



CASS NEWS

SIR JOHN CASS REDCOAT SCHOOL NEWSLETTER

Editor: Nadiyah Akoo

WINTER TERM 2018



Hockey Master Class with Olympic Gold Medallist

By Mr Malique – PE Teacher

Helen Richardson Walsh

On the 17th January 2018, some of our students attended the opening of the new Mile End Astro turf. The students even received a master class in hockey with Olympic Gold Medallist, Helen Richardson Walsh.



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5 REASONS TO GO GREEN AND GET A REUSABLE WATER BOTTLE

CASS GUIDES

Girls Indoor Athletics

By Ms Daly – PE Teacher

On 16th January 2018, the Year 7 and 8 Girls athletics teams both successfully achieved 3rd place overall at the Tower Hamlets sports hall athletics competition. Each athlete took part in a range of track and field events; jumping, throwing and running.

The students showed excellent efforts and athleticism throughout the competition creating a greatly enthused team spirit and performance. The track results were as follows;

YEAR 7 RESULTS:

Nimah 2 lap race 1st place
Abigail 2 lap race 2nd place
Kanizah 4 laps 1st place
Year 7 relay team 1st place

YEAR 8 RESULTS:

Cheila 2 lap 1st place
Mariyah 6 lap 1st place
Imaan 4 lap 2nd place
Year 8 relay team 2nd place



Boccia Tournament

By, Ms Daly – PE Teacher



tournament. This was the Boccia team's first taste of the sport, with the team formed of five year 7 students and one year 8. They travelled to Swanlea School to participate in the tournament and this proved to be a very successful trip. As beginners, they quickly picked up the skills and rules of the game. Earning their place in the final, SJCR competed

against Swanlea School. After three rounds the result was dependent on the tie breaking throw. Nazifa calmly stepped up to take this one last throw and successfully landed the ball right on the jack, winning the game. The Boccia team will now go on to represent Tower Hamlets at the London Youth Games.



On the 23rd January 2018 the Sir John Cass Red Coat Boccia team made history with their debut participation at the Tower Hamlets Boccia



Join the SJCR Green Team!



Starting February 2018

What is the Green Team?

We are starting our very own growing scheme, utilising the many available spaces to grow a variety of fruits, vegetables and plants. Students from years 7-13 will all work together to create and maintain beautiful green spaces around the school, which can be admired and enjoyed by us all. You may have already noticed the large raised beds outside the Sixth Form entrance on Bromley Street, just waiting for the seeds to be planted. There is more to growing than simply 'watering the flowers'... it's understanding where our food comes from, how it grows, physical and mental well-being, confidence, teamwork, communication, learning about the environment, sustainability – the benefits are endless!

When does it start?

Starting this February 2018. We will provide training to ensure that everyone is adequately equipped in terms of knowledge, skills and health and safety precautions. All equipment and resources will be provided. Ultimately, the goal is for the gardens to be maintained entirely by the students (albeit with a little supervision from our green fingered staff members!). Anything you grow, you can take home to cook!!! Plus there will also be regular updates on our social media pages, school newsletter and local press. There will also be some educational visits and prizes up for grabs!!!

Our partners

We have already built some fantastic links with local and international organisations who have kindly contributed to getting our project off the ground, including a generous £1000 donation from Groundwork UK. We are now part of the Capital Growth Scheme, London's largest food growing network and have also achieved Level 1 status from the Royal Horticultural Society's Campaign for School Gardening. We hope to achieve Level 5 in the next 12 months.



How can I get involved?

Pick up a consent form today from the Sixth Form Reception.

For more information, please see Mr Rothern at the Sixth Form Reception (breaktime and lunchtime).

Young Carers at Sir John Cass Red Coat School

By Ms Regan – Safeguarding Officer

Last year our school signed up to the Tower Hamlets Schools Young Carers Charter organised by the Family Action in partnership with Tower Hamlets Council.

Family Action delivers a number of Young Carers services across England which are commissioned by local authorities and health agencies. Over the last year we have been working together to devise and implement a tailored plan for our school to ensure that young carers have the same access to education as their peers. All staff have received training in understanding and supporting students who are young carers and we have also raised awareness amongst our students through assemblies and citizenship lessons about the very important but often difficult role that young carers fulfil. This week Sir John Cass Red Coat School was awarded the Young Carer Charter status.

