABILITY COURSE

Did you do your bike-ability in Primary school?

Are you interested in doing your level 3?

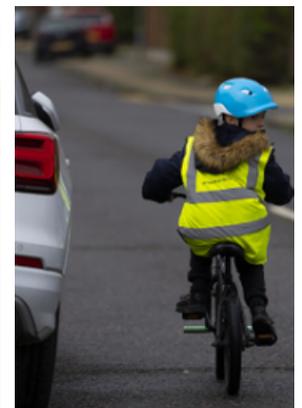
See Mrs Nicholas in PE dept for more details.



YR11 HATS PROJECT

Yr 11 has been developing hat designs for a specific audience, and the standard has been very high. They started creating mood boards which showed a fantastic variety of the student's creative ideas.

They then had to design a hat and complete market research to assess how successful their designs might be. As we advance, they will create brand names and logos and pitch their ideas in a professional presentation.



XTEND PENTATHLON EVENT

Eastbrook pupils from primary and secondary came together to compete in the borough Xtend pentathlon event, and we achieved 1st and 3rd place!! 18 teams took part in the event.

Our 6th form sports leaders and some year 10's also showed extraordinary leadership on the day.

Please congratulate these pupils if you see them in school.



POLITICS IN CITIZENSHIP

Studying Citizenship supports students' acquisition of their legal and moral rights and responsibilities to protect themselves and others. Furthermore, understanding how local and national governments and international agencies operate helps us evaluate how people's resources are utilised.

"Citizenship is an interesting subject with new topics being brought up every lesson, teaching us about the modern world today."

Oscar 10E

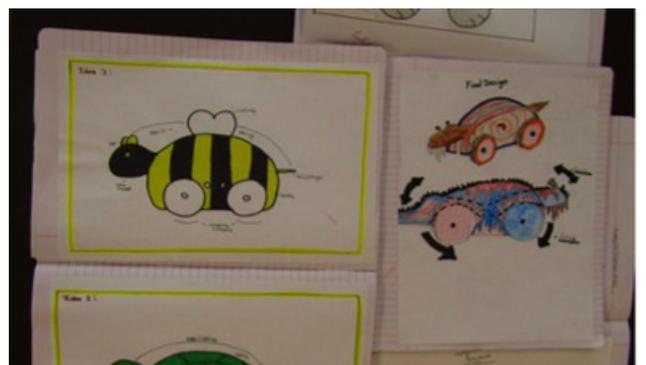
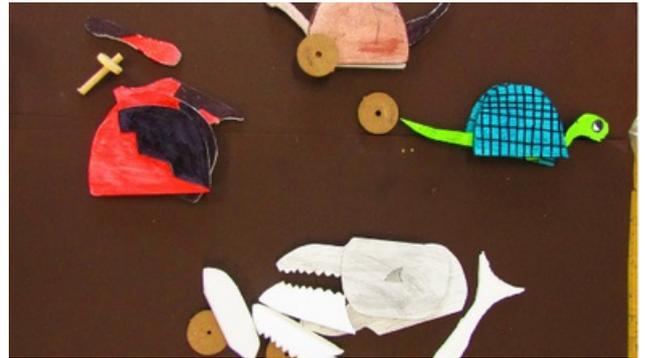
It is very nice and interesting. It helps you to understand laws which is useful now and when you are older" – Elijah 11H

YR 8 MECHANICAL TOYS

Yr 8 students were set a task that involved designing and making push-along mechanical toys. They began by learning about different types of motion before studying levers and linkages. Following this, they researched existing automata, learning how cams and followers can change rotary motion into linear and oscillating motion. They used the knowledge they had acquired to produce a range of creative and imaginative design ideas, which are modelled to test the mechanisms.

Design ideas and work in progress

The students were given plastic and wood to realise their designs and enjoyed using various construction techniques to produce an exciting range of toys. It was pleasing to see them using their problem-solving skills to ensure the mechanisms used within the toys work correctly. The students have produced some excellent pieces of work.





GOOD START TO SOCIOLOGY

An introduction to Sociology is synonymous with learning a new language, opening windows of opportunity for students to apply an array of concepts and perspectives to assess issues that affect their lives.

Year 10

The students have been learning the processes of socialisation linked to cultures, ethnic, gender and national identities.

Year 11

We have used theoretical perspectives to assess the factors contributing to Crime & Deviance.

