



Ernest Bevin Academy
The best in everyone™
Part of United Learning



Newsletter

Summer Term | Friday 26th May 2023



This month has been busy with a number of trips taking place as well as some highlights in sporting success.

Our first residential trip since before the pandemic took place a couple of weeks ago and I would like to extend a special thank you to Mr Wiseman for taking the time to organise and run the blue tie trip as well as Ms Lewis, Mr Springer and Mr Yusuf for accompanying him. This type of trip allows the students to build valuable skills, get to know their friends and peers at a deeper level, and build resilience. We are please that they had such a wonderful trip.

Mental health awareness week was on the 15th – 21st of May and the theme this year was 'Anxiety'. We have provided some useful advice on how to support your child.

Examination season is well under way and our students should be congratulated for their focus and determination. Most of these students had not sat public examinations before this month and I am pleased that they have approached them with the attitude essential to ensuring they perform to the best of their ability.

We will see the rest of the school sitting internal examinations after half term so I wish all students the best of luck with revision over this holiday period and I hope that everyone has some time to rest and relax.

Ms Dohel
Principal

Principal's Breakfast This Month

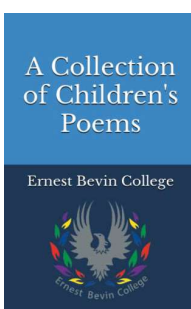


Theme: Most Helpful Students

Key Dates

- 5th June – school reopens after half term to all students
- 22nd June – Sixth Form Open Evening
- 23rd June – Year 11 Graduation
- 29th June – Year 13 Graduation
- 30th June – School closed to ALL students for INSET training
- 6th July – Summer Showcase

Looking for a great Father's Day present?



Don't forget... copies of EBA's first poetry book are still available to purchase from the School Office for £4.25!

They can also be purchased from Amazon - Scan the QR code to get yours now! or click the [link](#)



School News

Our Second-Hand Uniform online shop is now open!

We are keen to help families and the environment by finding homes for outgrown uniform.

Our new online shop can now be accessed through ParentMail. To see all the items available to purchase please go to ParentMail, Payment, then Shop.

All money raised from second hand uniform sales will be used to buy books and equipment that directly benefit the students.

We do of course need rolling stock so please 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.

Everything from ties to PE tops are welcome!

The EBA Reading Challenge is now live!

All students are welcome to join in and be in with a chance of winning a prize.

To enter:

*Collect a Reading Challenge bookmark from Mr Divac, our school librarian

*Read and record 5 books, as you read them

*Hand in your completed bookmark for a chance to win a £10 book token

Prizes will be awarded at the end of every term.

Happy Reading!

Parent Governor Vacancy

We currently have a vacancy for a parent governor. Should you require more information, please email the Principal's PA, Ms Montague via, mail@ernestbevin.london

Living Wall

We are now the proud owner of a new living green wall. Located in the courtyard it arrived during the April holiday break. The green wall is a great resource for all of us and contributes to health and wellbeing, whilst also improving air quality. Many thanks to Crew Energy and Harry Holding Design for making this happen!



Careers Focus

Careers Fair

On May 9th, all students visited our pop-up careers fair organised by Reed. The fair was a great success and students were enthusiastic about the opportunity to learn more about future careers and learning opportunities. Many students left with handouts, which played a huge part in sparking excitement.

Students met with the Tate Gallery, the Civil Services, and Escape Studios, amongst others. The Escape Studios stand was extremely popular. Our students were keen to learn about this growing industry.

Thank you to all the representatives who attended. We look forward to seeing more pop-up career fairs in the near future.



St George's Hospital Career Day

On May 18th, a further careers day was organised for a group of Blue Ties at St. Georges's Hospital.

The university trip was really educational and fun. We learnt so many things. We learnt about hearing aids and how the hospital builds them by shaping dough together. The dough is placed in the patient's ear and left for around 5 minutes. Once they have the correct shape, they send it to the lab to construct the hearing aid. We also learnt about becoming a doctor, what qualifications you'll need, and the length of time it takes to become a doctor.

