

Spring Term | Thursday 31st January 2024



Dear Parents and Carers,

I hope the cold January start finds you all well. We have now entered the Spring term and our students have continued to make strides in their learning. This Spring term

many of our year groups will be having parents' evening and this will be a great opportunity to see the progress your children have made this academic year.

This month we were honoured to host a visit from the distinguished French MP, Carlos Martens Bilongo. His presence added a valuable perspective to our discussions and provided an enriching experience for our students.

Following on from being re-awarded the Wellbeing Award for Schools in December,

January has been another busy month for Wellbeing at EBA. We have initiated a series of wellbeing talks for students and staff. These sessions are designed to provide valuable insights, coping strategies, and practical tips to navigate the challenges that may arise throughout the academic year.

Our Purple Ties and Year 13 students had insightful talks to prepare them for the upcoming exam season. These sessions aim to provide guidance, support, and resources to ensure their success in this crucial period.

We encourage you to help your children with mastering revision skills, putting a timetable together and checking in with them as they begin the final countdown to the exams.

Ms Dohel,
Principal

Key Dates

- 1st February: 6th Form Parents' Evening**
- 1st February: Year 11 Mufti day (Fundraising reward)**
- 5th - 9th February: Book Fair with Scholastic**
- 8th February: Year 9 Parents' Evening**
- 12th - 16th February: Half Term**
- 28th February: Year 9 subject choices evening**
- 6th March: INSET Day - School closed to ALL students**
- 8th March: Year 8 Parents' Evening**

Principal's Breakfast This Month



Meeting our student ambassadors



Community Spirit

School News

Survey Results

Thank you to all who took part in our survey. It was really useful for us to receive your feedback and be able to plan our actions and continue to improve our school.

What our Parents Say

Head of Year 9 is fantastic, she has really inspired my son. The new head has been amazing at turning the school in such a short period of time.

The school is very nice good and safe atmosphere for kids. I feel very relaxed sending my son to this school. I am proud to send my son to this school. Teachers and staff are very nice and helpful.

My son is very happy at Ernest Bevin, his teachers regularly say he is excelling in all areas.

Very good school supporting my children.

What our Staff Say

The best thing about working at the school is:

The special feel of the community.

Supportive team.

The students.

The staff.

The Senior Leadership Team.

Pastoral care.

The diversity.

What our Students Say

The best thing about EBA is:

Staff care about us

Opportunities - Learning that takes place outside the classroom.

Teaching and the learning journey - steps in the lessons are helpful and appreciated.

Building improvements: update



In the Autumn term we started work on the science block roof and this project is now approaching completion. This is part of the planned site improvement and the Maguire Brothers team has been working hard to complete this project to schedule whilst minimising impact to our students. The photograph shows a new section of the roof.

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.



Casey Year 7

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.



Abdullah Year 7

100%

Abdullah Year 10
& Laith Year 8

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!



Staff Fundraising



This term Ms Patel has been organising a charity cake sale to raise funds for her upcoming London Sleep out. Students were treated to hand baked cakes and cookies. A big thank you to Ms Potter and the Student Ambassadors who helped her during sale time. We wish Ms Patel a successful sleep out.



Thank you! You have helped raised: £174.39

Thousands of young people across the UK are at risk of, or are experiencing, homelessness each year. In fact, each day, one young person becomes homeless every four minutes.

Please support Vice Principal, Ms Patel as she takes part in the challenge of the London Sleep Out, swapping her bed for a sleeping bag to support Centrepoin in their mission of ending youth homelessness by 2037!

Please help her to reach her target of £350 and together we can end youth homelessness, for good. Please donate at: <https://bit.ly/46AWjpP>



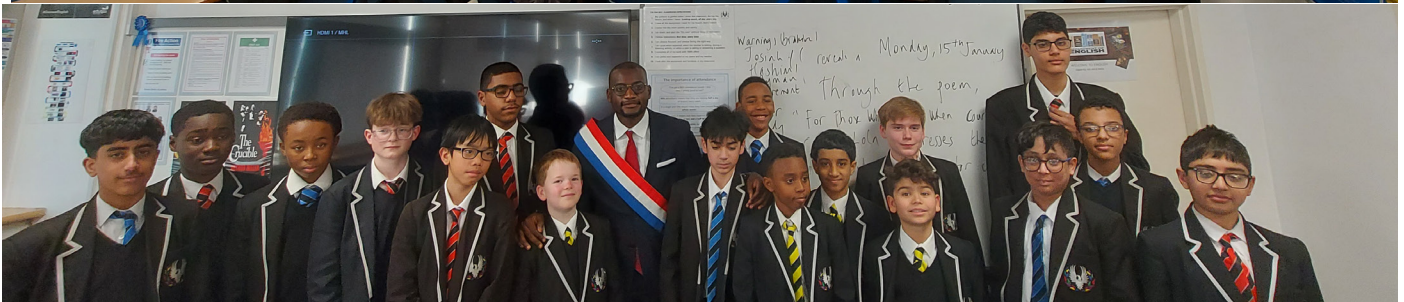
French MP Carlos Bilongo

We were very fortunate to be visited by French Member of Parliament Carlos Bolingo, hailing from a rich heritage of Congolese (DRC) and Angolan roots, embarked on a meaningful visit to Ernest Bevin Academy on January 15th, coinciding with Martin Luther King Day. Thank you to Ms Dorcely for arranging this visit and all staff involved who made this visit a memorable day for all.



