



# Ernest Bevin Academy

The best in everyone™

Part of United Learning

## Newsletter



Spring Term | Thursday 29th February 2024



Dear Parents and Carers,

Spring is nearing and I hope everyone is looking forward to warmer and lighter days. As we embrace the onset of Spring, it is a crucial time for our students,

particularly those who are preparing for their A-levels and GCSE exams. We encourage them to stay focussed, utilise all the resources available and approach these assessments with confidence.

This month, our Purple Ties have undertaken mock exams. We are pleased with their approach as they provide them with real-life experience of how the exams will unfold in the summer term.

As usual, our students have been busy with their co-curricular activities. We are very proud of our students who took part in the UKMT Maths challenge, with eight of them picking up silver

and gold awards for their excellent performance. In table tennis, we have two students progressing to the London schools' final in May.

Furthermore, we extend congratulations to Vice Principal Ms. Patel for participating in a charity sleep out for a night to raise funds for the homeless charity, Centrepoint.

We are also excited to share the enriching experiences our students had during their recent trips to both Cambridge University and the American Embassy in honour of Black History Month. These opportunities allowed our students to delve into significant historical and cultural contexts, broadening their understanding and appreciation.

Thank you for your continued support in our students' academic and personal endeavours.

Ms Dohel,  
Principal

## Key Dates

**PLEASE NOTE - 6th March: INSET Day - School closed to ALL students**

**8th March: Year 8 Parents' Evening**

**8th March: Year 6 Offer Evening**

**20th March: EAL morning**

**21st March: Year 11 Parents' Evening**

**28th March: End of term - students dismissed 12.30pm**

## Principal's Breakfast This Month



100% Attendance and exceptional behaviour

# School News

The UKMT Intermediate Maths Challenge took place on 31st of January 2024, drawing participation from many students across the United Kingdom. This annual competition is a platform for young mathematicians to showcase their problem-solving skills and mathematical prowess. The event featured a series of challenging questions designed to test the participants' critical thinking and analytical abilities. Ten selected EBA students from year 10 and 11 represented the school this year with eight students picking up Silver and Gold awards for their excellent performance.

The UKMT Maths Challenge, organised by the United Kingdom Mathematics Trust (UKMT), is a prestigious competition that has become an integral part of the academic calendar for students passionate about mathematics. It consists of a 60-minute, 25 multiple-choice question paper, and the Intermediate level, intended for Year 10+ students, aims to nurture mathematical talent and encourage students to delve into advanced problem-solving and apply mathematical concepts to real-life situations.

One of our students has won a place on 63rd National Mathematics Summer School. Well done to Muhammed, 11MMS for achieving this amazing feat.

Following the Intermediate Maths Challenge, the Grey and Pink Kangaroos represent subsequent rounds, each lasting 60 minutes and comprising 25 multiple-choice challenges. Participation in the Grey and Pink Kangaroos is either by invitation based on a qualifying IMC score or through discretionary entry. Well done Ahmed, Mohamed, Roshaan, Haris, Ridwan, Muhammed, Farhat and Zakir for this achievement.



Well done Muhammed

Workers digging a tunnel for an underground railway complete 5 metres of tunnel on a typical day. Working everyday, how long will it take them to dig a tunnel of length 2 kilometres?

- A) three months
- B) six months
- C) just under a year
- D) just over a year
- E) nearly two years

## Question to try!

(taken from the 2022 UKMT Intermediate Maths Challenge)

## Student Stars



## Congratulations

### Best Uniform

We expect all our students to be dressed smartly. We would like to celebrate the following who have received best uniform awards this month.



Charlie Year 9

### 100% Attendance

We expect 100% attendance for all our students to help them attain their best results at school. We would like to celebrate the following who have received 100% attendance awards this month.

100%

Zubair Year 9 & Yaseen Year 7

# Staff Stars



Last Friday Ms Patel finally took part in the London Sleep Out 2024 challenge along with 80 other people. She slept at Kachette in Shoreditch, home of the original ticket hall of Shoreditch Railway Station.

Raising funds on behalf of EBA for Centrepont, we managed to raise £474.39, and we are fourth on the Justgiving teams contributions league table. A massive well done to everyone!



## Request

The Eco-team still needs milk bottles to be able to build an igloo. Please send us your 2 litre milk bottles washed and complete with lids once you have used them.



## Fundraising



This is the final year for our Purple Ties and they have now started fundraising for their graduation. If you are able to help please use the QR Code or click [link](#)

Thank you!



# Year 9 Immunisation



Hounslow and Richmond  
Community Healthcare

NHS Trust

**Trust Headquarters**

Thames House  
180 High Street  
Teddington  
TW11 8HU

Tel: 020 8973 3000

Date: January 2024

Dear Parents/Guardians,

**Your Year 9 child's Teenage Immunisations are now due.**

This includes TWO single injections; if you would like further information, please visit [www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations) or a leaflet can be collected via the school.