The event was well-planned, and the facilities were brilliant. My favourite activity was with the ophthalmologist. I was impressed with the technology and it was great to meet a top eye surgeon. We were given great advice on how to apply for university courses, do well in job applications and volunteering opportunities. Overall I give this experience 10/10!

By Ibrahim



Sports Round-Up

Athletics News

4th May: Years 9 & 10 Junior and Intermediates Wandsworth Schools Athletic Championship

A mild day which meant racing would be good. The year ten athletes were ready and confident in their ability to perform. The first medal came in the 400m; Chase (Year 10) led from start to finish and got the ball rolling for the EBA athletes.

Spurred on by the early success, both Chez (Year 10) and Joshua (Year 10) made easy work of qualifying for the finals of the 100m & 200m.

The morning session was over and the afternoon session, offered the potential for another three medals on offer.

The 100m sprint final saw an impeccable performance from Chez to take the gold medal. Not to be overlooked, Joshua blasted around the bend to take the 200m gold medal. The reigning champion said it felt good to win again.

On to the final race of the day: the intermediate boys 4 x 100m relay. Ernest Bevin Academy were the champions last year, could they maintain their form?

Malakai (Year 10) started the first leg, and passed the baton to Chase, the winner of the 400m.

The race was closer than expected at this point. Chez received the baton and ripped around the curve establishing a significant lead and passed the baton to Joshua who extended the lead to some forty metres over the opposition. A fantastic performance from the team, winning another gold medal and confirming EBA's athletic sweep of the sprint events.

All in all, a great effort from all those who took part. Congratulations to Joshua, Chez & Chase who have been selected to represent Wandsworth in the London Schools Athletic Championships in June.



Maliki, Chase, Josh and Chez

11th May: Years 7 & 8 Junior Wandsworth Schools Athletic Championship

For most of the athletes selected to represent the school, this is a huge change from the track and field they knew in primary school.

Once again, a small team was selected. Congratulations to Zak (Year 8) who led the team for the day as captain.

On the track our best result was from Jailen (Year 8) winning his heat in the 300m. In the field, our best result was from Isra (Year 7) who won the Year 7 boys' high jump.

Well done to all those who participated and represented the school. The boys found it difficult due the quality and standard of the other schools. It was a tough day out in the field, but a positive learning experience was had by all.

Congratulations to Isra, who has been selected to represent Wandsworth in the London Schools Athletics Championship on Monday, 12th June.



Congratulations to Year 7 & 8

**Athletics training takes place on Wednesdays
after school in the Sports Hall.
All are welcome.**

Wandsworth Schools Football Tournament

The Purple Tie (Year 10) B Team attended the Wandsworth Schools Football Tournament, which was held at Southfields Academy in March. Our team reached the finals by winning 2 out of 3 league matches. The finals (which were held on May 3rd) saw a semi-final clash against Graveney. In a tight contest, with some great defending from both sides, EBA came out victorious during a penalty shootout, to get through to the final.

EBA took on Ark Putney, whom they had lost to during the group stages in March, in a close 1-0 loss.

The students showed great strength, and put on an impressive display, especially from centre backs Jude and Chez-Ray. EBA being resolute at the back, allowed a great counter-attacking goal from Yahya, to take the gold medals home to Ernest Bevin.

Superb attitude throughout and a brilliant team spirit from all.



Mr Simeone Haroon, Chez Ray, Jude, Yahya, Arlie, Kobi, Amin, Abdi and Abdalla

6th Form Cricket

Friday 5th May saw our first cricket match of the season. Our Sixth Form Academy team played Allyn's school in the first round of the U18 London Cup.

A brave performance saw us bowled all out for 111 chasing their impressive score of 172. Congratulations to all the players and especially Alishba (Year 12) who became the first female member of the Sixth Form to represent the school in cricket.



Well done Sixth Form

Table Tennis Tournament

On April 25th and 27th 2023, EBA Greenhouse students entered two Table Tennis Tournaments, held at the Greenhouse Centre in NW London.