Who is a Young Carer?

'A young person under the age of 18 who cares for a family member who has a physical illness, disability, learning disability, mental health problem, or who struggles with a drug or alcohol problem'

How can SJCR School support young carers and their families?

If someone in your family is a young carer and you would like to talk to a member of staff at SJCR School about this, please speak to your child's Head of Year or Ms Regan who has responsibility for young carers at Sir John Cass Red Coat. We can then work together and agree on how the school can support your child in school as a young carer.

You can also contact:

Family Action - Newham & Tower Hamlets Young Carers services

Abbey Lane Childrens Centre,
1 Abbey Lane, London, E15 2SD
T: 020 8470 7782



Coding Club

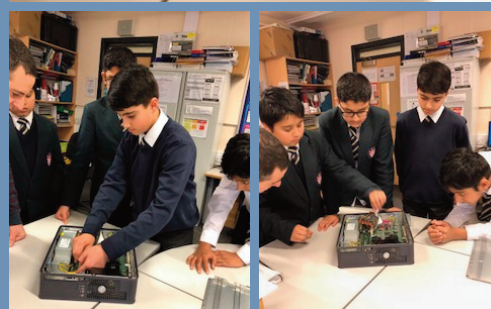
By Ms Deen – Assistant Head of IT

The Coding Club for year 7 students takes place every Thursday 3-4pm in room 306.

It got off to a great start with some very keen year 7 students looking at the internal parts of a computer and having a go at installing some hardware into the base unit.

Students will also be learning how to use Kodu to create their own computer games.

There are still some places available so any year 7 students are welcome to come along and take a look or sign up if they are interested in learning to code.



Master Class in Careers with Career Ready and Partners

By Mr Uddin – Work Experience Manager

Year 8 students were treated to a master class in careers by Citibank, Kaplan and Aberdeen Standard Investments where they covered various stages of careers and the qualities and skills required to become successful in the workplace. Volunteers introduced students to key skills and qualities that were needed in order to become successful.



The volunteers left the students with some thought-provoking information, including;

- There are so many different careers available to you. Some are not created yet. Start researching different careers to see if they match your skills, qualities and interests.
- It is both important and essential that you develop your skills and qualities.
- Think about who and what motivates you and why.



Feedback from students was very positive "you can be whoever you want to be no matter what background you come from". A huge thank you is also due to all staff who were able to move their classes around in order to accommodate the workshop.

Students and employers go Head to Head

Following on from the success of The Getting Ahead Conference, year 11 students prepared to meet employers for their Head to Head interviews. Head to Head provides year 11 students with the opportunity to meet with professionals from a variety of sectors to conduct a real interview. The students fine-tuned their CVs and interview skills and after selecting their preferred job roles headed to the library for their 1-2-1 interview. The whole year group were seen individually

over 2 days for a 30 minutes interview, after which feedback was given. Interviewers on the day included staff from Lloyds Banking Group, Barclays, HMRC, Savannah Group, Aon Hewitt and Talbot. All visitors were very impressed with the standard of CVs and professionalism of all students. Well done to all the students for conducting themselves in a respectful manner and making the day a great success, You're All Hired.



Sixth Form Taster Day

By Mrs Akoo – Marketing Manager



On the 16th January 2018, all year 11 students were involved in a Sixth Form taster day, and were able to experience a sixth form timetable and lessons. This included a Sixth Form Chemistry lesson run by Ms. Akhter whereby students competed against each other in a “Guess the Compound” competition.

There was also a networking session with professionals from various fields, enabling students to enhance their knowledge and find out more about career options.

IntoFilm camera-phone film-making!

By Ms Lording – Head of Media Studies

Earlier this term a number of A Level Media students spent two Saturdays completing an IntoFilm camera-phone film-making workshop at Edspace in Hackney Community College.

Across the two weekends they learnt how to write scripts, develop characters, shoot and edit their own short films.

Students were sent away with free access to the Filmic Pro app, which turns their camera-phones into DSLR cameras.

