

Parent Bulletin

Secondary

Dear Parents/Carers,

I hope you have enjoyed a restful weekend and the glorious sunshine. This week is an important week for us at Goresbrook School as we begin to welcome back small numbers of Year 10 students. We have spent a considerable amount of time preparing for their return and we are delighted to have them back in the school building accessing some lessons prior to September. I would like to extend a particular thanks for Mr Davis and the premises team who have worked tirelessly over the course of the past two weeks in order to ensure the school building is ready for students.



Our remote learning continues for Year 7, 8, 9 and Year 10 (when they are not in school). From speaking to a number of families over the course of the past few weeks, I am aware that some parents have now returned to the work place. This can make it difficult to therefore support your child with their school work throughout the school day. Please remember we are here to help in whatever way we can. We strongly advise that a sense of routine is maintained and that students are up and ready to start their school work by 8.30am. Do remind your child that watching the video their teacher has made is absolutely critical to their understanding. If after watching this video, your child is stuck, please encourage them to email their teacher/s. We will do what we can to help.

Many thanks, once again for your ongoing support. We know learning from home can be challenging at times and that not having immediate access to a teacher can test the resilience of even the most dedicated young person. The overwhelming majority of students have done such an impressive job so far. It is a privilege and honour to work with such committed young people. There are five weeks left of the academic year and every day will make a difference to how much they know and can do. Please encourage them to make every day count!

Kind regards,

Megan Harris

Principal- Secondary

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Set up for
Success



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For many parents/carers you may no longer be able to spend time with your child as they complete work as work and life patterns change. Our students have done a great job learning from home and we want this to continue!

Here are some tips to help you when you are away from where your child is working. This is not an exhaustive list, but some suggestions.

- Set them up the night before or in the morning:
- Ask them what subjects they will be doing – they should be checking this in their remote learning plan or the daily e-mail from their Head of Year
- Ask them what equipment they will need and whether they have it ready
- Plan when they will be taking their morning and lunch break
- Ask them whether there is anything else they will need
- Remind them about distractions such as a phone
- Check in with them during the day:
- Get them to send a picture of their work half-way through the day
- Speak to them during their break times and find out what they have learnt so far
- Check in when you return:
- Ask them to show you the work they have submitted through Microsoft Teams and on the online websites we use (Hegarty Maths, Educake, Active Lean)
- Ask them to teach you something exciting they learnt that day

If we can help in any way, please do not hesitate to get in touch.



If you would like to give a special thanks to a teacher or member of staff, do feel free to use this link below.

https://forms.office.com/Pages/ResponsePage.aspx?id=0flzgtak1Ee_PGCwkbBquJuPMACXTiFAoVd6Hx5NY0VUOVISQVIFVkJZVVzhBTUI4V0czV1dBUzZYQy4u

Miss Aziza Ajak
Vice Principal



If students are still struggling with operating Microsoft Teams, Word or OneNote, please ask them to our IT team so we can solve this as soon as possible.

Student.support@goresbrookschool.org.uk

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Messages from
Heads of Year



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Year 7

Year 7 have had an excellent week, lots of students have been receiving a purple mark for going above and beyond and in the last week we have had the most purple marks ever in year 7!

Students should be reminded of the importance of watching the full video lesson on Teams before attempting the assignment to ensure they have a comprehensive understanding and are able to complete the work to the best of their ability. It is also essential that students are checking their emails at least three times a day to see notices from their teachers and ensure they are completing all of the work set on other external sites such as; Hegarty Maths, Educake, ActiveLearn and Quizlette. Your support with this would be greatly appreciated.

Miss Rose

Head of Year 7

Quizlet



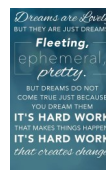
Year 8

It has been a positive first week back. It has been good to see a large majority of students picking up where they left off prior to half term. With Year 9 approaching it is important that students are completing 5 lessons each day and attaining as many purple marks as possible. It is also important that all Year 8 students are proactive and email their teachers if they are unsure or stuck on any lessons.

This Sunday 14th June marks the 3rd anniversary of the Grenfell Tower fire where 72 people died. Year 8 students have learned a lot about important individuals from that community who have left a very positive legacy. As the year draws to a close, I want student to remember them and think about the key actions they can take in the next 6 weeks and beyond to also leave a strong, positive, long lasting legacy.

The coaching competition has seen Kamet extend their lead to 130 points and a large part of this was due to the high numbers of students attaining full green weeks! Time will tell for us to see whether the other coaching groups can catch up.

Mr A Osei-Miller—Head of Year 8



Year 9

I have been really pleased with the amount of purple marks students have received this week! You need to carry this momentum through the next couple of weeks to put yourselves in a strong position to finish the term on a high. We are living through unpredictable times and I am really proud of the way you have all risen to the challenge of learning from home.

The coaching competition has a new leader for the first time this term, with Simien knocking Viso off the top spot. It is still a close race, and with there being multiple points on offer, all four coaching groups stand a chance of coming out on top come the end of the term. I for one am keen to see how this will play out!

Lets go Year 9!

Mr H Sesay—Head of Year 9

Year 10

Year 10 have once again done a fantastic job with remote learning this week. The number of purple marks in the tracker show an increased level of motivation from students to give 100% each and every day.

With a partial return to school next week, Year 10 students will be embarking on a new journey with a mixture of remote learning and live lessons. This is an excellent opportunity for students to experience a university style seminar experience and I hope they come fully prepared with questions throughout the week.