The first tournament was for singles only, meaning only one participant was allowed to compete from each school. Mohammed (Year 7) was our student. He played very well against tough competitors as most were Years 9-11. Mohammed was the 2nd youngest player in Year 7.

The 2nd tournament was the group tournament which six of our students entered. A good number of schools entered under the Greenhouse program and the turnout was very good.

This was the students' first tournament and although they were nervous, they were also very excited about competing. Both days went off with a flying start.

Thank you to the students, staff, coaches, and volunteers that contributed to making the day a success!!



Team - Franky (Year 7), Abdaal Ahmed (Year 7), Bryan (Year 7), Anthony (Year 8), Fauzan (Year 7), Kwasi (Year 8)

Staff Stars



Congratulations to Ms Dohel who took part in a Swimathon this month in aid of Hand in Hand for Aid and Development.

Congratulations to Miss Highman who came 3rd in the Chinese singles female nationals last week!



**Medal winners:
Mr Obodai (Marathon), Ms Dohel (Swimathon), Mr Simeone (Marathon)**

Trips

PGL Trip for Blue Ties

This May our Year 7's were treated to a PGL trip to Merchants Hill, Surrey.

This is the first big trip EBA has organised since Covid. Parents and students were delighted!

The Year 7 trip was amazing! We did so many things including abseiling and rock climbing. The instructors were really nice, and the teachers got involved too.

My favourite part was raft building. We had to build a raft and use it on a lake. I also enjoyed abseiling, we had to race each other down the tower.

There were lots of activities to do, and in our free time, we also played. In the future, I would like to do this again. Thank you, Mr Wiseman, Miss Lewis, Mr Yousef and Mr Springer, who made this trip happen. It was an amazing experience!

By Freddy



Our Blue Ties all packed and ready to go!



Learning survival skills



Adventures in Abseiling

Fundraisers

Year 13 Graduation Ceremony

We are raising money for our Year 13 graduation. Our students have worked so hard this year, please help us to give them the celebration they deserve.

So far we have raised 25% of our £800 target. To donate, please follow this [link](#) or the QR code.



Year 11 Graduation Ceremony

We are still raising money for our Year 11 Graduation ceremony and need your help to secure a photo booth and other activities for the evening.

So far we have raised 80% of our £500 target. Please help us give our Year 11s an event to remember! To donate, please follow this [link](#) or the QR code.



Easyfundraising

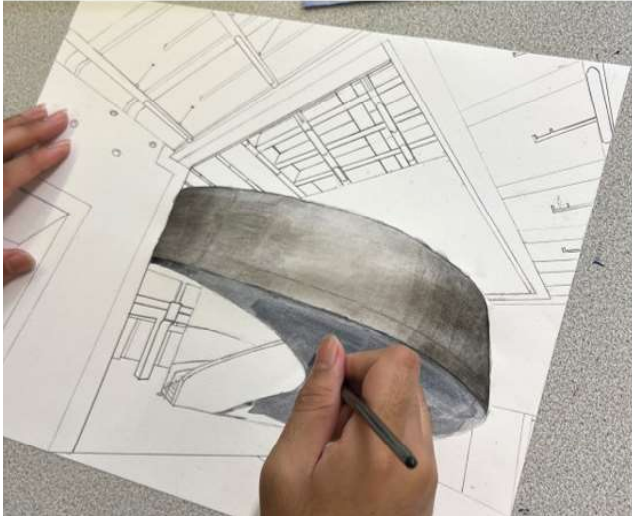


We are now registered with easyfundraising, which means you can help us for FREE. Over 7,000 brands will donate to us when you use easyfundraising to shop with them – at no extra cost to yourself! All you need to do is sign up and remember to use easyfundraising whenever you shop online. It's easy and completely FREE! These donations really mount up, so please sign up to support us here [link](#)



Curriculum Spotlight - Art

AMAZING STUDENT WORK!



Year 13 student Zain working on paintings inspired by the architects Herzog and de Meuron who designed the Tate Gallery building.