The two injections are:

- The Diphtheria, Tetanus and Polio (Td/IPV)
- Meningococcal ACWY (MenACWY)

There is an opportunity to have the MMR vaccine BUT ONLY IF THEY HAVE not had two doses as a young child:

- Measles, Mumps and Rubella vaccine (MMR)

Please discuss these vaccines with your child and use the link provided to access the electronic consent form [Hounslow and Richmond Community Healthcare NHS Trust \(hrch.nhs.uk\)](http://Hounslow and Richmond Community Healthcare NHS Trust (hrch.nhs.uk))

Please complete one consent form only for each child to ensure your child receives their vaccination.

Our team will visit your school on: 12<sup>th</sup> March 2024

Please complete the consent form even if you decide you do not want to vaccinate your child this year. Completion of the consent form is not mandatory if you do not want your child to be vaccinated. However, as providers of the school age vaccinations, NHSE requires that we provide numbers of parents that do not consent to their child being vaccinated.

Therefore, we will only use this information to provide numbers of parents declining consent, no other details will be shared. If consent forms are not completed, you may be contacted by phone or text. If you have returned a no consent, we will not make any further contact this year. Please see our privacy notice if you require further details [www.hrch.nhs.net](http://www.hrch.nhs.net)

In the absence of a signed consent form from parents, we will invite the young person to self-consent for the above vaccinations providing they can demonstrate understanding of the vaccinations due. Ultimately, the decision to consent is the young person's choice, providing they understand the issues involved in self-consent. This is in line with the Gillick Guideline Competence.

If you have any queries, please contact the relevant immunisation team below.

Wandsworth Schools: [HRCH.immunisationmailboxwandsworth@nhs.net](mailto:HRCH.immunisationmailboxwandsworth@nhs.net) Tel: 0203 903 3374

Yours sincerely,  
Immunisation Team

Please sign up at: <https://sav.hrch.nhs.uk/dtp/2023/wandsworth>

# Trips

## Tate Britain - Art GCSE

Our Purple Ties visited Tate Britain this month to gather information and sketched artwork to enrich their portfolio development for their GCSE course. The visit aimed to provide them with firsthand exposure to diverse artistic styles, techniques and historical contexts. Students explored various galleries within the museum, engaging with artwork spanning different periods and genres. Through this experience, students gained inspiration and insights to inform their own creative endeavours as they progress towards their GCSE examinations.



## Battersea Power Station

This month our final set of GCSE Geography students took a visit to Battersea Power Station and the Nine Elms redevelopment as part of their curriculum. We are pleased to be able to help our students meet their subject targets with field trips and would like to thank all staff involved in these trips.



# Education with Character - American Embassy

As part of the Education with Character programme at EBA, we were invited as special guests to the US Embassy for a special Black History Month screening.

*"We went to the US Embassy in Battersea and saw lots of pictures of famous politicians in America. We watched a film about Rosa Parks and what she did to stop segregation. It was very interesting and informative as it showed us what life was like for African American people facing segregation in the 1960s. We were also told about how much impact she had on society. When she passed away in 2005, a statue was made to commemorate her. The trip was good overall, I enjoyed it a lot because of how much we learnt about the history of African Americans."* – Azan



*"During our school trip to the US Embassy, we watched a film about the life of Rosa Parks, which was very informative. We learnt about how she dedicated her life to fight for equal rights for African American people in the USA, and her legacy worldwide."* - Mohammad



*"Today, we went on a trip to the US Embassy. The Embassy was large and aesthetically pleasing, featuring a fountain pouring into a body of water, a unique design, and an overview of London's landmarks such as the London Eye.*

*Once we passed through security, we entered the main building of the Embassy. The staff were friendly; they all greeted us and provided access to snacks and refreshments. After settling in, we were directed to the room where the movie was being shown. Upon entering the room, we received an introduction from two American staff members who explained what we were about to watch and why it was significant to them. The movie we watched featured the famous African American woman named Rosa Parks.*

*She became famous due to the Montgomery bus boycott, a time when African Americans were not granted the same rights as white people. Rosa Parks disagreed with this and decided to sit in the white section of the bus. When confronted about her action, she refused to give up her seat to a white individual, leading to her arrest. The movie then depicted how she faced oppression while growing up and her constant resilience. The film lasted for two hours, after which we returned to school."* - Jevorhn

# Careers

## Diversity Day at Cambridge University

This month, we were invited to visit Downing College, University of Cambridge as part of the Naz Foundation Diversity Day. EBA students met Downing College student ambassadors who shared insights into student life including their schedules, experiences of their subjects, and their involvement in Cambridge traditions and societies. Dr Kamran, an Admissions tutor, hosted an engaging Q&A which covered application tips and introduced 'Supercurricular' activities, a great way of demonstrating a passion for their chosen subject. A guided tour of the beautiful college campus showcased the study and recreational spaces, allowing students to visualise university life. Finally, students gained valuable information on student finance and support opportunities.



