

# Parent Bulletin

## Secondary

Dear parents/carers,

I want to start by wishing you and your child/ren a restful half term break. I hope you manage to enjoy the warm weather and some time with your families.

I would like to once again thank you for your ongoing support over the past half term. The vast majority of students have been working really hard at home and I know lots of you have put time and energy into trying to support them. Thank you. Please know that your efforts are valued and that the lengths you have taken to ensure your child can access their work and continue to make progress, does and will continue to make a real difference.



Next half term begins on the 3<sup>rd</sup> June as we have staff Inset days on the 1<sup>st</sup> and 2<sup>nd</sup>. Lessons will continue to be delivered remotely and students will be able to access these the morning of the 3<sup>rd</sup>. I am very excited to be launching two new initiatives next half term; the 90% completion club and our updated and improved CCE programme. Mr Davis will be in touch with you about our CCE programme and how students can get involved in this after the holidays.

I am very proud of how hard working and industrious students at Goresbrook are. I do however, equally value and place great importance on students developing into kind and compassionate individuals. I have found great comfort over the course of the last few months hearing about the selfless acts of others in society and our community. If your child has demonstrated an act of kindness lately, I would love to hear about it so that I thank them for continuing to place others before themselves even in times of adversity. Do feel free to email the secondary office. These emails will be sent on to me.

Once again, wishing you a lovely break. I look forward to continuing to work together in the final half term of the academic year.

Kind regards,

Megan Harris

Principal- Secondary



If you would like to thank a teacher or member of staff, do feel free to use this link

[https://forms.office.com/Pages/ResponsePage.aspx?](https://forms.office.com/Pages/ResponsePage.aspx?id=0flzgtak1Ee_PGCwkfBquJuPMAcXTiFAoVd6Hx5NY0VUOVISQVIFVvkZVVzhBTUI4V0czV1dBUzZYQy4u)

[id=0flzgtak1Ee\\_PGCwkfBquJuPMAcXTiFAoVd6Hx5NY0VUOVISQVIFVvkZVVzhBTUI4V0czV1dBUzZYQy4u](https://forms.office.com/Pages/ResponsePage.aspx?id=0flzgtak1Ee_PGCwkfBquJuPMAcXTiFAoVd6Hx5NY0VUOVISQVIFVvkZVVzhBTUI4V0czV1dBUzZYQy4u)

Please feel free to follow Oak National Academy as they have some greater resources coming out over half term.



Miss Aziza Ajak

Vice Principal

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Hi Mr Hegarty Here, Congratulations Goresbrook school you are Number 1.

Data from April has come in and Goresbrook students have worked so hard on Hegarty Maths that you are now NUMBER ONE!

*This is based on learning time on the Hegarty Maths website out of all 51 United Learning schools. This means you are in the top 10 rankings in the country. This is a phenomenal achievement considering there are over 1600 schools that use Hegarty Maths across the country*

Well done to all the students (and their families!) that have contributed to this success. We are all so proud of you all and all your hard work. Remember 'taking notes' and showing 'working out' is an important part of this process. The videos below can help you to support our students further in this regard.

<https://researchschool.org.uk/durrington/news/self-regulation-at-a-distance-modelling-metacognition-in-maths/>

Mr Lateef Oyelade  
Maths Teacher



Greetings to all the parents and carers out there. Can I start by saying a huge thank you from the Maths department at Goresbrook for your great support in ensuring mathematical learning is still taking place at home. Our great success with Hegarty Maths is down to you at home, ensuring that learning is taking place. This was happening before Covid 19 affected us and continues to happen during lockdown. So thank you!

For all remote learning maths lessons, one of our teachers has carefully created a video to help explain and break down the work. Sometimes in maths, we will also create worksheets or exit tickets on teams in order to help students make even more progress. We have noticed however that sometimes these videos are not watched, or the work is not completed on teams. Please be aware that watching these videos or completing the worksheet on teams is just as important as the Hegarty Maths tasks. I look forward to seeing 100% completion rates on both fronts in half term 6.

Finally, we have recently bought into a resource called 'Times Tables Rockstars' for all our students in KS3. As you will no doubt agree, knowing your times tables is a vital part of being a great mathematician and this resource will help students get better at this and quicker. The website is <https://play.trockstars.com> and all students will receive an email with their log in details during half term. If anyone is missed out, please email myself or your maths teacher and we can remind you of it.



Thank you again and I hope you and your family have a well deserved break during the May half term holiday.

