



Friday 15th December 2017

Name & Tutor Group:

Headlines by Rachel McGowan

Internet Safety

The pre-frontal cortex – the part of the brain that has been linked to decision-making and moderating social behaviour – has been likened in teenagers to a car without brakes. This is because in teenagers the pre-frontal cortex is not yet fully developed and therefore teenagers really struggle at times to make rational decisions and work through the decision making process. In the heat of the moment, especially when emotions are involved, they make choices they later regret.

The '**ReThink**' app is free and developed by Trisha Prabhu who is now 17 years old. She attends Neuqua Valley High School in Naperville, Illinois. Trisha said 'my ReThink app forces young people to reconsider before they post offensive messages on social media. I conducted a study that looked at how teenagers who has the opportunity to rethink responded when they were about to post something offensive like "you are so ugly", relative to teenagers who didn't have that opportunity. What I found, after about nine months of study, was that when a teenager go a second chance to think about an offensive message they were about to post, more than 93% of the time they decided not to post it. The overall willingness to post an offensive message dropped from 71.1% to 4.7%".

So how does **ReThink** work? The ReThink technology picks up on certain key words that we would argue are offensive no matter what context you're using them in. But language can be more complicated than that. For example, if you wanted to post something on social media like "I hate the weather", well that isn't the same as "I hate you". The app uses context-sensitive filtering and machine learning. It has complex algorithms that work to determine the sentiment of each message and because it is a self-learning type of technology, it gets more accurate every time someone uses it. To find out more: www.rethinkgwords.com The ReThink app is available for free in the Google Play Store and The Apple App Store.

End of Term Arrangements

On **Wednesday 20th December** school finishes at **12.30pm**. This is also a non-uniform day where Year 11 will be putting their non-uniform money to their end-of-Plashet Project fund and Year's 7, 8, 9 and 10 have chosen a charity they wish to donate to. These are:

Year 7 - Penny Appeal Rohingya Crisis
 Year 8 - British Lung Foundation
 Year 9 - Save the Children
 Year 10 - Half UNICEF Rohingya Children Appeal/
 Half to Year 10 Project
 Year 11 – Year 11 Project

I would like to wish all students and parents a very pleasant Christmas break and a happy and healthy New Year. I look forward to welcoming all students back on **Thursday 4th January 2018** at **8.50am**.

2018 Parents' Meetings

When we return in January we will begin the Spring Term and this will see us hold meetings for parents. Each year group will have their parent's meeting in exactly the same way. Parent's meetings will begin at 13.30 and finish at 17.30. School will therefore finish early at 12.35pm for students on the following 5 days to ensure all subject teachers and support staff are available to meet with parents.

Wednesday 10th January Year 11 Parents'
 Meetings 13.30-17.30

Tuesday 23rd January Year 9 Parents' Meetings
 13.30-17.30

Thursday 8th February Year 8 Parents' Meetings
 13.30-17.30

Tuesday 20th March Year 10 Parents' Meetings 13.30-17.30

Wednesday 28th March Year 7 Parents' Meetings 13.30-17.30

These meetings are an important opportunity for teachers, students and parents to discuss learning and progress in all subjects as targets for the remainder of this year. Please ensure that you make appointments to see as many teachers as possible when your daughter brings home her appointment sheet. During the meetings, we will discuss how hard each student is trying in each subject and agree actions that each needs to take to make at least expected rates of progress is not more rapid. These meetings are a key way in which we can work in partnership to focus on our core aim – ensuring that every student makes the correct choices and reaches her potential.

Trussell Trust

Over the course of the last two weeks all staff and students have been donating food and non-perishable items in our drive to support The Trussell Trust this Christmas. Foodbanks rely on our goodwill and support. Over 90% of the food distributed by foodbanks in The Trussell Trust network is donated by the public – that's why our food donations are absolutely vital to their ability to give everyone referred to them a balanced and nutritious three-day supply of food. Without our goodwill, foodbanks would really struggle to operate. 10,573 tonnes of food were donated during 2015-16, enabling Trussell Trust foodbanks to provide more than one million three-day emergency food supplies to people in crisis.

To receive an emergency food parcel from the Trussell Trust you have to have a food voucher issued by a doctor or social worker or someone similar. People working in Job Centres can also signpost people to a Trussell Trust food bank but they can't make a direct referral. The Trussell Trust has been running for 20 years and in that time their network of food banks has grown from 1 to 427. It seems logical that more food banks will equal more emergency food supplies handed out.