Meeting with the Principal.

Session 1. Student leaders exploring leadership qualities and strategies to overcome adversity when you are a leader. Mr Bilongo also referenced his personal experiences of racism in



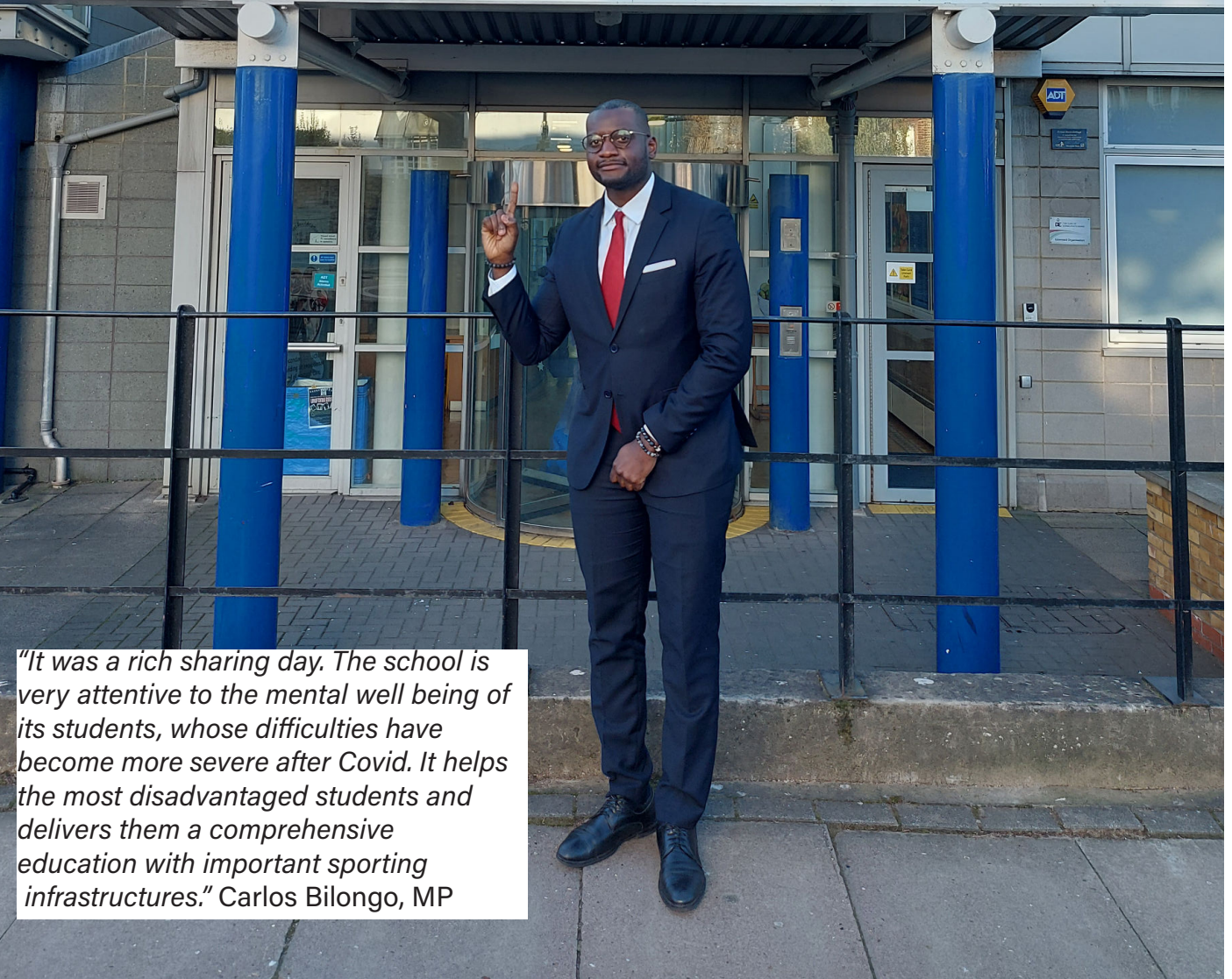
"Last Monday, I met Carlos Bilongo a French MP. We asked him some questions about himself and politics. One thing I remembered he said was to be respectful and kind to everyone. He also tried the school dinners and I sat with him at lunch. We talked about politics and his party. He also handed me his card and said next time when I come to France, I can have a tour of Parliament." Emile, Yellow Tie



"We all arrived in room 212 and sat down in our seats. 5 minutes later Mr Bilongo came into the room, along with his representatives and began to answer questions. Emile in Year 7 asked the first question which was answered in both French and English, with help for Ms. Dorcely for some words and phrases. All our questions were answered one by one in detail until we were finished. We then had a large group photograph with him."
Rory, Blue Tie.