Year 12

6th Form has resumed, and the cohort has started very well. They have taken on the challenge of applying their sociological knowledge to engage and tackle an issue young people face.

BLACK EXCELLENCE

Eastbrook continues to take pride in facilitating opportunities for students and staff to learn and celebrate the contribution of black people to Britain.

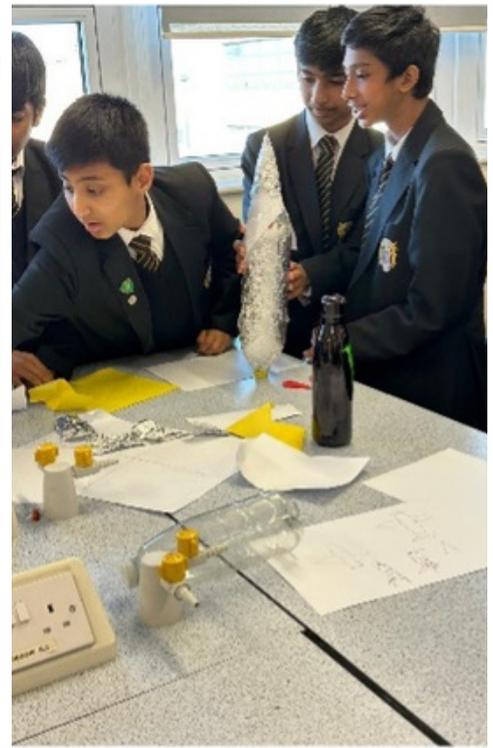
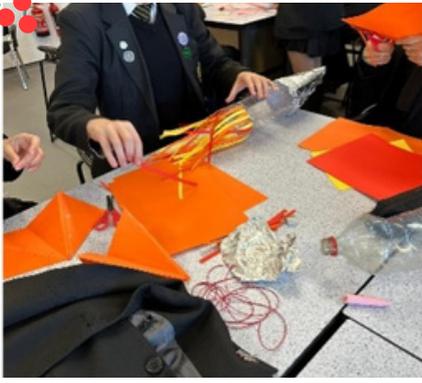
This year, we had Sanchia Alasia, former mayor of Barking & Dagenham, who delivered an engaging and inspiring account of why black history is everyone's history. It was well received during our yr 9 assemblies.

We had the pleasure of welcoming our former student, Anu Adebogun. Currently, Anu is an author, public speaker and doctoral researcher in criminology at Oxford. She delivered her bespoke "Brave" workshops across all year groups.

Thirdly, each tutor group has been involved in an inter-form competition. Some of the personalities they have been researching include Marcus Garvey, Nelson Mandela, and Nanny of the Maroons, responding to the question, "to what extent is the freedom fighter a villain or a hero?" Winners are: 7E and 8A

Finally, the students hosted a concert and disco on Friday, 18th November. With singing, dancing and rapping, Racheal and Regina (year 11) as hosts and Jahdeen (year 8) as selector on the night, the vibes created were electrifying! Amongst the talents performing include Singers: Alexya & Lois (year 8); Jola; Gabriella; Kandi; Alfie; Jack (Year 10); Andrei; Carly; Shelton & David (year 11), and dancers Renee, Racquel (year 10) and Elizabeth (Year 11) showcased Eastbrook has talent and gave performances that represent our school well. So far, we have raised over £200, and the proceeds will be donated to a charity to feed the homeless.





ROCKET SCIENCE

As part of our yr 9 physics investigation, they design water bottle rockets to test how the volume of water inside the bottle affects the speed and height of the rockets. To test this, we built rockets made from plastic bottles and improved their structures with different materials.

Method

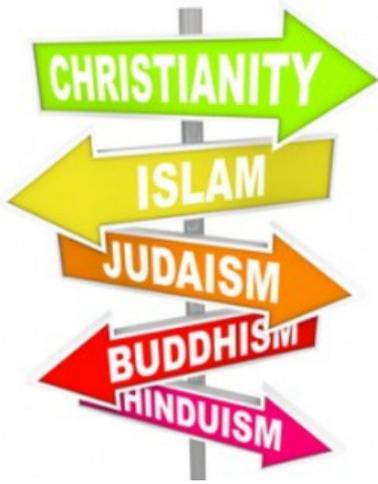
Our first step was to get into small groups of 4-5 and select one water bottle. The teachers then instructed us on how our rockets would be ranked by functionality and the aesthetic of the rocket. This made us focus on the aerodynamics of the rocket we had to build. The main feature of our rocket was to be able to launch higher than the others. So our group decided to use fins to be more streamlined and used cones on the top of the bottles so that the rocket could travel faster. To look aesthetically pleasing, we added colour, and some of us said ribbons to look like fire trails left by the rocket.