Mr Lokus Miah  
Head of Maths

### Calling all parents? Have you ever wondered why?

If there are any mathematical concepts that you would like explained, our maths teachers are willing to help with a video explanation.

Anything from tax rate? Profit and loss calculations? What does Covid and exponential growth mean? Interest rates at the bank? Inflation? Unit conversions, how to go from pounds to kg for example? Calculating VAT? What is pi? Etc.

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Messages from  
Heads of Year



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### Year 7



I have been really proud of year 7 over the past term, they have faced the enormous task of getting to grips with remote learning and overcoming all of the challenges that have, inevitably, come with this big change. I must say that year 7 have tackled this challenge head on, with resilience, tenacity and determination and continued to strive to their utmost even when the going got tough. I wish year 7 a restful half term break and I am really looking forward to seeing them all again (remotely) at the start of June.

**Miss Rose - Head of Year 7**

### Year 9

Year 9 have had a very strong end to the half term. I have been really impressed by the proactivity from many students but also I have been impressed with how quickly many students email their teachers when they are faced with a problem. The quality of work from some students has been very strong, with a number of students receiving a purple mark on the tracker. Alongside this, it is also clear from speaking to many parents that students are spending a good amount of time on each piece of work to ensure there is as much detail as possible.

I would continue to encourage students to keep emailing their teachers if they are unsure of any tasks that need to be completed. Viso are currently in the lead in the coaching competition, and I am looking forward to see who will come out on top at the end of the term!

Keep up the hard work Year 9!

**Mr H Sesay—Head of Year 9**



### Year 8

Hello year 8!

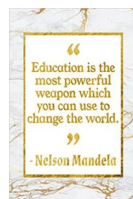
This has been a great week for students attaining Purple marks in their lessons and I have sent many emails to students and parents/careers congratulating them on this! Next half term my aim is for every student to gain at least **5 purple marks** each week! This is definitely possible and there have been students who have achieved 3 purple marks in one day! As mentioned before I have been really impressed with the application of the majority of the students throughout the term. Please now take this next week to take a hard earned rest so that we are all ready to go again for the final 7 weeks of term!

In the coaching competition Kamet will be heading into the half term with a lead and this is down to 8 students having a fully green week in the past week and snatching the lead from Emilius who have lead all half term. Furthermore, I would love to see more Year 8's getting involved in the Accelerated Reading quizzes as there are 20 points for the student who reads the most words!

As we have move towards the end of the academic year I have seen a huge amount of students move towards becoming role models and leaving a legacy and I look forward to seeing even more student step up and embed this in the final half term.

Have a good and restful half term.

**Mr A Osei-Miller—Head of Year 8**



### Year 10

Another fantastic week for Year 10 during remote learning with Rosa pulling out an even larger points lead at the top of the coaching competition. The number of students securing a fully green week was at its highest yet and some students have secured numerous purple marks per day ensuring excellence in the quality of their work.



We move in to half-term next week and I hope all of our Year 10 students have a well deserved rest and time away from a screen. Remote lessons will begin on Wednesday 3rd June and I am already looking forward to seeing the quality of work completed throughout our final half-term!

Keep your eyes peeled throughout the weekend to get the results of whether our Year 10 pupils completed their challenge of 90% work completion. There are a few nervous teachers sat waiting to hear who the cohort might vote for if the challenge is successful...

**Mr A Davis - Head of Year 10**

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**Career of the week:** As it is Mental Health Awareness Week, I thought this week we would look at careers in mental health nursing and support.

**Psychological wellbeing practitioner:** Primary care graduate mental health workers give treatment and support to people with mental health problems.

**Average Salary (per year)** £24,214 Start-er to £43,772 Experienced

### How to become a primary care graduate mental health worker:

- a university course
- applying directly

### Career tips

Experience of working with people with mental health problems will be helpful.

### What it takes

#### Skills and knowledge

You'll need:

- knowledge of psychology
- counselling skills including active listening and a non-judgemental approach
- to be flexible and open to change
- sensitivity and understanding
- the ability to work well with others
- to enjoy working with other people
- patience and the ability to remain calm in stressful situations
- customer service skills
- to be able to carry out basic tasks on a computer or hand-held device

### Working environment

You could work at a health centre, at a client's home or at a GP practice.

Your working environment may be emotionally demanding.

### Career path and progression

With experience, you could train as a high intensity therapist, working with people with complex mental health needs.

You could also lead a team or develop new mental health services.

### University



You could do a degree in psychology or health and social care, and then apply for a place on a postgraduate training course.

After your degree, you'll be employed in the health service and complete Improving Access to Psychological Therapy training, approved by the British Psychological Society.