Rosa once again extended their commanding lead in the coaching competition and I am looking forward to finally being able to deliver my assemblies with some students in front of me!

Mr A Davis - Head of Year 10

Let the
JOURNEY
Begin!



Career of the week: Rail engineering technician— Rolling stock engineer

Average salary (a year)

£18,000 Starter to £35,000 Experienced

College : You could do a college course, which would teach you some of the skills and knowledge you need in this job. Relevant courses include:

- Level 2 Diploma in Rail Engineering Operative Competence
- Level 3 Diploma in Rail Engineering Technician

Entry requirements—You'll usually need:

- 2 or more GCSEs at grades 9 to 3 (A* to D) for a level 2 course
- 4 or 5 GCSEs at grades 9 to 4 (A* to C) for a level 3 course

Work— You could start out in a rail track maintenance worker. With experience and further training, you could then apply for a technician role.

Direct application—To apply directly for rail technician jobs you would normally need experience and qualifications as a mechanical fitter, electrician or craftsperson with a rail engineering company, or from elsewhere in engineering. For example, a background as a coach builder or construction plant technician may be helpful.

What it takes—Skills and knowledge— You'll need:

- knowledge of transport methods, costs and benefits
- to be thorough and pay attention to detail
- patience and the ability to remain calm in stressful situations
- the ability to operate and control equipment
- the ability to work well with others
- concentration skills
- physical skills like movement, coordination, dexterity and grace
- observation and recording skills
- to be able to carry out basic tasks on a computer or hand-held device

Working environment—You could work on rail tracks or in a workshop.

Your working environment may be outdoors some of the time.

You may need to wear protective clothing.

Career path and progression—You'll take work-based qualifications in personal track safety, installation, testing and maintenance. You may work for train operating companies, London Underground, light rail and metro companies, rail freight and leasing firms. Specialist rail engineering maintenance companies are also big employers. With experience, you could become maintenance team leader or engineering workshop manager.

How to become a rail engineering technician

You can get into this job through:

- a college course
- an apprenticeship
- working towards this role

Apprenticeship : You can get into this job through an advanced apprenticeship as a rail engineering technician. You can do apprenticeships with Network Rail or Transport for London.

Entry requirements

You'll usually need:

- 5 GCSEs at grades 9 to 4 (A* to C), usually including English and maths, for an advanced apprenticeship

Restrictions and requirements

You'll need to:

- pass a medical check
- have good eyesight and be physically fit, as you'll have to pass a medical before you can start training

You may have to take an aptitude test to assess your existing skills and knowledge.

What you'll do—Day-to-day tasks

- helping to build new engines and carriages
 - fitting out carriages with lighting, upholstery, control panels and communication systems
 - inspecting bodywork, roofs and undercarriages for wear and tear or damage
 - repairing or replacing parts
 - carrying out regular checks on brakes and couplings
 - taking apart, testing and reassembling mechanical, electrical and pneumatic systems
- writing reports and updating maintenance records



Secondary



The Gift of Right Now

Worry and anxiety is a normal part of being human. It is natural for us as responsible adults to think ahead, plan and be wary. However, it can become problematic when we spend too long there, ahead of time. Worry can take over and stop us from missing out on the joy of now and truly be in the moment with family and friends. It is as though we are here in body but not in spirit and our loved-ones can pick up on this. One of my favourite movie quotes is



from Kung Foo Panda when Master Oogway says “Yesterday is history. Tomorrow is a mystery. But today is a gift. That is why it’s called the present.”

You can call it Mindfulness, Centring Oneself or Grounding. Whatever you call it, being conscious of not dwelling so much in the past or worrying about the future can help us cope better with what is happening right now. The magical thing is, when we are managing the here and now better it becomes easier to resolve the past and be prepared for what is troubling us about the future. The trick is to try and be conscious of catching our mind as it wanders either backwards or forwards. Once we notice this we can refocus back on the present. It can be useful to remind yourself to remain in the present by saying/thinking things such as, “I can’t go back and change that, so what can I do now?” or “I will cross that bridge when I come to it.”

When we are very stressed or anxious, staying in the moment can really help us to not become overwhelmed about what we cannot manage right now. It can give us a sense of empowerment to bring ourselves into the present and cope with the here and now. Telling ourselves to keep it in the day or even keep it in the moment helps take the pressure off as we deal with things step by step, hour by hour. Not only is this being kind to ourselves it will help us to reduce tension and give us the headspace we need to get back on track and start planning ahead, with focus and productivity.

Lynne Northcott from Place2Be.

Attendance

Attention year 10 Parents/Carers

Please inform us if your child is not in school by 9am.

Dear Parents/Carers,

As you are aware next week, we will be welcoming back, on a part time basis, our year 10 students and expecting a significant number of the cohort to return over the course of the week. I would like to ask parents/carers of all students who have confirmed their child is returning to report absences by sending an email to secondaryattendance@goresbrookschoo.org.uk. Please outline the reason for absence. All absences reported over the next 5 weeks will be followed up with a telephone call.

If your child or any member of the household displays COVID-19 related symptoms or tests positive for COVID-19 please do not send your child to school. Instead, in line with government guidance, self-isolate for 14 days. Please email both secondary attendance on secondaryattendance@goresbrookschoo.org.uk and Miss Harris on [Megan.Harris@goresbrookschoo.org.uk](mailto: Megan.Harris@goresbrookschoo.org.uk) to notify us.

Shelley Hardy