

Parent Bulletin

Secondary



Dear Parent/Carer,

I hope you've had a lovely, restful break and that you and your families are well. I want to firstly say a huge **thank you** for your support this week. Students have been working incredibly hard and all the staff at Goresbrook are very impressed with the effort students are putting in. I know that many of you will have spent time helping your child or encouraging them to complete their work. This has, and will continue to, make a real difference to them! Hard work now is money in the bank later in life.

I feel very lucky to serve our community. Our students are the most industrious, dedicated individuals I have ever had the pleasure of working with. As parents/carers, I have been bowled over by your willingness to support and help your child and by your gratitude for the resources and lessons that staff have provided. The staff body at Goresbrook have been unrelenting in their desire to give students the best we can offer. To them, I am extremely grateful.

There has been lots of uncertainty about when schools will reopen and the government has clearly stated that they do not know at this stage when this will be. I do however want you to know that we are here to support you and your child for as long as the school remains closed. Your child's education remains our priority and we will do all that we can to provide them with an excellent education during this period.

If you have any questions or concerns, please don't hesitate to contact us. Please email the secondary office (secondary.office@goresbrookschoo.org.uk).

Many thanks,

Megan Harris,

Principal- Secondary



It has been a busy week here at Goresbrook with all of our students getting to grips with Microsoft Teams. They have done a great job and we are confident that video lessons will make a bigger difference to your child's learning. Thank you from all of the staff at Goresbrook for your support with this process.

I have listed a few recommendations to help you make the most of what we are offering:

- Make sure your child is logging onto Outlook every morning. They should check their e-mails every morning. The ideal time for this is 8:30am.
- Make sure your child is watching 5 videos every day. You can ask them about what they learnt from each video.
- Make sure they are taking notes from the video in their prep book, exercise book or on paper.
- Make sure their phone is put away when they are learning.
- Make sure they are taking short breaks and doing some exercise.

If your child is struggling with anything, please get them to e-mail their teacher or Head of Year.

Our Heads of Year are continuing to deliver assemblies and run competitions for students. Please feel free to ask them about competitions they are getting involved in.

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?id=0flzgtak1Ee_PGCwkfBquJuPMacXTiFAoVd6Hx5NY0VUOVISQVIFvkZVVzhBTUI4V0czV1dBUzZYQy4u

Should your child experience any problems accessing Teams, please ask them to email

student.support@goresbrookschoo.org.uk and their teacher.

Once again, thank you for your support and please feel free to get in touch if we can help.

Miss Aziza Ajak
Vice Principal

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Messages from
Heads of Year



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Year 7

Year 7 have made an excellent start to the Summer term, I was delighted to see so many year 7 students logging onto Teams on Monday, ready to access their new online lessons first thing on Tuesday morning. Feedback from staff has been overwhelmingly positive regarding the effort year 7 students have been making with their Remote Learning and I feel very proud of them all.



Wednesday also saw our first remote Success Signpost assembly of the term, I was pleased to be able to see so many students logging in to watch the assembly and cheer one another on as they won signposts and coaching points. The coaching competition reset over the half term following 7 Kangto's victory last term, so all coaching groups had a fresh start and students can still compete to win the final competition of the year remotely.

Miss A Rose - Head of year 7

Year 9

My highlight from the week for Year 9 has been how well the students have responded to accessing Microsoft Teams. They have taken it in their stride and have all become Technological Wizzes. Alongside this I have been very impressed with the quality of work that students have been producing, which really shows the time and effort that is going in to it.



Keep up the hard work Year 9!

Mr H Sesay—Head of Year 9

Year 8

Year 8 have made a very strong start 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 picked up how to use Microsoft teams. The quality of work from some students has also been very strong and it is clear from speaking to many parents that students are spending a amount of good time on their work.



I would encourage all year 8 students to be ready by 8:30am , read instructions carefully and check that they fully understand the tasks that the need to complete that day. I would also encourage students to keep emailing their teachers if they are unsure of the work and that they know exactly which tasks need to be completed for their work to be marked as completed. Emilius have made a strong start during the coaching competition already and I am looking to see who will come out on top at the end of the term! Keep up the hard work!

Mr A Osei-Miller—Head of Year 8

Year 10

'Welcome back to our Year 10 cohort and parents, I hope you are all as enthused as I am about the half-term ahead and that Easter was as relaxing as it could be in the current circumstances.

So far, work completion rates have been outstanding from the majority of our year group and the quality of the work we are receiving is improving each and every day - a huge thank you to you all for your support with this at home. This half-term is the shortest of our calendar year, 5 weeks, and it is therefore more important than ever to get a 'quick start out of the blocks'.