After preparing our bottles, we began the launch. We filled around 20 – 50 cm³ of water to allow the rocket to launch upwards using thrust force. We then assembled a stand to hold the bottle up. We placed a cork and valve attached to an air pump through the top of the bottle. As you pump, you can see air bubbling into the bottle. The bottle flew off, leaving a water trail behind and soaking all those nearby!

Conclusion

To conclude, it is essential to note that bottle rockets work through a reaction force pushing the rocket's body forward. The pump is used to build up air pressure in the bottle, which supplies it with enough energy to force water out of the bottle. The cork is then pushed out, and the pressure acts on the water, causing it to eject from the bottle. We can link this experiment to Newton's first and second laws. Therefore, through this experiment, we found out that the speed and height reached by the rockets were affected by the volume of water. We also had lots of fun designing, working as a team, planning, and, most importantly, launching the rockets. We were surprised to see how high some rockets went, but sadly our rocket did not go far as it struggled to stand upright and possibly, we had too much water. Nevertheless, it was fun, and I recommend others try this with their families and friends.

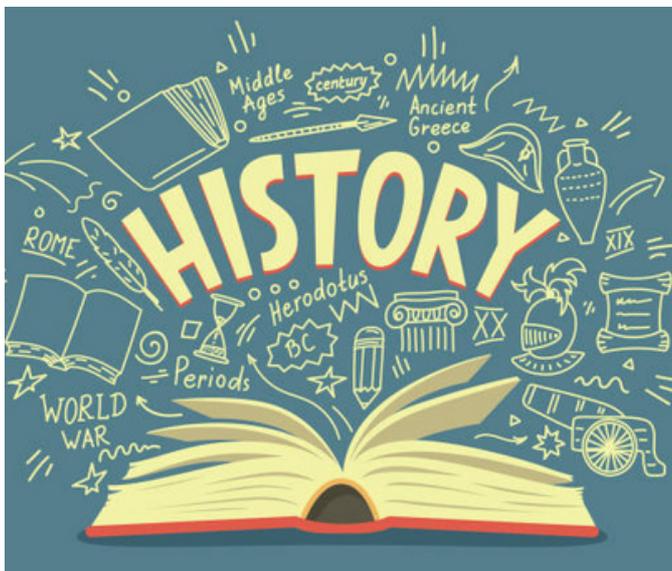
By Wazid Chowdhury



THE WORLD OF ECONOMICS

This term, our GCSE Year 10 students have begun their journey into the world of economics. Students have studied and investigated production, capital, growth, supply and demand concepts. Our students have used their newfound knowledge to research our current climate with discussion around the mini-budget, Brexit, the impact of supply-side policies and the effects of war on the economy.

Our experienced economists in Year 11 have taken a closer look at the impact of government intervention in the market through understanding how GDP is measured, the effects of employment and unemployment on society, taxation systems and the issues around wage differentials. In addition, our students have been able to apply their learnings towards understanding fiscal policies and the impact deflation and inflation have on the UK economy.



RE EXPLORATION

This term, our GCSE students have explored the religion of Christianity. They have investigated various interpretations of Jesus Christ, the theological arguments for the Trinity, the parables and miracles of Jesus and the Christian ethos towards life and death.

Students have also debated the inferences from biblical quotes towards Christian practices, such as the seven sacraments and worship.

As we head into the festive seasons, an inquiry into the symbology and mythology of Christmas will be delved into with class discussion, debates and artistic expressions.



THIS TERM IN HISTORY

This term in history there has been a flurry of activity in KS3 with Year 7's coming to grips with historiography and the challenges of leadership and rule. A topic particularly relevant today. Year 8's have been investigating the Early Modern Period, exploring the rules of Queen Elizabeth I and King James I. They were particularly interested in debating the idea that the Gunpowder Plot of 1605 was a false flag situation. The Year 9's have been studying the concept of empire and how this led to World War One, where approximately 20 million tragically died in a war, fought for questionable causes.