"My experience with Mr Bilongo was great. He was open to share about his past struggles and how he pushed past all the discrimination / racism he faced, and now is able to speak to very important people and travel to many countries to inspire young people (including me) who maybe one day will find themselves getting a higher role in society or even possibly becoming a member of Parliament or the next Prime Minister." Kerrel, Blue Tie.

ERNEST BEVIN ACADEMY



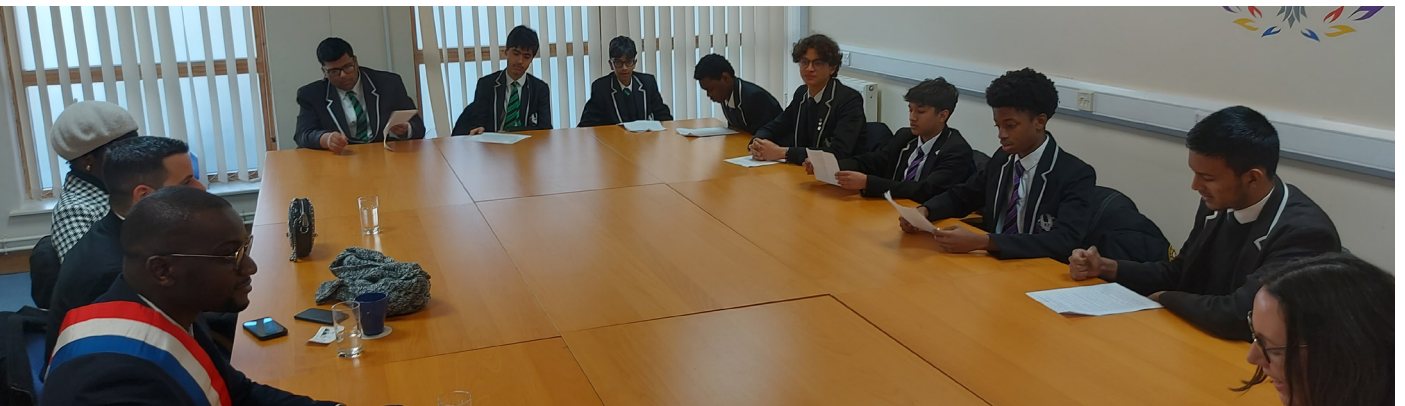
"It was a rich sharing day. The school is very attentive to the mental well being of its students, whose difficulties have become more severe after Covid. It helps the most disadvantaged students and delivers them a comprehensive education with important sporting infrastructures." Carlos Bilongo, MP



Session 2. Interactive Q&A questions about Mr Bilongo's political journey, the importance of civic participation and youth involvement in politics with Year 12



Session 3. French Speaking Session: Questions and answers in French. Talk about Mr Bilongo's book "Noir Français" and his role in the Francophonie organisation



Trips

Purple Ties, Green Ties and Year 12 DT and Art classes teamed up last week to visit the Design Museum where they visited the Designer, Maker, User collection and The Skateboard exhibition which explored the design evolution of the skateboard from the 1950s to today - a story of design, performance and communities progressing together. The students also attended a workshop which looked at alternative, innovative design, where they were given the opportunity to re design everyday day objects. An enjoyable and informative trip. The visit gave student a better understanding of how artists and designers generate ideas and develop them to come up with refined and thoroughly researched final artwork or designs - the basis for gaining the higher grades in A-Level and GCSE.



