



CASSNEWS

SIR JOHN CASS & RED COAT SCHOOL NEWSLETTER

Editor: Nadiyah Akoo

SPRING TERM 2018

Visit from Dame Barbara Stocking DBE

by Mr O'Brien - Deputy Headteacher

On the 7th February 2018, Sir John Cass Red Coat School was privileged to welcome a visit from a very special guest, Dame Barbara Stocking, DBE. Former regional director of the NHS, Stocking was also the chief executive of Oxfam for 12 years and was responsible for increasing revenues from £187.3 million to £385.5million during her tenure. She has since become the president of Murray Edwards College, Cambridge, an all-woman college.

Dame Barbara spent the day with our students, speaking to them about her journey in life, from childhood to university and her starting career to present day. Some highlights of the day include an assembly to students in years 10-13 in which she highlighted the importance of tackling big problems with creative solutions, using as examples her work with Oxfam to bring food, water and resources to some of the poorest people in the world. She held a question and answer session with our student voice team focusing on leadership development and what it means to be a good leader. Finally, she delivered

a workshop to girls in year 10,11 and 12 on aspiring to Cambridge.

Through this new partnership with Cambridge we will be sending a large group of year 9s to visit the campus in the summer term. In addition, we have four spaces reserved for year 12 girls to attend a summer residential programme at Murray Edwards College.

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Sir John Cass's Foundation & Red Coat Church of England Secondary School and Sixth Form College
Stepney Way, London • E1 0RH • www.sjcr.net



“Dame Barbara made me realise that I would like to help others and make a difference in the world such as helping those in under developed countries or to make advancements in the world of science.”
Humaira, Year 11

“Dame Barbara’s visit was inspiring and I now have a new perspective on Oxfam and all that it does. I particularly enjoyed her Cambridge talk as I had the opportunity to have questions answered. Dame Barbara was friendly and I like how much she stands up for women’s positions in healthcare and in the professional world.” Jolinee, Year 10

“What a pleasure to visit Sir John Cass & Redcoat School and meet such thoughtful and enterprising students. Their interest in how to deal with the problems of the world was a joy.” Dame Barbara Stocking.



New School Catering - The Chartwells Way

by Mr Avramidis - School Bursar



In the summer term, the school will be using Chartwells for all of its catering services. Continue reading to find out more about Chartwells.

For more than a quarter of a century, Chartwells has focused on helping young people build strong bodies, sharp minds and to lead long, healthy lives. To Eat, Learn and Live. Chartwells dishes up great tasting, fun and nutritious meals to schools, academies, colleges and universities, and provides all of the support services – from facilities management to cleaning – to help fuel inquisitive minds. Food for thought!

We are giving children all the get up and go they need with tasty food and an unrivalled approach to school meals. As well as providing thousands of meals daily to students across the country, Chartwells run activities and workshops to encourage healthy eating and inspire good, lifelong habits.

“We don’t just want children to eat our food... we want them to LOVE it. We wholeheartedly believe that lunchtime should be a fun part of the day, jam-packed with lots of different, flavoursome and healthy food. Plus our dedicated nutritionists bring food to life through our Eat Right, Stay Bright programme. It’s crammed with goodness... from Fun Into Food lessons, student survival talks, parent workshops and breakfast clubs to our Food Superheroes and Beyond the Kitchen web hub.”

We want to set young people up for their day, and for a lifetime of good eating habits. Ensuring every student has the same opportunity to develop and make a positive contribution at school, by having access to fresh, healthy and great tasting meals. Chartwells nutritionists and chefs go to great lengths to create food that looks good, tells a story and is in tune with the latest trends – because that is the food students tell us they want. In their words: food that’s “tasty, lovely and delicious.”



Director Visit - Otto Bathurst

by Ms Lording - Head of Media



Media students in Key Stages 4 and 5 were offered the unique opportunity to hear from a BAFTA-winning director this term. On Wednesday 7th March we were joined by Otto Bathurst, a film and television director, who has worked on *Peaky Blinders*, *Black Mirror* and *Criminal Justice*.