In 2016-17 over 40% of Trussell Trust referrals were due to some form of problem with a benefit payment. Some of this was people whose benefit payment was delayed; others were due to changes in benefits. Another 40% were due to what we might think of as classic signs of poverty, like low incomes, debt and homelessness. The remaining referrals were due to other reasons like sickness or domestic abuse. A study of seven food banks across the UK found that in most cases, food bank use is "the result of an immediate income crisis". The study—produced by Oxfam, Child Poverty Action Group, the Church of England and The Trussell Trust — said that food bank use solely down to on-going low income, without a particular identifiable event, was less common.

Studies have highlighted changes to benefits and the use of benefit sanctions as driving increased demand for food banks. The Trussell Trust report suggests that the roll out of the new Universal Credit benefit has affected the use of its food banks. The Trust says that it has seen a 17% rise in food bank use in areas where Universal Credit is fully operational, citing waiting times for claimants to be assessed and difficulties with the Universal Credit system.

In an article published online by BBC News this week, Trussell Trust have explained that:

"Typically in December, a higher-than-average 40% of food parcels go to children as demand from single parents and families rises, and school holidays cut off access to free meals.

Last December about 30,900 children were estimated to have been fed by the trust's food banks, up from approximately 9,600 in 2012."

We are supporting the Newham Foodbank, located in Barking and it is our intention to extend our efforts to include January – May 2018, more details will be following in the New Year. We are extremely grateful of all the support we have received for this worthy cause.

Miss Sanderson

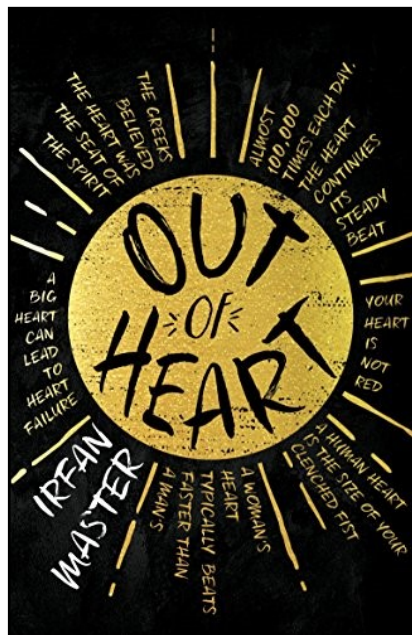
Carnegie Shadowing

Earlier this term, the list of books nominated for the 2018 Carnegie Medal was announced. Students at Plashet are now reading and reviewing as many of the books as they can before the shortlist is announced next March. The aim is to encourage an understanding and appreciation of quality fiction writing, especially for more able readers who like to challenge themselves by reading well-written, thought-provoking books by authors they may not have come across before.

One of the nominated books is 'Out Of Heart' by Irfan Master which tells the story of a family whose lives are changed by their grandfather's decision to donate his heart after his death and that of the boy who receives his heart. This is what Arundhathi Roy in 10L thought of it:

"I quite enjoyed this book as it had little interesting facts between each chapter which helped captivate the reader and give a slight idea of the theme of the next chapter. It was a simple read and I recommend it to everyone."

All students are welcome to take part in reading and reviewing the Carnegie nominated books, particularly more able students in Years 9 and 10. If you would like more information, please speak to Mrs Clifford-Smith or drop in to one of our meetings on Friday lunchtime in the South Library.



Bookmark Competition

During their library lessons Year 7 were asked to design bookmarks to encourage other students to take good care of their library books. Five students came up with excellent designs and their creations will be made into bookmarks which will be available in both libraries in the New Year.

Sahiba Hashim 7L

Momina Malik 7S

Thuranya Kumaran 7H

Ayesha Khan 7T

Samiyah Macadam 7G

Well done!