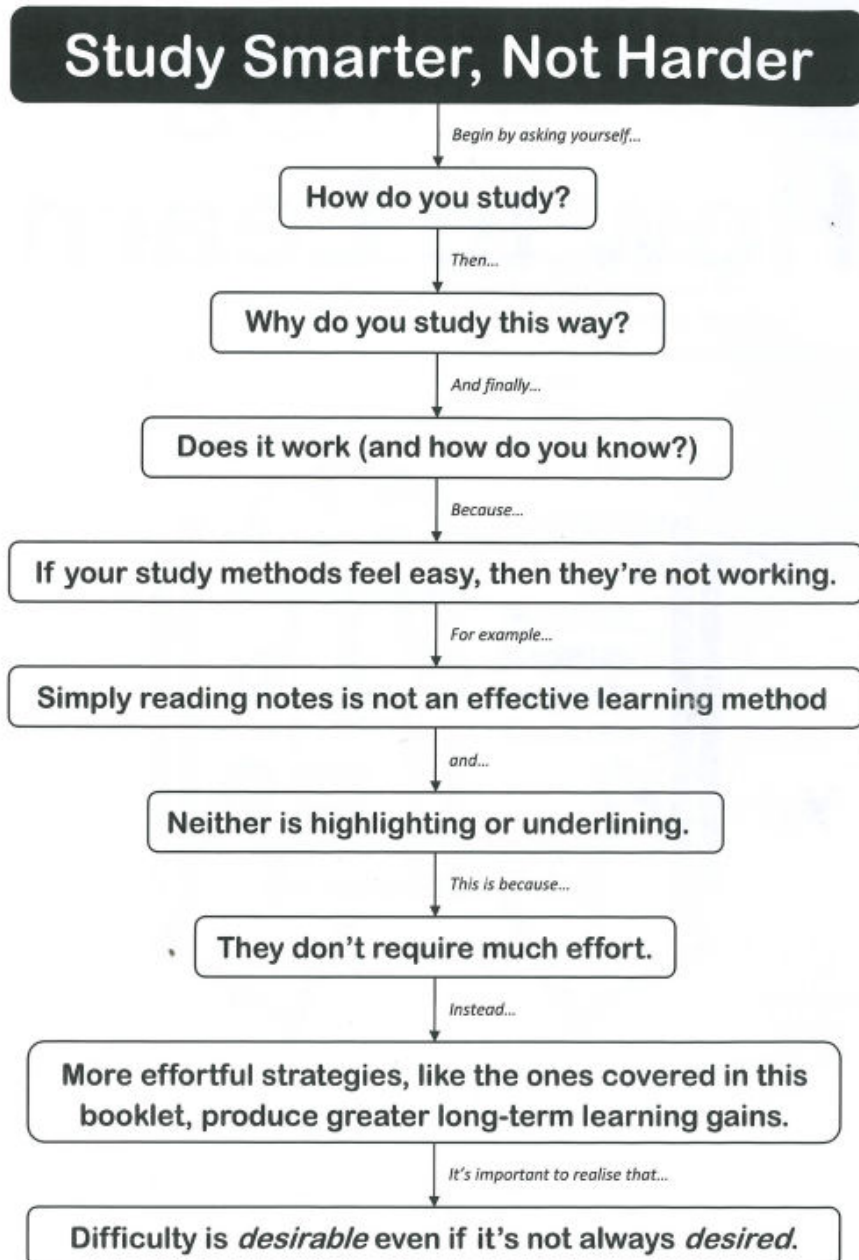
Exams Focus

As the upcoming exam season approaches, it is crucial to approach the preparation with a focused and strategic mindset. This period demands disciplined study habits, effective time management, and a thorough understanding of the exam format. Begin by creating a well-structured study schedule, allocating dedicated time slots for each subject or topic.

Prioritise areas where you feel less confident and strive for a balanced coverage of all relevant materials. Actively engage with the study material through techniques like summarization, teaching concepts to others, and practicing with sample questions.

Regularly review your notes and seek clarification on any doubts. Additionally, simulate exam conditions by taking mock exams under timed constraints to enhance your time management skills. A healthy lifestyle, including sufficient sleep and balanced nutrition, will contribute to improved concentration and overall well-being during this critical period.

Approach the upcoming exam with a positive mindset, believing in your abilities, and remember that consistent effort and preparation will pave the way for success.



Five-step study plan

by @KateJones_teach & @Inner_Drive | innerdrive.co.uk

- 1. Make a list** - What do you need to know?



- 2. Timetable a spaced schedule** - Study each topic little but often, and leave yourself enough time.



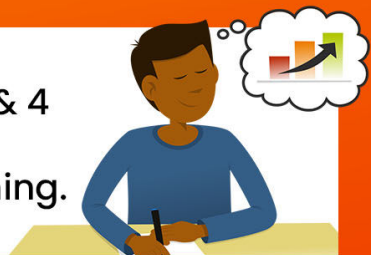
- 3. Use effective study strategies** - Test yourself and keep the re-reading and highlighting to a minimum.



- 4. Identify the gaps in your knowledge**
What do you need to study more?
What can you move on from?



- 5. Close the gaps** - Repeat steps 3 & 4 as many times as you need until you are comfortable with everything.



5 WAYS TO DO WELL IN EXAMS

by @inner_drive | www.innerdrive.co.uk



1. SPACE OUT YOUR LEARNING

2. USE RETRIEVAL PRACTICE

3. TAKE TIME OUT FOR YOURSELF

4. GET ENOUGH SLEEP

5. DON'T SKIP BREAKFAST

Careers

We were invited to Emanuel School on Saturday, 27th January as part of their partner schools careers event. A big thank you to Mr Scrimshaw and Ms Patel who took some of our Purple Ties and Year 12's to explore future career options and university courses. Exhibitors included a range of industries including architecture, the civil service, education to the police and sports.