In his first session he discussed exam-specific topics including crime drama, action sequences, mise-en-scene and editing. Pupils watched clips from the films *Hanna* and *The Bourne Ultimatum* before discussing the impact of directorial choices, perspective and pace.

A smaller group of proactive and engaged pupils then joined Otto for an after-school industry seminar. Pupils asked a range of questions around working with actors, becoming a runner, life as a free-lancer and directorial tips and tricks. Otto shared stories of working on his first Hollywood feature film, *Robin Hood*, which with a budget of \$100 million presented lots of challenges!

A huge thank you to the Director's Charitable Foundation who made the visit possible. We'll all be looking forward to seeing *Robin Hood* on the big screen when it's released in November 2018.

Keep looking on Twitter @sjcrmedia for more opportunities to hear from professionals in the industry.



Food Tech: Top Dishes

by Ms Rahim - Food Tech Teacher

Food Tech's "Top Dishes" of last term:



Year 7 - Amina Begum
Healthy Snack: Fruit Salad



Year 8 - Jacqueline Fenner
Use of honey: Fairy Cakes



Year 9 - Thamina Begum
Use of city garden vegetable: Vegetarian Pizza



Year 10 - Shadia Saleh
Experimentation with flour: Bread

Food Cooking Club for KS3

When?

Wednesday from 3.00-4.00pm

Where?

Will take place in the Food Room
The club will be run by Ms Rahim

Join Ms Rahim at Food Cooking Club for Year 7-9.
Every Wednesday from 3-4pm.
See Ms Rahim for more info.

Please see Ms Rahim for more information



Activities that will take place in the club:

- Ready Steady cook
- Learning cooking skills when using the cooker (Hob, Grill and Oven)
- Further develop your knowledge and understanding of Food preparation and nutrition
- Learning health and safety and time management



Shrove Tuesday - Pancake Day

by Ms Thompson - PE Teacher

On Friday 9th February, we held an early Shrove Tuesday Pancake Day to celebrate the start of Lent. Lent is a period of fasting and abstinence leading up to Easter, and it began this year with Ash Wednesday on the 14th February 2018. Pancake Day comes from the old English custom of using up all of the fattening ingredients in the house before Lent, so that people were ready to fast during Lent. The fattening ingredients that most people had in their

houses in those days were eggs and milk. A simple recipe to use up these ingredients was to combine them with some flour and make pancakes. We all had great fun making and trying to flip our pancakes!



SJCR Bake Off

by Ms Thompson - PE Teacher

Well done to all of the students who participated in the SJCR Bake Off, and to our winner Aisha in year 7 for her Polar Rainbow Cake filled with M&M's!

The bake off runs every Friday and they learnt to bake cookies, cupcakes and jam tarts in the lead up to the competition. I teach them through all of this and for the final competition they decided what they wanted to make after being given a theme.



Founder's Day 2018

by Alex - Year 7



Founder's day was held at St. Botolphs church in Aldgate where we, as a year group, paid tribute to our founder Sir John Cass. He was thought to have been writing his will when he had hemorrhaged blood, meaning coughed up blood. The will stated that, when he died, his money was going to be used to build schools. What was special about this was that the schools were for any children to join, so they could get a free education no matter how they lived and how much money they had.

The Sir John Cass Primary School attended the service with us and everyone who attended the service wore a red feather which represented the blood stained quill Sir John Cass used when he was writing his will. Some people, including myself, wore

the traditional red costumes to represent Sir John Cass.

The service was full of speeches and readings, read by very important people such as, the Lord Mayor, head teachers and many more important people. We also had performances by our school's choir and the primary school's choir. Furthermore, there were songs such as our school hymn and the national anthem.

Overall the service was a nice formal occasion with cards, readings/speeches, important people and performances by other schools. This was a nice time to pay tribute to our founder, Sir John Cass.





THE CASS WAY

As students at Sir John Cass Red Coat School we recognise the role that we play in our own success and in the success of others. Through the smallest of actions we know that we can help each other to achieve and exceed our potential.