Nashita in Year 12, commented, "It was fun, we really enjoyed the sessions. It was great to work in teams alongside the professionals. They gave out lots of advice about entering the industry. I feel like I can make my own short movie independently now."

The workshops were free and promoted to all students in Sixth Form. We hope more pupils will take advantage of these sessions in the future.



Trip to the Imperial War Museum

By Abidha, Year 10

On the 29th January 2018, my English class went on an educational visit to the Imperial War Museum. We went there to look at the amazing First World War Galleries, as it links with the Power and Conflict poetry we are studying for GCSE English Literature.

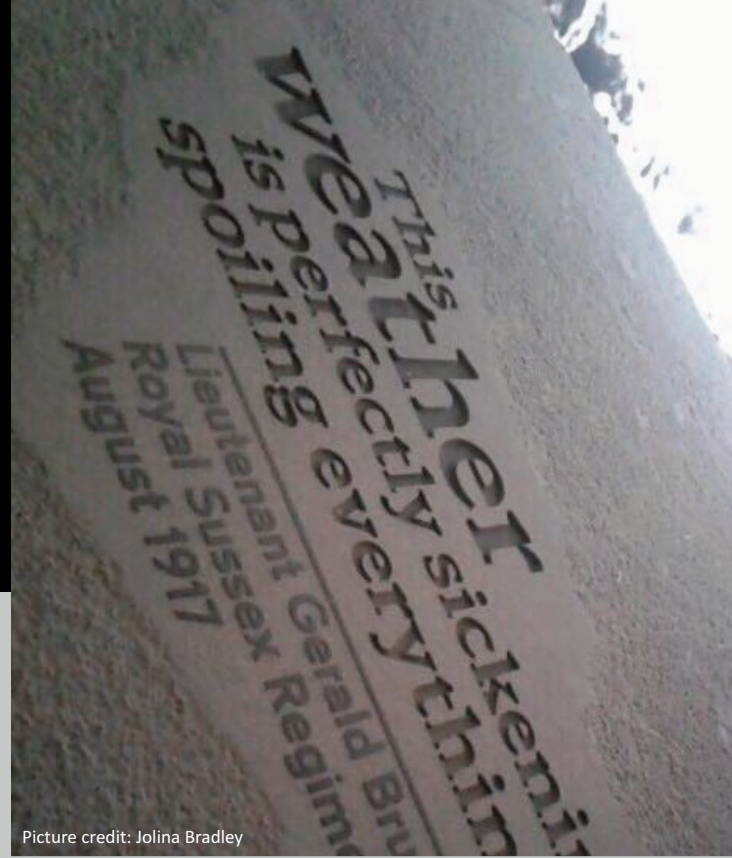
In groups of three we were set the objective to complete a worksheet of interactive tasks that Ms Lording, our English teacher, had created for us. We went around the exhibition and it was very informative and educational. Even though I study history, I learnt many new things about pre-WW1 and the events of the war. We saw uniforms, diaries, letters, trench-signs, propaganda posters and original weapons from the period.

One of my favourite moments was going into the "trenches", because you actually felt like a soldier shivering in the deep, noisy pits. It

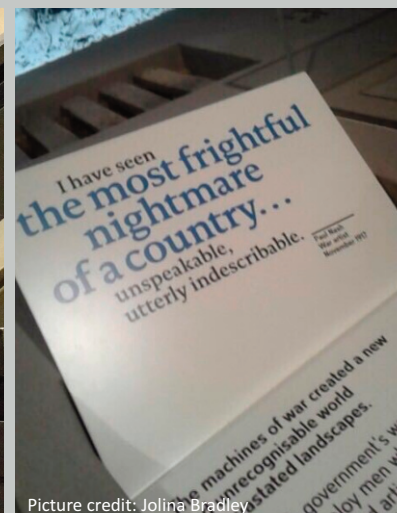
was dark, and the floor and walls were uneven, which made the experience more realistic. Also you could hear bullets firing and planes dropping bombs; it was a very good sensory experience that helped bring Wilfred Owen's poem Exposure to life.