## Howden Careers Talk

Our Sixth Form students were visited by Howden Insurance in February for a careers talk about working in insurance and apprenticeships, proving to be extremely useful. Our students were extremely eager and asked numerous questions about the world of insurance, with one student inquiring about car insurance as they had recently passed their driving test. Some of our inquisitive students were also rewarded with Howden merchandise! We extend our thanks to all involved and to Matt Hillier and Woj Olejniczak for taking the time to speak to our students.





# Exams Focus - Learning Strategies

This month we continue our exam focus, helping our students prepare for exams.

Learning strategies are crucial for effective exam preparation as they can significantly enhance comprehension, retention, and recall of the material being studied. Here are some key reasons why learning strategies are important for exam preparation:

## Optimising Study Time:

Learning strategies help students make the most of their study time by focusing on techniques that are proven to be efficient and effective. Rather than simply re-reading materials, strategies like spaced repetition, active recall, and interleaved practice allow students to consolidate their learning in a shorter amount of time.

## Enhancing Understanding:

By employing various learning strategies, students can deepen their understanding of the material beyond surface-level memorisation. Techniques such as summarisation, elaboration, and teaching others help students make connections, identify

patterns, and grasp complex concepts more thoroughly.

**Improving Retention:** Learning strategies promote better retention of information over the long term. Methods like spaced repetition ensure that material is reviewed at optimal intervals to strengthen memory recall. Mnemonics, visualization, and association techniques can also aid in remembering key facts and concepts.

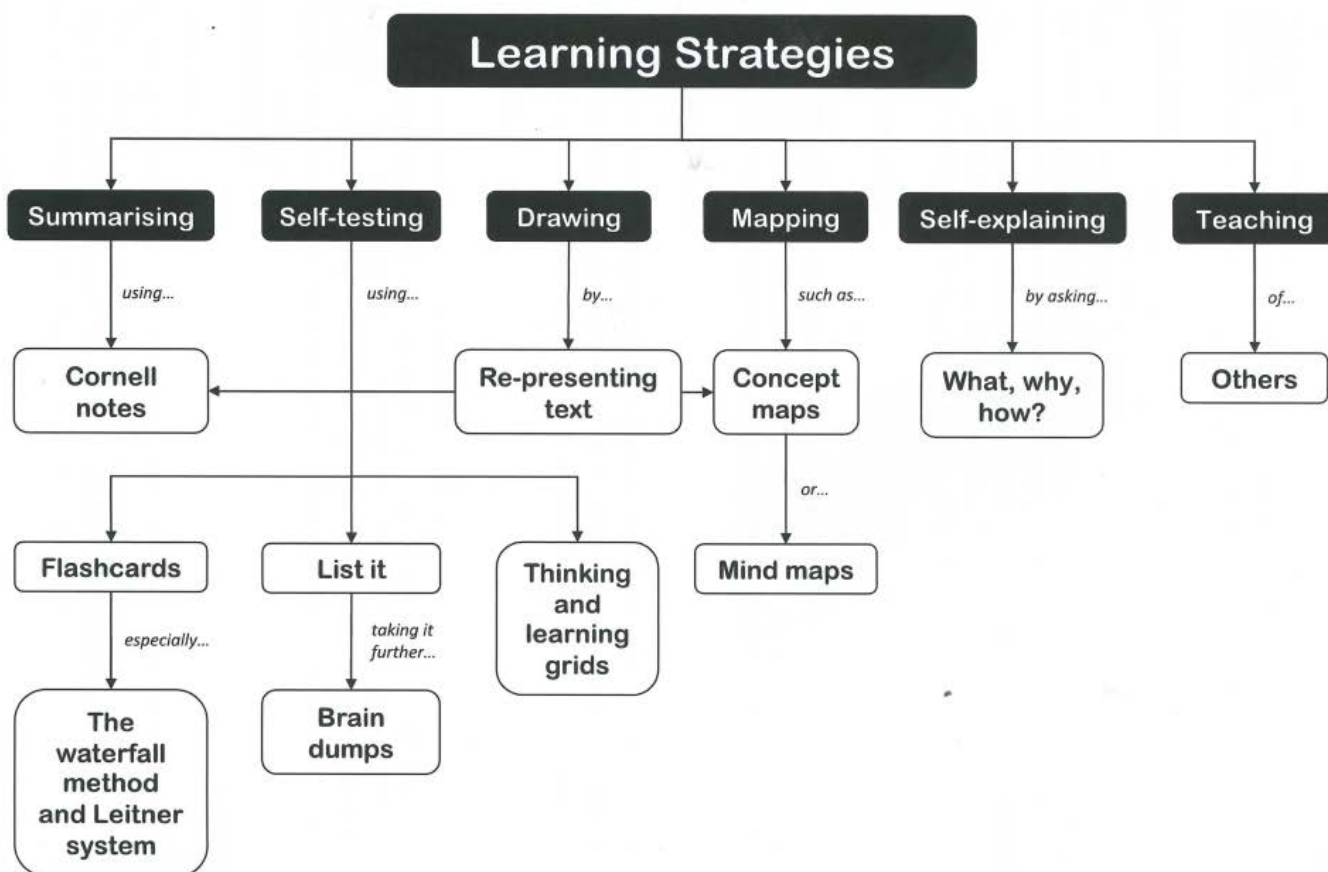
**Reducing Test Anxiety:** Effective learning strategies can help alleviate test anxiety by boosting confidence and preparedness. When students feel more confident in their ability to recall information, they are less likely to