"I would like to express how much I enjoyed and appreciated the recent event. It was not only fun and entertaining but, most importantly, it was incredibly useful in terms of acquiring knowledge for our potential futures and what they may hold.

The event was highly entertaining due to its interactive nature. We were given opportunities to explore on our own (always with teachers' guidance if necessary), providing a glimpse into what it would feel like to be at a university or even gather information for beyond that. We were able to consider important life choices that we may make, and for this reason, the event was extremely informative.

I want to extend my absolute gratitude to those who made this event possible and to everyone who attended." Lancelot, Purple Tie

CCF

On Saturday 27th January members of the academy's Royal Marines Combined Cadet force took part in a full training day. Senior cadets worked and refined their knowledge of the orders process, and all cadets learnt how to set up and run observation posts in a practical exercise at Trinity Fields. They sketched their surroundings, made careful and precise observations which then had to be reported back through VHF radios using correct voice protocol. The cadets did extremely well and had a lot of fun alongside developing their leadership and communication skills, their confidence and enjoying the camaraderie that has developed in the group.



Sports Round-up

Athletics Meet



This month our athletes took part in an Wandsworth school athletics meet at Battersea Park Millennium arena. Our talented students came 3rd. Well done boys.

Table Tennis



Well done Bryan, Anthony, Mohammed and Franky

On 6th January, Ernest Bevin table tennis team participated in the 3rd leg of national cadet league with the following results:

First match was against team Cumberland winning 8-1.
Second match was against Fusion 2 losing 3-6.
Third match was against The Oaks winning 6-3.

We are second in the division. The final leg of this competition is in March.

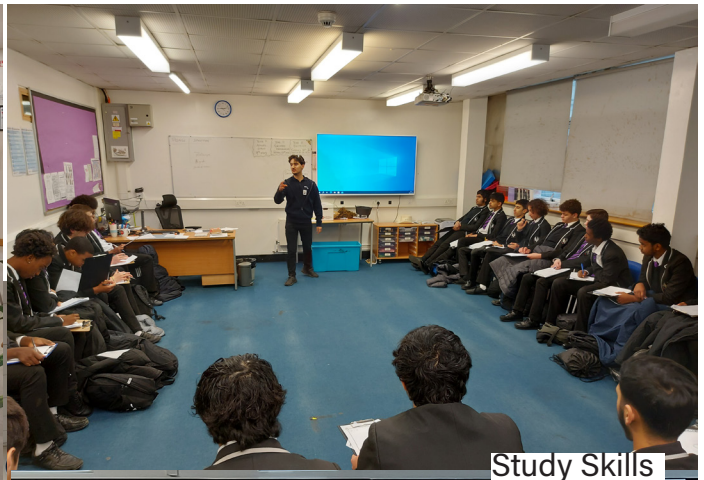
The team played really well, especially as they have not been practising very much over the last three weeks.

Elevate - Purple Ties Focus

Navigating life during and after Year 11 can be very challenging. This term we are offering our Purple Ties wellbeing talks. These talks are designed to help students with next steps such as preparing for exams, time management and joining the Sixth Form.



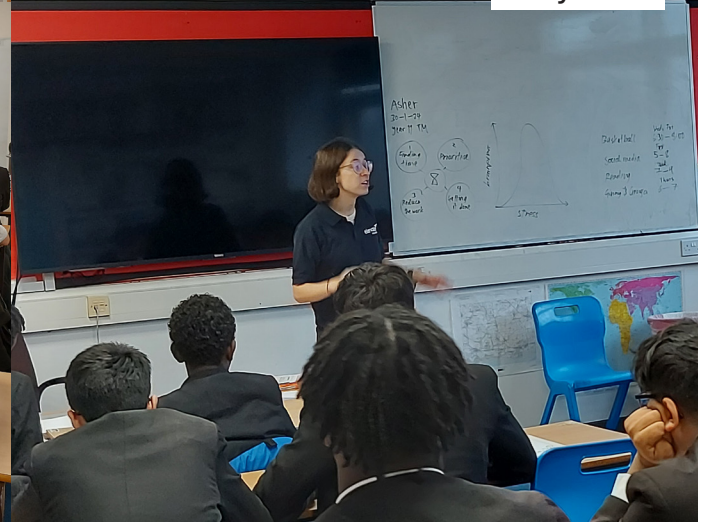
Going into the Sixth Form



Study Skills



Understanding Time Management



Wellbeing

Following on from being re-awarded the Wellbeing Award for Schools in December, January has seen us continue our wellbeing work at EBA.

We're delighted to welcome Raquel Lozano, our new school counsellor to the staff. Raquel is a BACP qualified and experienced counsellor who will be supporting and working with our students on Mondays, Wednesdays and Thursdays.