After we had finished the worksheet, we were able to explore the other exhibits in the museum. I went to the Holocaust exhibition and I learnt about how Jews were persecuted under the control of Hitler and the Nazis. Having just commemorated Holocaust Memorial Day at school this was particularly poignant.

Overall, it was a fantastic experience and I would highly recommend anyone interested in developing their connection to the war poetry we are studying to visit the Imperial War Museum during holidays.



Picture credit: Jolina Bradley



Picture credit: Jolina Bradley

A-Level Media Study Day at the BFI Southbank

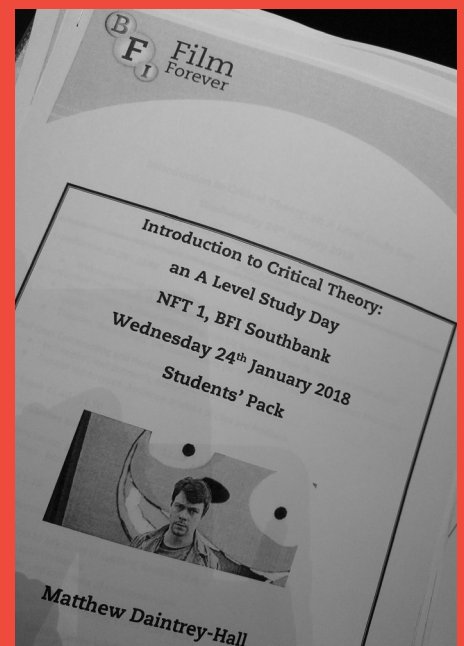
By Ms Lording – Head of Media

Earlier this term our Year 12 Media Studies students joined hundreds of other A-Level students from across the country at the BFI Southbank to take part in a Critical Theory Study Day.

Students applied gender theory to a range of media products, including Pink's 'Beautiful Trauma' music video, 'Orange is the New Black' and RuPaul's 'Drag Race'.

In the second half of the day they explored Postmodernism through 'How I Met Your Mother' and 'Black Mirror'.

Students came away from the day with lots of resources to use in their essays and a greater understanding of some complex theories.



The Tower Hamlets Book Awards 2017

By Chloe, 8D

On Friday 24th November, nine Year 8 students from Sir John Cass Red Coat School participated in the Tower Hamlets Book Awards finale, showcasing 'A Library of Lemons' by Jo Cotterill. There were six books that had been shortlisted and we read as many as possible in order to choose a book that we could produce a strong performance on.

There were two authors present whose books had been shortlisted: one was Philip Reeve, who wrote RailHead, and the other was Jo Cotterill. Both authors judged the performances.

We also voted for our favourite book. In particular, my favourite book was 'The Wolf Wilder' by Katherine Rundell. The best part of the award ceremony was watching the other primary and secondary schools performance. Blue Gates Fields Junior School had a well-deserved win.

In the end, 'A Library of Lemons' was the winner of the Tower Hamlets Book Award 2017. It was a great experience and I am glad that I took the opportunity to be a part of the Tower Hamlets Book Awards 2017.



2 new books bought for the Library signed by the authors



Jo Cottrill and Phillip Reeve signing books

5 Reasons to go green and get a reusable water bottle

By Mr Rothon – Sixth Form Registrar



1. You'll be saving animals

Sea animals so often mistake plastic bags and bottles for food, and even when they don't, there is so much broken down plastic in the water that they inevitably ingest it. No more plastic bottles means a happier and safer sea life!

2. You'll be more hydrated

Many water bottles have a scale on the side where you can see how many millilitres of water you've had and how much more you need to go. It's a good way to track and challenge yourself on a day to day basis! You should be aiming for 1.5 - 2 litres per day, according to the NHS.

3. There are lots of colours to choose from

You can get water bottles in so many different colours. If you want to be even more creative you can personalise your bottle to give people a sense of your personality. You can support your favourite teams, companies or places, whilst doing better for our planet. As companies see the market grow, they are constantly coming out with more interesting and imaginative designs.

4. It's an investment

If you take good care of your bottle, you can have the same one for years, think of all the money you'll save! If you currently spend £1 a day on drinks, that's £5 per week or £20 per month! Think what you could with that extra money!! Saving the world and saving money?! It's a no brainer!