experience anxiety or panic during exams. Strategies like practice testing and self-quizzing can help students build confidence in their knowledge and skills.

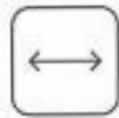
## Increasing Performance:

Ultimately, learning strategies can lead to improved exam performance. By employing evidence-based techniques tailored to their learning style and the nature of the exam, students can achieve higher grades and better outcomes.

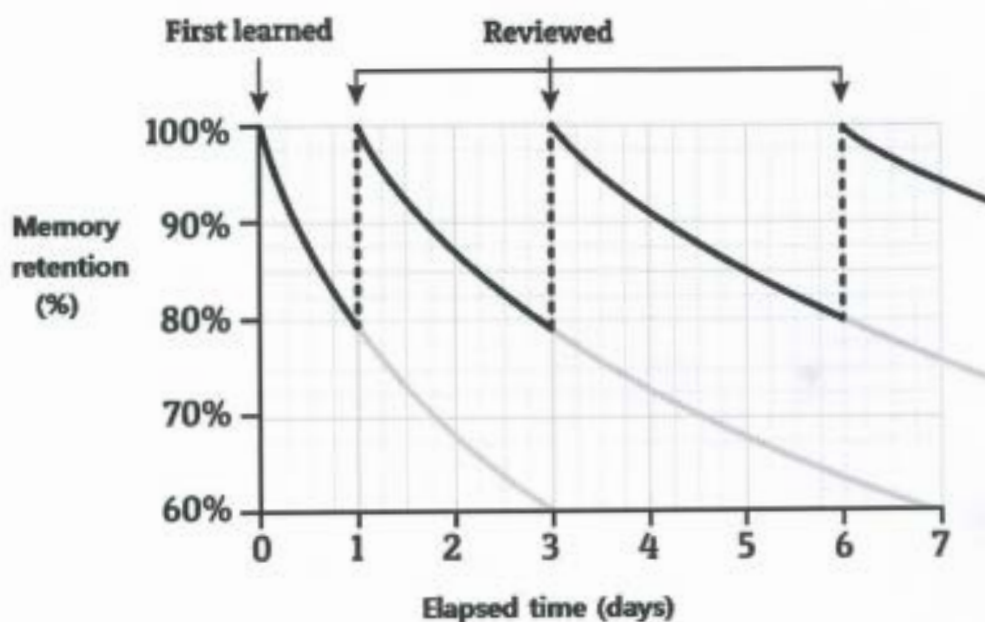
Additionally, mastering learning strategies fosters lifelong learning habits that extend beyond exam preparation and contribute to academic and professional success.



## Space out your learning on a subject



Spacing out your learning over time is far more effective than last-minute cramming. This is based on research into how we forget and how we remember. The speed at which we forget something will depend on many factors such as the difficulty of the material, how meaningful it was to us, how we learned it and how frequently we relearn or remember it. The last factor tells us that when we learn something for the first time, we need to review it quickly afterwards. The more times we force ourselves to remember something, the longer the gap between reviews, which the diagram below illustrates nicely. The Leitner system and Cornell Notes mentioned earlier provides a wonderful way of achieving this, but the principle applies to all of the learning strategies mentioned in this booklet.



## Don't study one topic at a time – mix it up!



It's better to jumble up your learning within a subject instead of focussing solely on one topic at a time and block studying that. So, rather than studying AAA BBB CCC (each letter represents a topic within a subject), there is a significant benefit in approaching it as, say, ABC BCA CAB because you're more likely to see connections between topics, which will result in a better grade.