Mrs Clifford-Smith, Library and Resources Manager

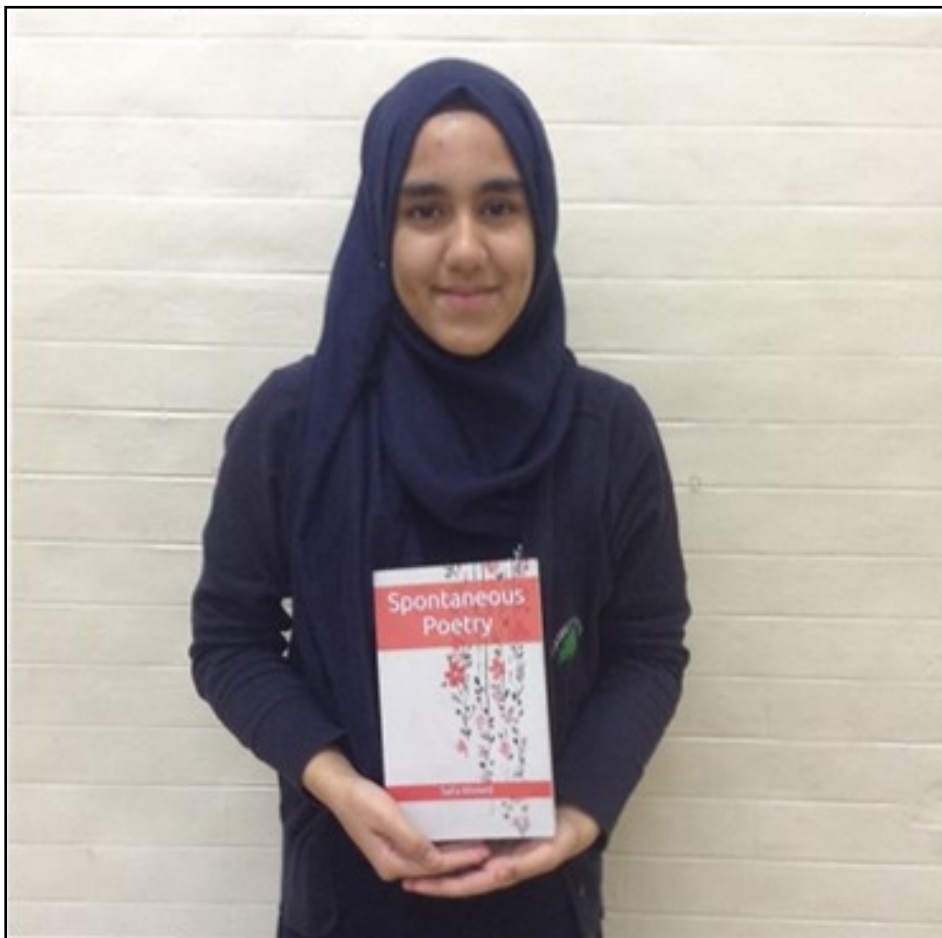
Spontaneous Poetry

I am ecstatic to announce that last week, I published my first book. It is called 'Spontaneous Poetry' and I must admit, I was overwhelmed when I first held the hard copy of it in my hands.

I have always had a passion for writing poetry and I use it as a means to express my views on the world and to discuss things that are close to my heart. 'Spontaneous Poetry' includes poems on a wide range of themes including friendship, love, struggle and school, so I am hopeful that it will appeal to everyone. I was inspired to publish a book after speaking to Ms Akhtar about her writing process for her book, 'Girl Untranslated'. She helped me by proofreading my poems and she showed me how to design the cover and how to publish my book. As I thank you, I have included a poem about her in my book.

Writing a book requires a lot of discipline and patience, because you need to take time out alone to sit and write without any distractions. I have developed many skills through this process and I hope to share and encourage my peers at Plashet to fulfil their ambitions. I love reading books and always dreamed that I could be an author. Now I am one!

My book will be available in the Plashet School libraries and to buy on Amazon. Please look out for details of my own 'Meet The Author' event in the new year.



Safa Ahmed 9E

Get Lost

As the festive period approaches, we would definitely like to encourage you to get lost...in a book. Why not settle down to the first instalment of Philip Pullman's next series, 'La Belle Sauvage: The Book of Dust Volume One', or Sally Nicholls' 'Things a Bright Girl Can Do', or seek out one of the longest Carnegie nominated titles. Whatever genre you enjoy reading, why not take time out and escape for an afternoon.



Newham Borough Champions

On 5th December, Priya Palanivel (9S), Nidhi Ben (9E), Gauri Shaji (9E), Charu Kuganantharajah (9N) and Ruqayyah Hussain represented Plashet at the Newham Borough Badminton Tournament. After winning all 5 of their matches with great conviction, they went on to become borough champions. They will now go on to represent Newham in the London Games in February.



Well done girls, we are all extremely proud of both your achievement and all the training you put in beforehand!