Y10 EXPERIENCING CHILDHOOD

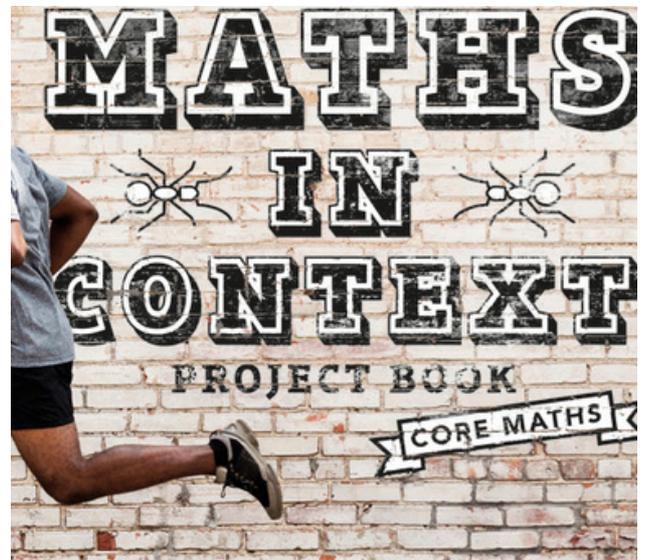
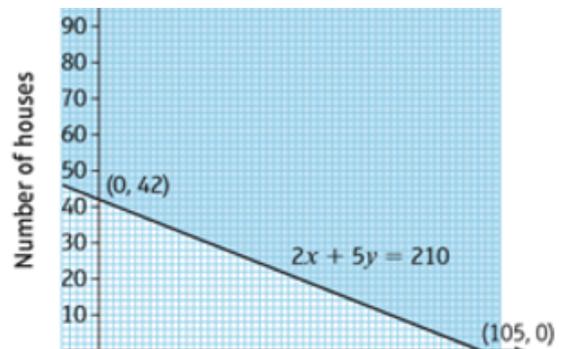
Child development has proven to be a popular option this year. Ms Soare has joined the team to deliver fun educational lessons this term. Students have learnt about how children aged from birth to 5 years develop and the factors that can affect development. Year 10 have had great fun being young children again, playing with toys, singing nursery rhymes and experiencing disabilities such as visual impairment.

CORE MATHS LAUNCHED

Eastbrook School launched Core maths at the start of this academic year to a group of Year 12 students. It is aimed at students who want to study maths further but do not want to take A'level maths.

Modules would be covered over two years, and a final exam to be written in Year 13. The qualifications are equal in size, have the same UCAS tariff points as an AS-level qualification, and are graded A-E.

Core maths is about problem-solving involving applying and comprehending mathematics in context.



WALK TO SCHOOL WEEK

Pupils have been monitoring how many pupils in their class have been walking to school. Pupils that walked to school three times or more in a week received a badge for their achievement.



Dear parent/ Carer,
As we continue through this cost of living crisis, some families are under more financial burdens and pressure. As our children grow, purchasing school uniforms can be an increased strain on tight budgets. To help our families, we are asking whether your children have grown out of or no longer need any school uniform items. Uniforms from the list below would be most helpful

- **Blazers**
- **Tie**
- **Jumpers**
- **PE Kit**
- **Coats.**

Any spare items of clothing can be handed to the child's head of year or the school office over the next week. We will then offer these to families to help support them after Christmas.

Thank you in advance



REVISION AND RECALL

Revising key topics and units are imperative in all subjects. You can find some revision and recall strategies below to assist you:

- Mind maps – help to organise ideas and identify connections.
- Flashcards – condense information and notes on a specific topic; put a question on one side and an answer on another; learn key quotes from each chapter or character.
- Rhymes/ stories/ mnemonics - create a rhyme or short story to help you remember key information and quotes. Some students find it useful to record themselves and then play this back to help retain facts.
- Post-it notes – summarise information and dot these around in places you often visit so that recall is consistent.
- Work through past questions and practice papers by either planning for them or answering them in the time you will have in an exam.



REMEMBER TO

- Break up revision time so that you are working in small manageable chunks.
- Give yourself rewards to keep you motivated.
- Take regular breaks.
- Eat and drink well to boost your energy.
- Establish a routine that works for YOU.