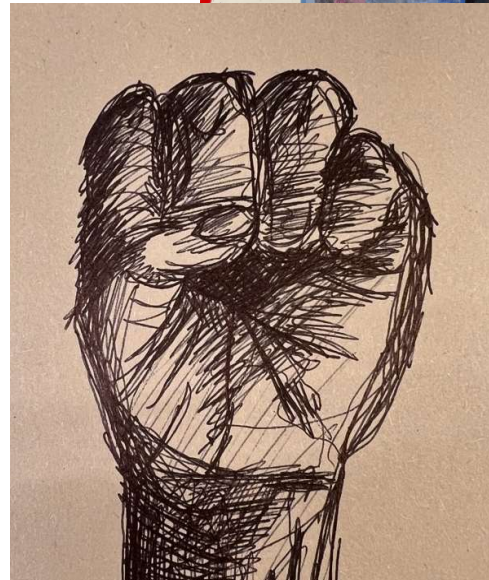
He has focused on the details around the building, particularly interested in the concrete spiral staircase which he photographed extensively as visual material to stimulate future artworks.



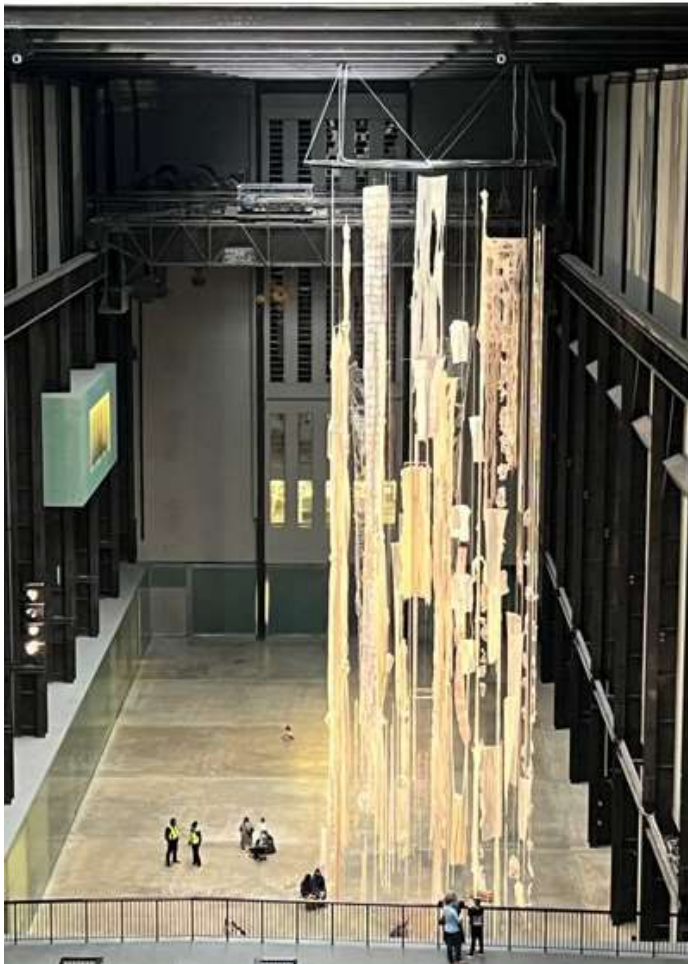
Tobie Year 11 created a fantastic experimental structure using texture and a range of materials to make his Cecilia Vicuña inspired sculpture.

One to Watch>>

Artwork from Jude in Y10 who is producing some fabulous work looking at Artist Lisa Milroy. His skill and expressive style are growing in mastery at a pace.



Tate Modern Trip



The Year 11 and Year 13 Art students recently visited the Tate Modern in search of inspiration and learning how art can be made in an endless variety of ways.

We spent the day studying the extensive collection of artists shown in the permanent galleries with students sketching artworks and making notes. For some of our students this was the first time they had visited an art gallery and they were impressed by the dramatic scale of the building and the range of different artworks. There was something for everyone. An enormously enjoyable and productive day.