We are also really pleased to announce that Vanessa Miller will continue as our Wandsworth Wellbeing Practitioner. She will be supporting students on Tuesdays.

Mr. Kay, the Wellbeing Lead, has been holding assemblies with year groups about how to beat the winter blues and take responsibility for our own wellbeing.

Ilnaz and Suzette from the Wandsworth Wellbeing Service are currently leading sessions with Year 13s on coping with exam anxiety.

Phoebe Horrocks, who leads the Wandsworth Child Wellbeing Service, delivered training to all staff on how to support students in distress and suffering from low mood or anxiety.

If you feel your child would benefit from some of the wellbeing or mental health support we are able to offer, please contact their tutor or Head of Year.

Staff Introduction

Hi, my name is Raquel and I am the new Student Counsellor at Ernest Bevin Academy. I am a Person-Centred qualified counsellor and member of the BACP (British Association in Counselling & Psychotherapy). I completed my training at LC&CTA (Lewisham Counselling & Counsellor Training Associates) passing with Distinction.



Suggested Wellbeing Reading

Reading Well helps people to understand and manage their health and wellbeing using recommended reading for all ages.

Reading Well for teens supports the mental health and wellbeing of teens, providing information, advice and support to better understand their feelings, handle difficult experiences and boost confidence.

Reading Well books are recommended by health experts and people living with the conditions covered. People can be recommended a title by a health professional, or they can visit your local library and take a book out for free!

Recommended reading

Healthy Minds

- S** **Be Resilient: How to Build a Strong Teenage Brain for Tough Times**
Nicola Morgan
Walker Books
- S** **Be Happy Be You: The Teenage Guide to Boost Happiness and Resilience**
Penny Alexander, Becky Goddard-Hill
Collins
- P** **You Can Change the World!**
Margaret Rooke, Kara McHale
Jessica Kingsley Publishers
- F** **One in a Hundred Thousand**
Linni Ingemundsen
Usborne

Managing Feelings

- S** **The Mental Health and Wellbeing Workout for Teens**
Paula Nagel, Gary Bainbridge
Jessica Kingsley Publishers
- S** **My Intense Emotions Handbook**
Sue Knowles, Bridie Gallagher, Hannah Bromley, Emmeline Pidgen
Jessica Kingsley Publishers

Anxiety and Depression

- S** **My Anxiety Handbook**
Sue Knowles, Bridie Gallagher, Phoebe McEwen, Emmeline Pidgen
Jessica Kingsley Publishers
- G** **Anxiety is Really Strange**
Steve Haines, Sophie Standing
Jessica Kingsley Publishers
- S** **Depression (A Book About)**
Holly Duhig, Danielle Webster-Jones
Booklife Publishing
- F** **Hope**
Rhian Ivory
Firefly

Body Image

- S** **The Body Image Book for Girls: Love Yourself and Grow Up Fearless**
Charlotte Markey
Cambridge University Press
- S** **Being You: The Body Image Book for Boys**
Charlotte Markey, Daniel Hart, Douglas Zacher
Cambridge University Press
- S** **Appearance Anxiety**
National and Specialist OCD, BDD and Related Disorders Service, Maudsley Hospital
Jessica Kingsley Publishers
- F** **Jemima Small Versus the Universe**
Tamsin Winter
Usborne
- F** **The Year I Didn't Eat**
Samuel Pollen, Sophie Beer
ZunTold

Book Type Key

- S** Self-help
- F** Fiction
- G** Graphic format
- P** Personal stories

Recommended reading continued

Neurodiversity

- P** **Wired Differently – 30 Neurodivergent People You Should Know**
Joe Wells, Tim Stringer
Jessica Kingsley Publishers
- FG** **Frankie's World**
Aoife Dooley
Scholastic

Understanding Bereavement and Loss

- S** **You Will Be Okay**
Julie Stokes
Hachette
- F** **A Monster Calls**
Patrick Ness
Walker Books
- F** **When Shadows Fall**
Sita Brahmachari, Natalie Sirett
Little Tiger

Sexuality, Gender and Mental Health

- P** **Coming Out Stories**
Emma Goswell, Sam Walker
Jessica Kingsley Publishers
- S** **Queer Up: An Uplifting Guide to LGBTQ+ Love, Life and Mental Health**
Alexis Caught
Walker Books
- G** **Welcome to St Hell: My Trans Teen Misadventure**
Lewis Hancox
Scholastic

Learning About Life

- F** **Booked**
Kwame Alexander
Andersen Press
- F** **Stay a Little Longer**
Bali Rai
Barrington Stoke Ltd

Boost your Confidence

- S** **Social Anxiety Relief for Teens**
Bridget F Walker
Little, Brown

Surviving Online

- S** **Social Media Survival Guide**
Holly Bathie, Kate Sutton, Richard Merritt and The Boy Fitz Hammond
Usborne

Digital Resources

Alongside the books, there are recommended digital resources to help you understand your feelings and deal with tough experiences.