Miss Boland, PE Department

EAL Book Club

EAL Book Club meet every half term to read, discuss and review different books. This term they have read two different books about teenagers

'Awesome' by Pete Johnson

I have been reading this book called 'Awesome', which is written by Pete Johnson. The main focus of the book is a boy called Ben Macbean who is on his first day at a new school, where he meets a girl called Jasmine. She thinks that he is Ben Moore a famous actor of a programme called 'Awesome'. Then she starts to talk to him and even Ben does not tell the truth that he isn't Ben Moore the celebrity because he likes her and he keeps on pretending with this drama. Will he tell the truth and reveal his true identity? Will he lose the girl of his dreams? Well now, I am not going to end the suspense which you can only know by reading this book. So, I would strongly recommend that everyone should read this short story.

Sukhwinder Kaur 9T



'We Are All Made of Molecules' by Susin Nielsen

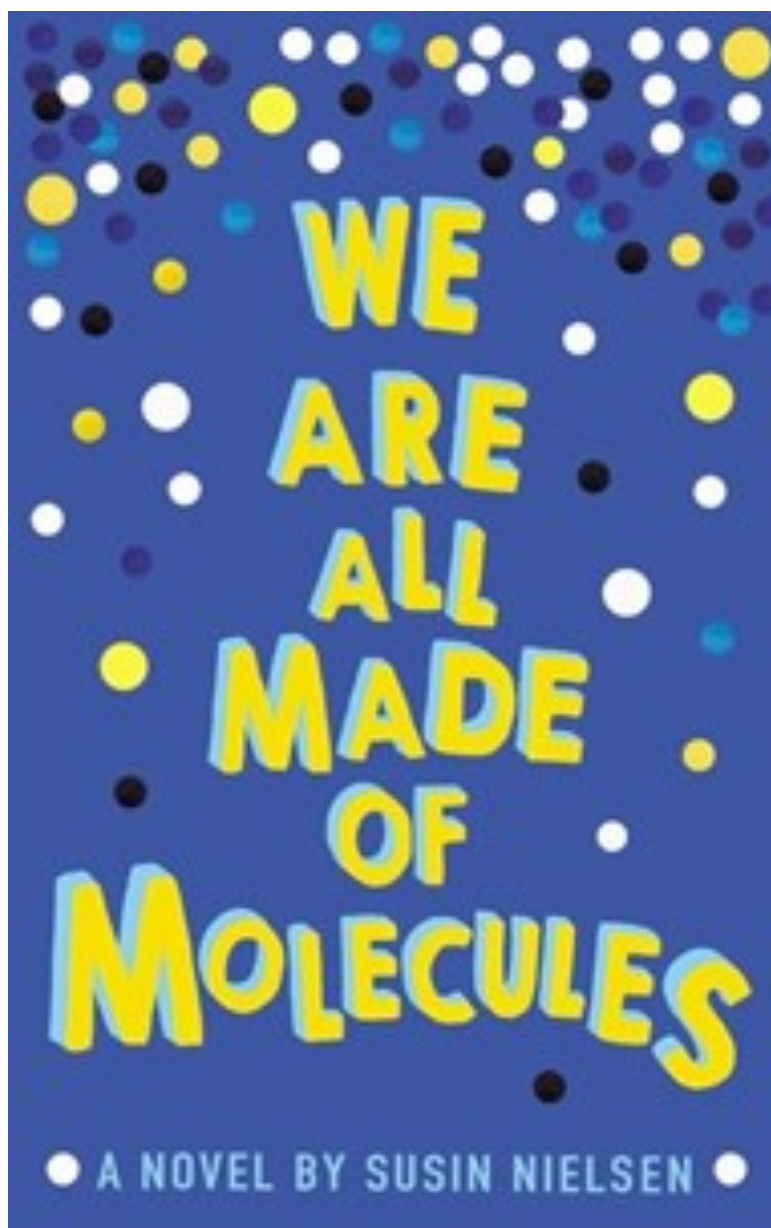
'We Are All Made of Molecules' is a story about two siblings that are the opposite of each other.

Stewart is "gifted", meaning he is good at school, but socially clueless, while Ashley is popular but her grades are not. These two characters were not always siblings, but they soon share home and family, as after Stewart mum's death and Ashley parents' divorce; Stewart's dad and Ashley's mum start dating.

This book includes many funny moments but it also talks about serious problems that society (especially teenagers) go through, however it's written in a way that makes it easy to read and understand.

This is a story where the two most different/opposite people come together because of various circumstances but learn to stay together and support each other. A sweet and emotional story that is greatly recommended.