## A final self-testing and self-explaining tip – 'Just a Minute'



Based on the Radio 4 show, you must talk about the given concept or topic for a minute without pause, hesitation or repetition. As a result, you'll quickly discover how well you know the subject while also consolidating the knowledge and understanding you retrieve from your memory.

# 15 ways to improve memory

by @inner\_drive | [www.innerdrive.co.uk](http://www.innerdrive.co.uk)



Writing things down



Chunking

BTW  
KISS OMG  
S.C.U.B.A.

Acronyms



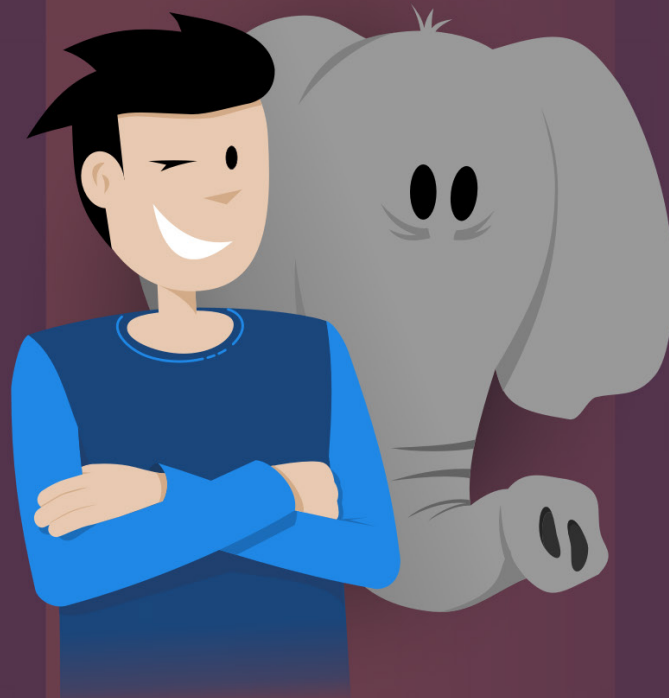
Practise, practise, practise



Superior focus



Test yourself



Silly sentences



Teach it to someone else



Drink water



Read more



Little and often



Make it a story

Blah, bla  
ah, blah,...

Say things out loud



Ask why



Get enough sleep

# 10 tips to prepare for your first exam

by @inner\_drive | [www.innerdrive.co.uk](http://www.innerdrive.co.uk)



**1** Space out your learning



**6** Avoid looking at your phone



**2** Test yourself



**7** Surround yourself with positive people



**3** Schedule in time for yourself



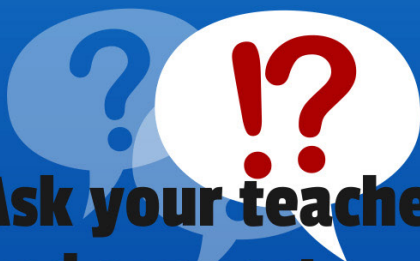
**8** Use positive self-talk



**4** Exercise regularly



**9** Get enough sleep



**5** Ask your teachers and support system for help



**10** Visualise yourself in the exam hall

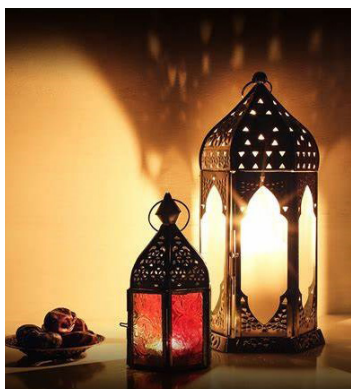
# Extra Curricular - CCF

Last Saturday our CCF cadets took part in a special training day at the City of London Freeman's School (Ashsted). This day was a great opportunity for our cadets to gain new training skills in the field.



# Ramadan

With Ramadan fast approaching we want to support students to maintain a school routine by advising those choosing to fast to stay hydrated during the evening and night to help reduce symptoms such as dizziness and headaches during the school day. As Eid-al-Fitr falls during the school holidays we would like to note that **we are unable to authorise absences** during term time relating to Eid celebrations.



## Managing School and Ramadan

### Managing School

#### Work Harder, Not Smarter

- Strategize: run the numbers
- Categorize your work by priority
- Find shortcuts, if any
- Find support from classmates
- Get rid of time-wasters & distractions
- Address any standing issues

#### Support from Teachers/School

- Your teacher as a resource
- Request alternate times for exams
- Other school resources

### Managing Ramadan

- The minimum acts are solid
- Intention, intention, intention!
- Plan realistic Ramadan goals
- Support from family

# Sports Round-up

## Football News Inter-School Competition



Goal scorers - Maliki, Pawel and Joseph. Man of the match Pawel

It was a good encounter between our Purple Ties and Southfields Academy in a match that saw EBA come out 3-1 winners.