Scan the QR code or visit
reading-well.org.uk/teens
to find out more



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Book Fair

 SCHOLASTIC  TRAVELLING BOOKS

COME TO THE
BOOK FAIR and earn
FREE BOOKS
for our school*



This February, we are hosting a book fair—an excellent opportunity to raise funds for the school while promoting a love for reading. Each year group will have the chance to explore the available books. If there is a book they would like, students can inform you, and payments can be made online. The book fair will take place in the library from 5th to 9th of February, between 10am and 4pm. If you would like more information, please email us to arrange a visit mail@ernestbevinacademy.ac.uk.

How to pay at your Book Fair

- You can pay online using the online payment link and simply selecting your school from the drop down menu. Or use the QR code!



Scan the QR code to pay for your books online
or visit bookfairs.scholastic.co.uk/pay

Art Competition

Make the most of the this half term! EBA are going to take part in the Royal Academy Young Artists Summer Show. Now in its sixth year, the Young Artists' Summer Show is a free, open submission exhibition for students aged 4–19 studying in the UK. Artwork is judged by a panel of artists and art professionals, with selected artwork displayed online and on-site at the Royal Academy of Arts. Please see Ms Beddoes for more information.

Young Artists' Summer Show

RA

Royal Academy of Arts

6 Ways to Reduce Stress

by @inner_drive | www.innerdrive.co.uk

1 Remove uncertainty

How is this similar to what you have done before?

2 Be proactive

What can you do to improve the situation?

3 Reframing

View the task as an opportunity not a threat.

4 Best case scenario

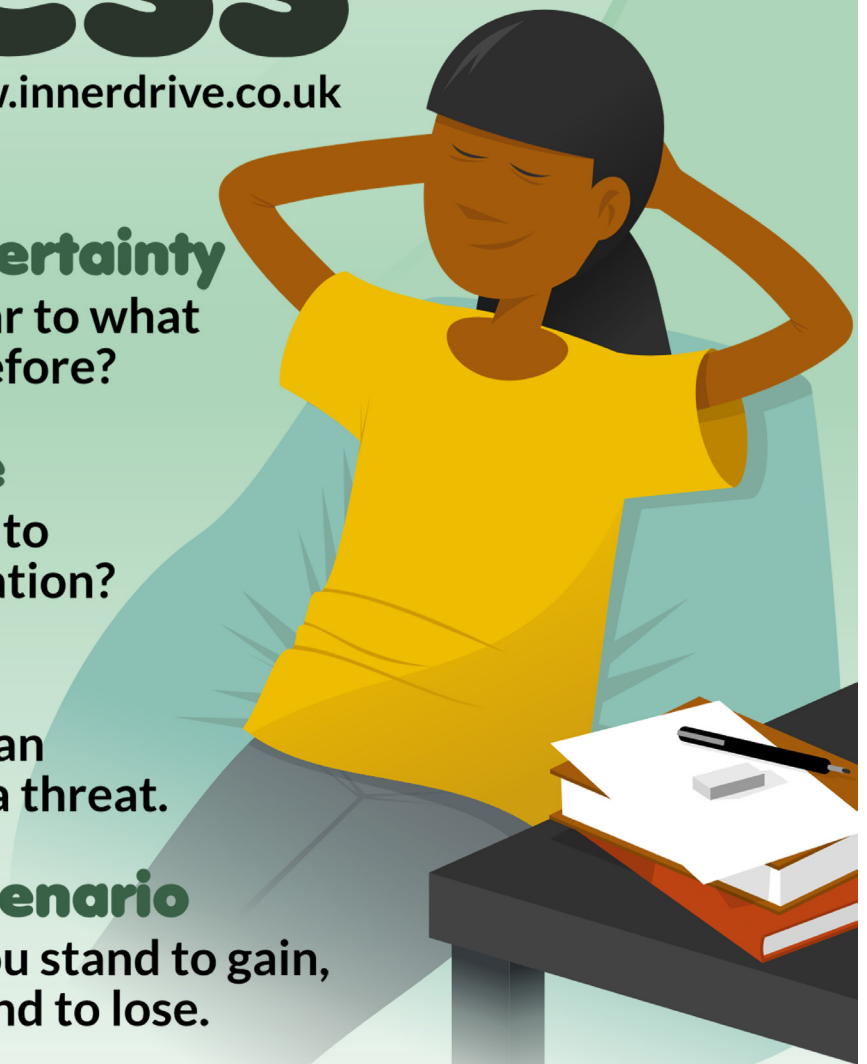
Focus on what you stand to gain, not what you stand to lose.

5 Get a good night's sleep

It's the way the brain works, everything seems worse when you are really tired.