The Year 10 celebration assemblies will take place each Monday lunchtime over the next 4 weeks and you are all more than welcome to join our students in celebrating the greatest successes of the week. I look forward to seeing you there.'

Mr A Davis - Head of Year 10

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Career of the week

With Coronavirus (COVID-19) in the world news right now, this week we are looking at the role of a Microbiologist.

Microbiologists study micro-organisms like bacteria, viruses, fungi and algae.

Average salary (a year)

£27,146 Starter to £105,042 Experienced



How to become a microbiologist

You can get into this job through:

- a university course
- an apprenticeship working towards this role

University



You could do a degree in a subject like microbiology, biology or biological science. Some employers may ask for a relevant postgraduate qualification and work experience.

You may be able to do an integrated postgraduate master's qualification like a MBIoSci, MBiol or MSci. These courses include independent research and can lead onto further postgraduate study for a PhD.

Entry requirements

You'll usually need:

- 5 GCSEs at grades 9 to 4 (A* to C), or equivalent, including English, maths and science
- 2 or 3 A levels, or equivalent, including biology for a degree

a degree in a relevant subject for postgraduate study

Apprenticeship

You may be able to start by doing a laboratory scientist higher or degree apprenticeship.

Entry requirements

You'll usually need:

4 or 5 GCSEs at grades 9 to 4 (A* to C) and A levels, or equivalent, for a higher or degree apprenticeship

Work

You may find it possible to get into microbiology by working your way up from a laboratory technician job. You would usually study part-time for a relevant science degree or degree apprenticeship while you work.

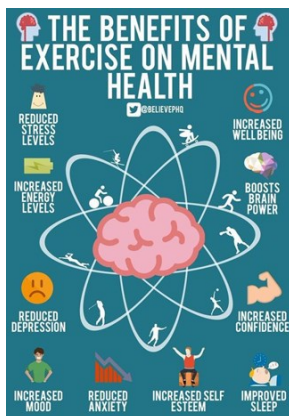
Volunteering and experience

You could improve your career prospects if you get some work experience. This could be with the NHS, as part of a sandwich degree course or through a placement with a company during the holidays. If you are at university your course tutor can advise you on voluntary opportunities.



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When we begin to move our bodies in a mindful way things start happening to our brains. For a while, we stop thinking about the bills, the friend we have fallen out with or that exam that's coming up. In a science experiment, a group of people used static exercise bikes while having their brains scanned. It was the hippocampus that lit up. It is this part of the brain that is interested in our mood, memories and appetite. Hence, where being HANGRY comes from when we get both hungry and angry at the same time!

The more we exercise, the more we tap into that part of the brain and it literally strengthens our ability to process emotions. We see in the movies all the time. When someone is stressed they might go for a run, or punch a boxing bag and they feel better.

It might seem too difficult to exercise at home, but even if you are self-isolating there are lots of ways to take care of our physical strength without any special gym equipment. We can use tins of beans or other items from around the house such as a bag filled with books and using our own body weight. If we get moving a little bit every day we will begin to see huge changes in our mood and wellbeing. We burn off chemicals, like adrenaline, that are responsible for symptoms of anxiety and anger. We also release hormones that lift our moods, help us make better decisions and can make us feel much calmer and positive having gained a sense of achievement and purpose.

The NHS have a Mind Plan Quiz. Try filling it out and seeing how you can improve your mental health, even if you are feeling generally quite well.

<https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>

Lynne Northcott

Place2Be Project Manager



The School Library

At Goresbrook School, we endeavour to make every child a reader. This is because reading allows our young people to develop the most important skills and qualities required to be successful in all subject areas whilst at school and in their later lives. Research has proven that a child's engagement with reading is the biggest indicator of success in later life and is the most important element in developing a child's cognitive function. As a way to develop engagement with reading, all pupils in Years 7, 8 and 9 at Goresbrook School are enrolled in Accelerated Reader as part of our efforts to develop all students' Literacy and Reading skills. We encourage our students to read for 20 minutes a day at home and complete an Accelerated Reader quiz every time they finish a book as a way to consolidate and further practise their literacy skills. Our Accelerated Reader platform can be accessed through:

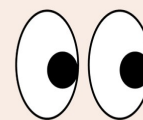
<https://ukhosted81.renlearn.co.uk/5984747/>



Miss Dimitra Charalampidou

School Librarian

Keep your
eyes open,



AND YOUR INBOX REFRESHED.

Next week, we're launching something new,
that we know you'll love.

That's all we can say for now...