A composed defence consisting of two Green Ties (Pawel and Naphi) helped secure a well earned three points, with some excellent performances from Samuel, Ibrahim and Colby.

Goals from Pawel, Joseph F and debutant, Maliki S.



# Extra Curricular - Table Tennis

We competed in the Central London Jack Petchey school finals on the 8th of February with six students attending the tournament. This tournament was the qualification for the All-London schools table tennis finals in May. The under 13s played well but unfortunately did not manage to qualify this time.

The under 18s tournament was different; all of the round-robin competitions were very even, and we are pleased that 2 of our players have qualified for the London school finals in May. Harishanth (Purple Tie) ended up with a bronze medal, and the most rewarding achievement was that he beat the eventual winner in the last match 3-2. N'fa (Year 13) finished 4th, so he also qualified for the London schools' finals later in May this year.

Well done everyone who took part!



This half term, Greenhouse ran a very successful holiday table tennis camp at EBA, with an average of 20 students attending over the course of three days. On the last day, they held a cup tournament, and the results are as follows:

Winner: N'fa, Year 13

Runner up : Bryan, Blue Tie

Third place : Ben, Purple Tie



Well done Ben, N'fa, and Bryan



# Well being

Mr Kay, our well being lead, organises several talks from external agencies over the academic year. This month Purple Ties heard talks by the CWP (Child Wellbeing Practitioners) programme.

Child and Young People's Wellbeing Practitioners (CWPs) work with young people and parents/ carers using guided self-help over the course of six to eight weeks.



# Community News



**Saj (Naz Foundation), Year 5 Fircroft Students and Hina (Naz's daughter)**

Local primary school, Fircroft, has introduced a house system. One of their houses is named after the late former Ernest Bevin Headteacher Naz Bokhari. Naz became the first Muslim and Asian headteacher of a British secondary school when he took over Ernest Bevin in April 1985. He served as headteacher for 17 years at Ernest Bevin and was Mayor Sadiq Khan's headteacher.



# Swimming Pool

We are very fortunate to be one of the few schools in Wandsworth to have our own 25m length swimming pool, which is used to enable our students to swim as part of their P.E curriculum. Our swimming pool letting business is very popular, and we rent our pool to various community groups, including independent schools in the area. A swim coach from Finton House commented that he is impressed with our facilities, and that EBA enables them to compete in swim challenges. The school came 4th in a recent swimming league meet, an amazing achievement, especially as they were the only school to compete without access to their own pool. Our lettings revenue provides an important supplement to the school's government income, enriching our students' academic and pastoral lives during their time at EBA.