6 Talk to someone

Don't struggle in silence.



7 Tips to Help You Concentrate Better

by @Inner_Drive
www.innerdrive.co.uk



1 Eat Breakfast

Students who eat breakfast score better on attention and memory tests. Cereals that are rich in complex carbohydrates are good as they fuel your brain.



2 Exercise at Lunchtime

A study by researchers at Bristol University found that a 45 minute workout at lunchtime significantly improved people's concentration, mood and ability to do their job.

3 Worry About it a Little More

In certain situations, a bit of stress may make you perform better. The extra worry releases adrenaline which increases the intensity of your focus.



4 Don't Think Don't

Attempts at thought suppression make you think about the thing you want to avoid more and distract you from the task at hand.



5 Drink Some Water

If you are just 1% dehydrated your concentration drops dramatically. Students who take water into an exam have been found to outperform their thirsty peers.



6 The Great Outdoors

Those who take a walk in green space return feeling more focused than those who have a break walking in urban areas.



7 Pictures of Nature

No green space near you? No problem. Studies have found that those who look at photos of nature, especially those with water in them, feel the same sort of benefits.

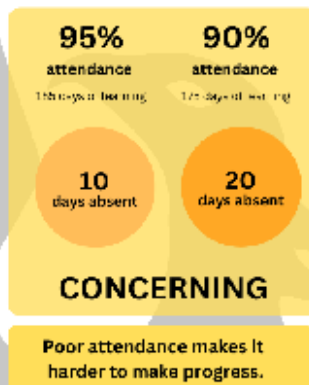
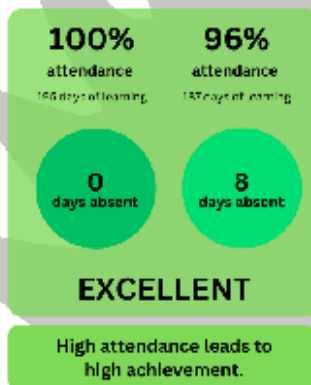
Parent Notices



Parking Notice - Polite Reminder

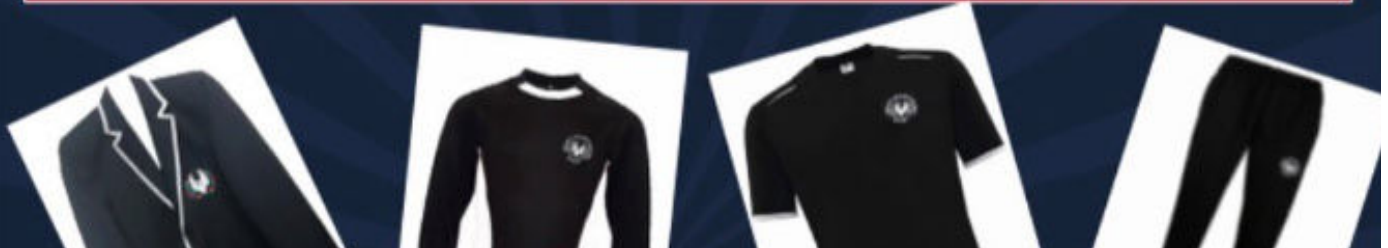
We kindly request that you refrain from parking on the single yellow lines outside the school premises. We've received complaints from local residents about this issue and it is causing significant concerns. Not only does it inconvenience our neighbours, but it also poses a safety hazard by blocking 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.

Community Notices

If you have a community notice that you would like us to promote, please email mail@ermestbevinacademy.org.uk for details.

12-16
FEBRUARY



CAMP GREEN HORIZONS

Supported by St Walter St John Educational Charity

Are you a budding environmentalist?
Would you like to learn more about the
natural world this half term?

Join us at The Farm for a jammed pack week of...

Crafts | Games | Gardening
Debates | Critical Thinking | Climate Action

10.30am - 1.30pm daily
Ages 10 - 16 years are welcome
Free for all attendees

CAMP



For more info and to sign up please email:
education@vauxhallcityfarm.org

Vauxhall (City) Farm Limited: 01524041
Registered Charity No. 281512

WINTER BREAK SWIMMING CRASH COURSE

(Monday 12th - 16th February 2024)

Perfection Front Crawl, Backstroke, Butterfly and Breaststroke.
Learn Competition Starts and Turns, Diving & Survival Skills



Improvers, Advanced & Club Swimmers, (Stages 5 to 8+) needed to take part in Swimming Teacher Training Course at:

ERNEST BEVIN ACADEMY, TOOTING

Timetable: Choose 1 hour swim from 3pm - 5pm

5 Day Course

Price: £45 for the course (£9 per hour)

For further information and to enrol onto these courses, please email Julia at julia@aquatictrainingcourses.com

ENROLMENT CLOSING DATE:

Friday 9th February 2024