We will:

- 1) always aspire to be the best we can be
- 2) be responsible at all times
- 3) always try our best and never give up
- 4) use our initiative and be independent learners
- 5) be responsible for and take pride in our learning environments
- 6) listen to and help each other
- 7) always prepare for exams and assessments
- 8) respect each other's personal space
- 9) have a zero tolerance approach to bullying, not hurt each other's feelings and think before we speak
- 10) not take part in unacceptable behaviour such as shouting, pushing or insulting each other



**WE LEARN TOGETHER
WE PRAY TOGETHER
WE ACHIEVE TOGETHER**

"Do unto others as you would have them do unto you." Luke 6:31

Eucharist

by Mr O'Brien - Christian Lay Chaplain

One way the school community has been observing Lent is through a fortnightly Eucharist at St Dunstan's at lunch time on a Friday. Students meet in the Sixth Form reception and walk over together to the church for a service with Reverend Trevor Critchlow, our school's chaplain. Students participate by reading and by bringing their friends - of all faiths - to participate in the service. Reverend Critchlow holds a weekly Eucharist at the church, at which the community explicitly prays for the school. This is one way in which the school can participate in prayer and fasting during Lent. This is also a unique way of bringing the whole of the school community together in prayer on a Friday, as our Muslim students also attend prayers on Friday at lunchtime.



British Science Week

by Ms Akther - Science KS3 Coordinator

British Science Week ran from 9th - 18th March 2019. This year's theme was exploration and discovery. Students carried out a number of practical experiments including;

- Alien blood and messy volcanoes
- Custard balls
- Extracting DNA from kiwis
- Making bath bombs
- King Kong hands



Tower Hamlets Girls Indoor Athletics Championship

by Ms Thompson - PE Teacher

On Tuesday 6th March, twenty-three girls from across years 7,8,9 and 10 made their way to Lee Valley Athletics Centre to participate in the annual Borough Indoor Athletics Championships. For many of the students this was their first time competing in an athletics competition and for some, the events were also new to them, however with lots of encouragement and a bit of practice time before the event started the girls were ready to go.

Up first on the track were the hurdles (an event never practiced at school). Sophie started well for the year 10's achieving 2nd place, followed by Cheila in 3rd for the year 8's and Tamika in 2nd for the year 7's. The 800m races were up next, with Aa-isha placing 3rd for the year 8's, Boudica in 3rd for the year 7's, Fayza in 3rd for the 9's and Candy in 4th for the year 10's. In the 300m, Haddy

competed for the year 10's despite being nervous at the start and came an impressive 4th in a difficult race. Following this was the 200m and both the runners from year 7, Abigail, and year 10, Aliyah, managed 2nd place! Finally on the track was the 60m event with Mariyah placing 3rd for the year 8's.

Off the track and onto the field events, the pupils managed some very good results. In year 7, Nimah placed 3rd in high jump and Tamika 2nd in long jump. In year 8, Cheila placed 1st in high jump and Aa-isha 2nd in long jump. In year 10, Aliyah placed 3rd in high jump, Haddy 3rd in triple jump and Ama 2nd in shot putt.

The final scores were added up at the end and Sir John Cass managed to place 3rd out of 11 schools! Overall the girls did very well!



Year 8 Tower Hamlets Netball Competition

by Ms Thompson - PE Teacher

On Thursday 22nd February, thirteen year 8 students participated in the Tower Hamlets Borough Netball Competition, held at Langdon Park School. With only four practice sessions carried out prior to this event and the weather being extremely cold, the girls were very nervous.

The first game for the girls was against Bishop Challoner School who had a lot more experience, and with a bit of confusion of positions and marking the girls were 5-0 down. However by half-way the Cass girls managed to find their feet and fought back hard finishing the game 8-1. The second game of the tournament was against Canary Wharf College. With a few changes to the team and some fresh legs, the girls

managed to get their first win with Hanna scoring 4 goals and Jacqueline scoring 2, the game finished at 6-2. In the final round of the games, SJCR faced Central Foundation School and with another couple of changes the girls got their second win, meaning they were through to the semi-finals. Hanna again managed to score 2 goals and Cheila scored 3. The final score of this game was 5-1.