5. You'll really be helping the environment

In this time in our lives, we tend to hope that the generations after us will save the planet for us and that it is not our responsibility. That is far from the truth. If we want a clean planet for our children and grandchildren, we need to start taking part in these efforts as soon as possible. Using a reusable water bottle can be the first step.



CASS GUIDES

Online Gaming: helping children to play safe



Source – nsppcc.co.uk

Gaming can be a great way for young people to relax, socialise with their friends and have fun. Children can play on games consoles, apps or websites, and chat to other players or watch them play through live-streaming. However there are some dangers, and with so many games available online, it can be hard for parents to know how to keep their child safe.

WHAT ARE THE RISKS OF ONLINE GAMES?

- Children may view inappropriate or upsetting content if they play games that aren't suitable for their age. This could include sexual or violent material. It might be in-game content or produced by other players.
- Some players can be abusive towards others or try to exclude them from the game. Some players may also hack another user's account.
- Children may play with adults they don't know. People of all ages play games. Some adults may exploit this and try to build an emotional connection with a child for the purpose of grooming.
- Some children may find it hard to stop playing games or find that gaming is getting the way of them doing other activities.

5 WAYS TO HELP CHILDREN PLAY SAFE

1. CHECK THE GAME'S CONTENT

Always check age ratings but remember they don't cover everything. It's important to check the game out for yourself before letting a young child play it.

2. KNOW HOW TO MUTE, BLOCK AND REPORT

Help children understand that people they meet online may not always be who they claim to be. Some games let you mute, block and report other users. Make sure your child knows how to do this if someone in the game upsets them or makes them feel uncomfortable. Childline has online gaming advice to help them do this. Remind your child they can come to you if they're ever worried.

3. BE SHARE AWARE

Remind your child not to give out any personal information, photos or videos to anyone online, even if they know them. If your child plays games with people they don't know, remind them not to take the conversation off the game and onto other social networks or into a private chat.

4. ACTIVATE SAFETY SETTINGS

Turn on parental controls on gaming consoles to help prevent children from downloading age inappropriate games or seeing harmful material. Contact the O2 & NSPCC Online Safety Helpline for free on 0808 800 5002 for advice on how to do this.

5. KEEP THE CONVERSATION GOING

Have regular conversations with your child about staying safe online. Agree what games are suitable for them to play and help them understand why others are inappropriate. Talk to them about the types of games they may be watching on game streaming sites. Remind them they should tell a trusted adult, like a teacher or parent, if they see or hear something that upsets them when gaming.

And they can talk to Childline for free 24 hours a day if they're ever worried.

ADDICTION

If you are concerned about someone you know who seems to spend far too much time playing computer games, the "Family Lives" organisation provides support and advice.

You can visit their website at www.familylives.org.uk or call them on 0808 800 2222.

For more information please visit www.nspcc.org.uk



Sir John Cass

Thursday 22nd February
Women's coffee morning



TERM DATES

12/02/2018 - 16/02/2018 - *HALF TERM*

21/02/2018 - *YEAR 9 VACCINATIONS*

22/02/2018 - *YEAR 7 SMART DAY – ENTERPRISE*

28/02/2018 - *YEAR 9 VACCINATIONS*

01/03/2018 - *WORLD BOOK DAY*

01/03/2018 - *YEAR 9 OPTIONS EVENING*

08/03/2018 - *INTERNATIONAL WOMEN'S DAY*

14/03/2018 - *YEAR 12 PARENTS' EVENING*

21/03/2018 - *EARLY SCHOOL CLOSURE FOR STUDENTS AT 1.25PM*

26/03/2018 - 29/03/2018 - *SJCR CHARITY WEEK*

27/03/2018 - *YEAR 10 SMART DAY – EMPLOYABILITY*

30/03/2018 - 13/04/2018 - *EASTER HOLIDAY*

30/03/2018 - 13/04/2018 - *EASTER HOLIDAY*

18/04/2018 - *YEAR 8 HPV INJECTIONS*

25/04/2018 - *YEAR 10 PARENTS' EVENING*