# Alumni Visit



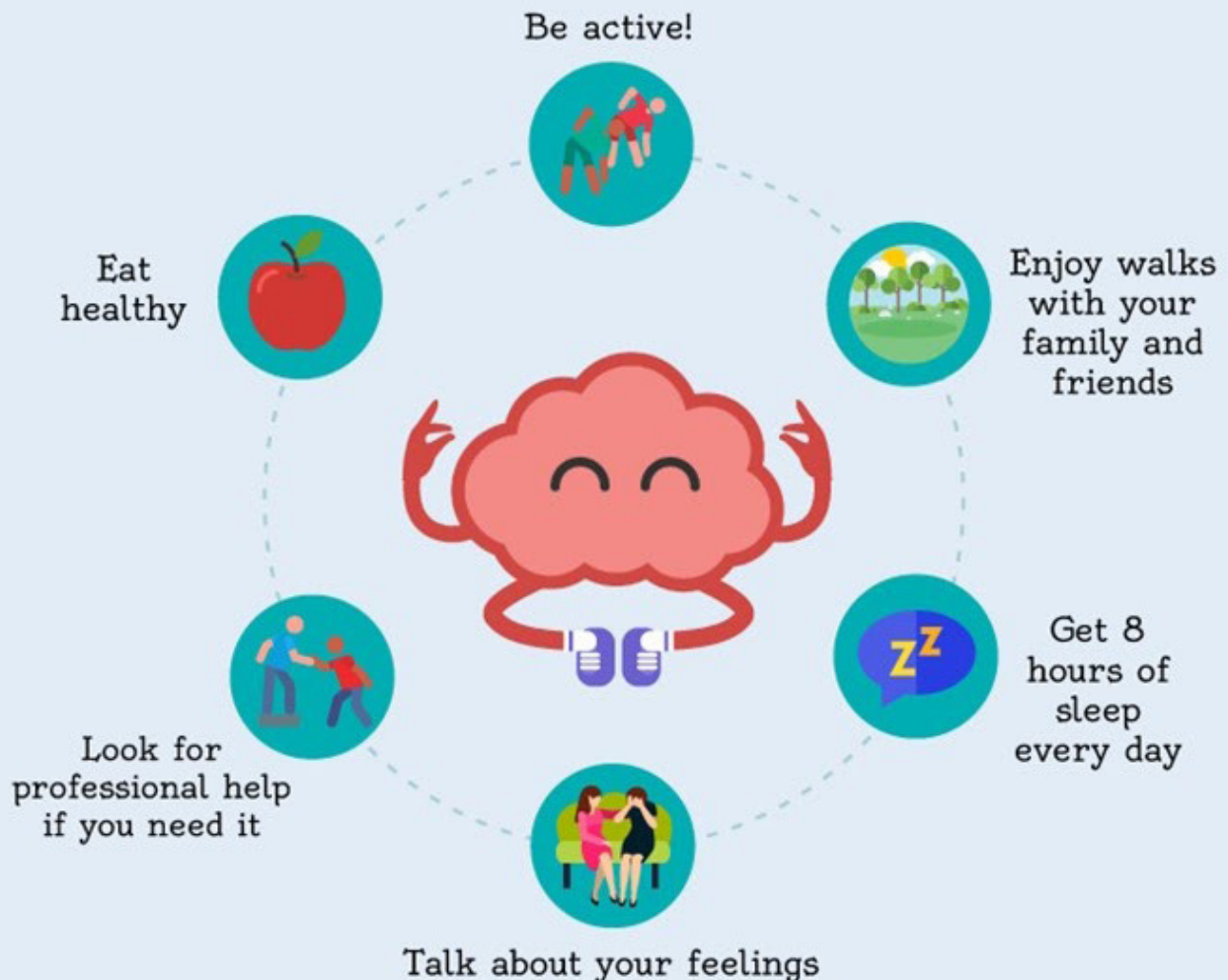
Mr Kilner was treated to a visit from former Green Tie Malakai. Malakai is now attending The Brit School. Malakai says he is missing EBA and his friends, but is enjoying the fact that he has lots more drama classes! Good luck Malakai for the future.

# Student Support

Children's Mental Health Week 2024 took place from 5-11 February. Place2Be launched the mental health awareness week in 2015 to empower, equip and give a voice to every child in the UK.

Now in its 10th year, their goal is for no child or young person to have to face a mental health problem alone.

## Tips for a good mental health



# PRACTICAL WAYS STUDENTS CAN LOOK AFTER THEIR MENTAL HEALTH EACH DAY



Wake up and practise some deep breathing



Write down 3 things you are grateful for



Speak to someone about how you are feeling



Engage in a thought diary



Write down a list of your worries



Challenge unhelpful thoughts



Schedule in some fun activities in your week



@BELIEVEPHQ



Let people know how you are feeling



Engage in something you are good at



Surround yourself with people who make you happy



Eat a well balanced diet



Do something that makes you feel proud



Keep yourself active throughout the day



Get a good nights sleep



Close your eyes and imagine being in a safe place



Disconnect from social media



Disconnect from technology



Catch up with a friend



Practise some meditation



Use all your senses to engage with an activity



Practise some progressive muscle relaxation



Listen to music that relaxes you



Practise postponing your worries



Problem solve to overcome a worry



Identify your thinking errors



Remind yourself of your achievements



Identify a list of all your strengths



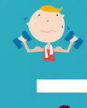
Identify how you can use your strengths in your day



Go for a long relaxing walk



Volunteer at a local charity



Engage in some exercise

Join an exercise group



Take a break from what you are doing



Focus on the present. Stay in the here and now



Practise self care (E.g. have a bath)



Assess your feelings each morning when you wake up

# Parent Notices



## Parking Notice - Polite Reminder

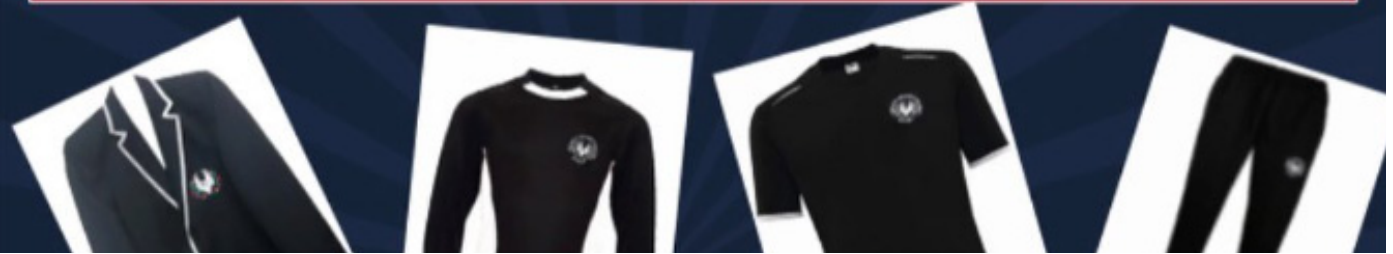
We kindly request that you refrain from parking on the single yellow lines outside the school premises. We've received complaints from local residents about this issue and it is causing significant concerns. Not only does it inconvenience our neighbours, but it also poses a safety hazard by blocking emergency exits and impeding access to car parks. Your cooperation in adhering to parking regulations outside the school is greatly appreciated and will contribute to a safer and more considerate environment for everyone.