Review by Ononna Hossain 9T



Year 10 trip to Poetry Live! - Friday 8th December 2017

Earlier on this year, I attended GCSE Poetry Live! event, where all students were given the opportunity to sign up for the Simon Powell poetry prize; a competition where students are invited to write and submit their own poems as part of Powell's legacy. Simon Powell started the poetry events due to his love and commitment to literature, so students were encouraged to write on any topic.

You can imagine my surprise and pride when I received the news that I was one of the lucky winners, and wait for it... my prize was to meet some of the poets (studied in the Poetry Anthology).

Real live poets, what a privilege!

During the Summer holidays I attended a workshop at Imtiaz Dhakar's luxury apartment where I had the opportunity to meet some of the other winners, talk to Daljit Nagra about his poem 'Singh Song' and prepare for the upcoming performance of my poem at Poetry Live 2017 to be held at The Apollo Theatre, Victoria on Friday 8th December.



The day arrived soon enough. In all honesty I did think about backing out and suddenly the Mock Examinations seem to hold more appeal, but I knew this was just me being nervous and doubting my ability to do my poem justice; after all I would be reciting my poem in front of hundreds of students and teachers. My English teacher soon allayed my fears and before I knew it the District Line was powering me to the theatre.



On arrival at the venue, Daniel Powell, the organiser's son introduced himself to me and then took me backstage to prepare for the recitation. Behind the scenes I had the opportunity to meet Carol Ann Duffy, poet of 'Before You Were Mine' and Gillian Clarke, who has won the Queen's Gold Medal for her poetry. What an honour to brush shoulders with such people!

My arrival on stage was greeted with whoops and squeals from Plashet students and my poem, 'The Fruit Man', received a rapturous applause. I felt chuffed! So glad I hadn't given up the opportunity to perform my poem live. Overall, I had an absolutely amazing day, and feel truly honoured to have had the opportunity to be involved in GCSE Poetry Live! 2017.

I urge Year 10s to write and submit their poems, as all the poets mentioned would not only be thrilled to read your poems, but also to see you perform at the 2018 event. Why not write a poem today and enter it, after all, you have to be in it to win it!



The winning poem for the Simon Powell Poetry Competition 2017:

'My Dad, The Fruit Man' by **Fahmida Rahman 11E**

I come home tonight to see oranges by
my side,
"Where from?" I ask each and every night,
"Firat Food centre," he replies,
as he passes me the orange,
three already peeled next to me,
The mangoes are being sliced,
Each and every piece cut precise,
The strawberry's covered in salt,
"Why not sugar?" I ask.
(In his Bengali accent) "We are Asian"
and the Bengali knife comes out to
dice the pineapple.
"Why pineapple, Dad?"
"Paracetamol? Pineapple cures all your illnesses."
I laugh... another Bengali superstition I assume,
"What fruits tomorrow, Dad?"
"Why do you ask, my beta? Same fruits
every night"
"Hee hee hee"
Lutfur, the Fruit Man

EAL Celebration 8th December 2017

Hello,

My name is Varsha. I am a newcomer to this country. I am a student with EAL (English as an Additional Language)

The EAL group teachers gave us (NEW COMERS) a treat to welcome us to Plashet School. There were more than 20 new comers participating. They gave us a blue tag and a post-it and we wrote our name on that post-it and stuck it on the country we came from.

We had pizza and some healthy food like cucumber, strawberries etc. and we had cool drinks and crisps and some chocolates. We went around the room and talked to others and asked where they are from. We ended our party with happiness and music.

This was a great opportunity in my life to communicate with other people. I went to this party with my friend Nandana.

By Varsha Victor 10S



Governor Profile

Our Governors play an integral part in our learning community, so we are going to shine a spotlight on them over the next few editions and give you an insight into who they are.

Name

Saquat Ali

How long have you been a Governor at Plashet School?

Since 2013

As well as being a Governor, what else do you do?

Investment Banker

What is your favourite book & why?

'Of Mice and Men', a classic of two simple friends who dream that one day they will have some land of their own; however, life is not that straightforward as their hopes are dashed struggling against extreme cruelty, misunderstanding and feelings of jealousy.

What is your favourite piece of art & why?

Vincent Van Gogh's Yellow Sunflower Painting; bright and simple, showing true happiness.

What is your favourite piece of music & why?

Beethoven and Mozart – both composed classical masterpieces

What is your favourite place in the world and why?

Switzerland for the scenery, peace and tranquillity

If you ruled the world for a day what would you do?

Spread love and peace

Miss Sanderson, Assistant Headteacher