This 12-month course is made up of 1 day of academic study and 4 days of supervised practice each week.

### Entry requirements

- 2 to 3 A levels for a degree
- a degree in a relevant subject for postgraduate study

### Volunteering and experience

You'll usually need paid or voluntary experience of working with people who have mental health issues or people with disabilities. You can contact the voluntary services co-ordinator or manager at your local NHS trust about work experience opportunities.

### Direct application

You can apply directly if you've got relevant skills and knowledge. Employers will look for:

- qualifications in nursing, social work, occupational therapy, arts therapy or other psychological therapy
- experience and training in cognitive behavioural therapy

You'll complete an Improving Access to Psychological Therapy training course while you work.

### What you'll do

#### Day-to-day tasks

Your day-to-day duties could include:

- designing and running group therapy sessions
- promoting good mental health in the community
- signposting people to relevant services
- keeping accurate and up-to-date patient care records
- supporting and training other healthcare professionals
- developing and setting up new mental health support services



### How to avoid the Bank Holiday or Eid Blues

As we break for the half term and enter into the bank holiday weekend it might feel like it is still 'blursday' anyway. Ramadan is also coming to an end and some members of our school community might be thinking there isn't much opportunity to celebrate as this year will be like no Eid ever experienced before. We might feel a sense of low mood about this or feel that it's just another day in Lock Down. Seeing others bending the rules around social distancing might bring up some feelings of anger and resentment as we choose to continue safeguarding ourselves and stay home. It is important to focus in on ourselves and create a space where we feel we have made a difference to our own well-being and create a realistic way of having a good weekend and indeed half term. So here are some tips to make Bank Holiday and Eid feel like a celebration and break the feeling of cabin fever.

- Set at least one hour when the whole household comes together in one place
- Organise some games the whole family can enjoy
- Set up video calls with friends or family that you might usually see during a holiday period
- Wear something different, maybe even dress up as if you would if you had guests round or went out.
- Delegate so not only one member of the house is having to do all the organising or cleaning
- Go for a walk together
- Take time to reflect together on what we do have. Being grateful and expressing it with your family has been proven to increase our mood and well-being.

Whatever you choose to do, we hope you have a great weekend and half term.

Lynne Northcott from Place2Be.

### The School Library

Ms Dimi's Book Recommendation:

At Goresbrook school we urge our students to read 20 minutes every day and do Accelerated Reader Quizzes every time they finish a book. During the half-term holidays, every student (not including Y10) who completes a 10-question Accelerated Reader quiz with a score of at least 80% will get the chance to win an Amazon Voucher.

In addition to that, we'd love to see our students spend their half term holidays doing something fun and productive. As a result, the Library is running a Bingo competition where students have to complete a book-related bingo to win Coaching points for their groups and DTAs. Students have been sent the competition details through e-mail and they also have access to it through their Library Teams.



Don't forget to follow our library's twitter account on: <https://twitter.com/GoresbrookScho1>



**TAKE 20  
AND READ**

Miss Dimitra Charalampidou, School Librarian

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We hope you are all keeping safe and well. We would like to request where possible, for parents to ensure you make payments to your child's dinner money account for school lunches and break-time snacks before they return to school. If you feel that your family circumstances have changed or you would like to see if you are now be entitled to free school meals please click on the link below. If you any extra help with applying for free school meals please email Ms Mehmet on [aliye.mehmet@goresbrookschoo.org.uk](mailto:aliye.mehmet@goresbrookschoo.org.uk)

Free school meal form: <https://eforms.lbbd.gov.uk/article/2046>

If you have any problems with parent pay or have any question please email Ms Dinesh on [Sirrela.dinesh@goresbrookschoo.org.uk](mailto:Sirrela.dinesh@goresbrookschoo.org.uk)



[www.parentpay.co.uk](http://www.parentpay.co.uk)



I would like to take this opportunity to introduce myself, I have recently joined the Goresbrook community as the attendance and welfare officer. It has been a delight to see so many of the pupils positively engaging with the online learning, despite the challenges, you have done tremendously at supporting your children throughout this period, well done! Maintaining their routine throughout this period is vital to their learning and will also make the transition back to school when we re-open much easier. I ask you all to continue next term with the momentum that we have seen this term, encouraging your child to be up and ready to engage every morning at 8:30 and supported throughout the school day to participate in all the learning material. Lastly, have a great half term break and stay safe.

Miss S Hardy

Attendance & Welfare office



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@goresbrookschoo.org.uk](mailto:Student.support@goresbrookschoo.org.uk)