It was a long and cold wait to start the semi-finals against Bow. The game was a tough match but Bow managed to get the win, with the girls finishing in 3rd position overall.

The girls played very well, especially as it is their first time playing!

Debate Club

by Sumeya (Year 10)



I am a proud standing member of the SJCR Debate Club. To me, debating means that it is incumbent upon yourself to have a real broad knowledge of different topics that could come up. Debating also helps to increase open-mindedness and intellectual flexibility to argue. Debate in many respects, improves your public speaking skills and broadens perspectives as the main principle is to recognise that there are two sides to each issue and to defend arguments.

As part of the debate club, I attend debate sessions every Thursday after school. During the debate sessions, a debate mentor guides and prepares us for competitions, whether it is in the form of argument building as an inclusive activity for everyone or practicing debates where we are delegated positions as well as a topic and required to incorporate critical thinking skills through application, analysis, synthesis, evaluation and creativity into building a strong case against the opposition whilst identifying fallacies that weaken the oppositions arguments either collectively or individuals.

Being in the debating environment helps us student debaters at SJCR to develop excellent oral and written communication skills, develop excellent critical thinking skills, develop effective tools for research, organisation and presentation, develop strategies to overcome fears of public speaking and develop team building skills. Furthermore, debating inspires and embeds confidence, curiosity, critical

thinking, communication, control, creativity and leadership.

We, the debate club team attended a debate competition held by the Debate Mate association. For the competition, we had to gain broad, multi-faceted knowledge cutting across several disciplines outside the learner's normal academic subjects ranging from varying subjects such as the death penalty and the banning of homework. Debaters have to wield confidence and poise in the delivery of speeches, form balanced, informed arguments and use reasoning and evidence. In addition they need to develop effective speech composition and delivery. We had to utilise all of these valuable skills at the competition where we debated proposed topics including advertising being banned and police having complete and unrestricted access to online data. I really enjoyed actively playing a role in the debate as it has made an impact on myself and widened the scope of debate. The debate competition was a catalyst in instilling a spark that prompted me to relentlessly go forward in constantly modifying and adapting my debate skills in all aspects of debate.



SIR JOHN CASS SIXTH FORM IS SMARTENING UP

with a new smart dress code
(from Sept. 2018)



Sixth Form Dress Code

- Professional suit with tie
- Smart shirt with collar, blouse or smart top
- Black or brown sensible shoes
- Smart trousers or smart skirt below the knee
- Student ID pass

Dates to Remember

MON	TUE	WED	THU	FRI	SAT	SUN
26	27	28	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

- 27th March - Year 10 smart day
- 27th March - Year 11 parents' meeting at 3.30pm
- 30th March - 13th April - Easter Holiday
- 16th April - First Day of summer term
- 16th April - Year 7 exams begin
- 18th April - Year 8 HPV injection
- 25th April - Year 10 parents' evening
- 7th May - Bank Holiday
- 23rd May - Year 8 parents' evening
- 28th May - 1st June - Half Term

Music Lessons

Places are available for Year 7 & 8 students for the following extra-curricular music tuition:

- Singing
- Cello
- Violin
- Brass (trumpet/trombone/french horn)
- Woodwind (saxophone/clarinet/flute)

These lessons are provided **free of charge** to students but regular attendance is required to maintain a place. The places available are limited so please contact the music department if you are interested on craig.holder@sjcr.net or 02077906712 extension 127.



Janet White - Former Clerk to the Governors

Obituary written by Angela Hancock, Chair of Governors



It is with sadness that we announce the death of Janet White our former Clerk to the Governors. Janet retired as Clerk in 2015 after 17 years of service to the school. A good Clerk is pivotal in supporting both the Governors and the school.

Formerly a Nurse Tutor at Kings she brought her interest in education to the clerking role. Janet was meticulous in her work, kind and thoughtful, and welcoming to new Governors.

Both she and her husband Canon Geoffrey White, supported the school by attending many school events over the 17 years, including the school's 50 year celebration last autumn.

Rest in Peace †