## What is Good Attendance?



PLEASE DONATE YOUR PRE-USED GOOD QUALITY UNIFORM

# UNIFORM DRIVE



## Pre-loved Uniform Wanted

If you are having a clear out over the holidays, please can you donate any good quality clean outgrown uniform via the collection drum in reception or ask your son to bring the uniform items into the main office. We are keen to help families and the environment by finding homes for outgrown uniform.

Everything from ties to PE tops are welcome! We are particularly keen for large trousers.

## Discontinued Uniform

We have discontinued uniform for sale intended for use in out-of-school activities ONLY. If you would like to purchase these items, please refer purchase via ParentMail

	32/34	34/36	38/40	42/44	46/48
<b>Qtr Zip Training Top</b>	7	8	9	10	10
Price	£10	£10	£10	£10	£10

	9 to 10	42/44	46/48
<b>Tech T-Shirt</b>	2	8	1
Price	£7	£7	£7

	34/36	38/40	42/44
<b>Track Bottoms</b>	2	10	8
Price	£9	£9	£9

# Community Notices

If you have a community notice that you would like us promote, please email [mail@ermestbevinacademy.org.uk](mailto:mail@ermestbevinacademy.org.uk) for details.

Following shared communications from the Metropolitan Police last month regarding health harms of contaminated vapes, more information has been shared by the Department of Health Improvement and Disparities.

Forensic testing has confirmed the presence of synthetic cannabinoids in some vapes (commonly referred to as 'spice') resulting in significant health harms to young people.

An incident involving five young people aged 14-16 on 29.01.24 took place in Greenwich. The incident resulted in hospitalisations with relatively serious health harms - the vape was a blue and purple coloured rechargeable device labelled 'Vapresso', which held blue liquid residues within a clear plastic chamber of a silver and black cartridge.

A further incident in January, involving two young people in Merton, has now been confirmed as synthetic cannabinoid related. - the vape was labelled 'Lemonade Vape Cookies'.

At present we do not know how wide the issue of vapes containing illegal drugs is, whether the young people involved planned to buy illegal drugs, or how these vapes were purchased.





**SPEAKERS**  
for schools



# Join us to sound out their options!



**DISCOVER!**  
creative careers

18th April 2024  
6.30 to 7.30pm

Our 1-hour virtual  
open evening for  
parents & carers...

**CLICK HERE >> TO  
BOOK YOUR PLACE**

**Did you know that the British creative industries are booming? We can help your child to find creative career opportunities and feel inspired to go after them!**

Together with Discover! Creative Careers Week 2024, 18th – 22nd November, we will be delivering a week of **FREE virtual sessions to state schools and colleges – including face-to-face opportunities in some regions – to showcase careers in creative tech, film, animation, design, music, fashion, publishing, architecture, crafts, heritage, museums, galleries and more!**

Young people will be able to access 3-5-hour insight days and longer work experience placements, 1-hour industry spotlight career talks and inspirational talks with speakers – all advertised on the Speakers for Schools website.

**Join us to find out more...**

The Discover! Creative Careers 2023 – 2025 programme is funded by the Department for Culture, Media and Sport with additional support from Arts Council England



HM Government



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**

**23 April 2024 • 12pm-5pm**  
Civic Suite, Wandsworth High St

**get set**



**2024**

# Preparing for Adulthood

An event for parents, carers, families, schools and young people with Special Educational Needs and Disabilities

**FIND OUT  
WHAT SUPPORT  
IS AVAILABLE  
FOR OVER 14s!**

**TRAINING  
HOUSING  
EMPLOYMENT  
EDUCATION  
ACTIVITIES  
HEALTH**

As a parent, it was great to speak to the providers most relevant to us!

As a service provider, it was a perfect forum to promote our latest SEND offer!

**Lunch and refreshments on the day**



Scan for more details



**Wandsworth  
Children's  
Services**



Designed and produced by Richmond and Wandsworth Design & Print. wdp@wandsworth.gov.uk CS2073 Print Flyer (1.24)

## Exhibition

Closes Sunday, 8 September 2024  
Young V&A

Young V&A

# Japan: Myths to Manga