The first impression on arrival was the vast artwork in the Tate Entrance by artist Cecilia Vicuña, 'Brain Forest Quipu'. The Chilean artist and poet Cecilia Vicuña has created this artwork exploring the idea of 'The quipu'. This is an ancient South American recording and communication system made from knotted threads. Two sculptures hang 27 metres from the ceiling, woven together using a range of organic materials, including found objects, unspun wool, plant fibres, rope and cardboard to evoke the look of bleached-out trees and ghostly forms.

Student Support

Dear Parents and Carers,

Mental health awareness week commenced on 15th May and the theme this year was 'Anxiety'.

We are in the process of working towards our reassessment for the 'Wellbeing Award for Schools' and striving to improve the wellbeing and mental health of the school community.

The following information is useful for parents and carers about anxiety. It covers information on what anxiety is, how to identify anxiety in your child, how to support young people if they do have anxiety and coping strategies for dealing with anxiety.

Thanks for reading,

William Tweed (Mental Health Counsellor & Wellbeing Support)

Let's talk about anxiety: parent and carer guidance

Anxiety is a natural response to everyday difficulties. It's normal for children and young people to feel anxious about certain things – just as it's normal for parents and carers to worry about their children.

Most children and young people who are experiencing anxiety don't require specialist help. A good deal of what parents and carers already do can be helpful.

Normalising anxiety, helping your child to understand their own anxious feelings, and providing support and encouragement can make a big difference.

What is anxiety?

Anxiety is a feeling of unease such as fear or worry. It's one of the body's natural responses to stress and affects our thoughts, feelings, body, and behaviour.

Anxiety activates the body's fight-flight-freeze response. This means that the body prepares to either confront, escape or freeze in the face of a perceived threat.

Anxiety is not necessarily a mental health condition. Most of the time, anxious feelings are normal responses to stressful situations in everyday life, and they will pass naturally.

When is anxiety a problem?

Difficulties can arise when normal levels of anxiety become more severe or persistent and start impacting a child's everyday life. Anxiety can become a problem when:

it is constant,
intense, and
overwhelming

it occurs in
response to no
real threat, or
the threat is
exaggerated

it interferes with
someone's daily
life and stops
them doing
things they want
to.

The anxiety alarm

A car alarm goes off to alert its owner. However, sometimes the alarm can be too sensitive – it might go off when the wind blows, or when someone walks past. This can be similar to our feelings of anxiety – we might think something is more threatening than it is and feel more worried than we need to.



How do I know if my child is anxious?

Children and young people can be anxious about different things. They might be worried about their friendships, doing well at school, or other changes in their life.

Some common signs of anxiety include:

- difficulties being apart from you or other family members
- avoiding or worrying a lot about social activities
- difficulty concentrating, relaxing and sleeping
- frequent stomach aches or headaches
- constantly seeking reassurance
- difficulty leaving the house
- reluctance to go to school or take part in certain lessons
- excessive fear of being criticised.



How can I support my child?

Parents and carers are experts on their own children. Many techniques that specialists use with children and young people are similar to what parents and carers already do. You can help your child by providing support in the following ways.

Listen to understand: listen to your child with curiosity and openness. Try to avoid making assumptions, minimising their feelings, rushing to reassure them, or just telling them to 'calm down' or 'relax.'

Normalise anxiety: explain that anxiety is a normal response to everyday difficulties, and that you're there to support them. You might explain the 'fight-fight-freeze mechanism' or the 'anxiety alarm' example to help them to understand.

Provide structure and routine: where possible, provide a consistent routine - particularly around meals, homework, phone and laptop usage, and sleep hygiene. Make your child aware of any upcoming changes that they can plan for.

Help them to understand their feelings: you might use an anxiety thermometer, diary or worksheet to help your child to identify particular triggers, patterns and anxious responses, and work on a plan together to try to reduce their anxious feelings.

Practise healthy coping skills: use the healthy coping skills cards with your child. You might cut these out and keep them around the house, stick them to the fridge, or encourage your child to carry them with them.

Supporting your child to face their fears

While it can be natural to try to protect your child to help them avoid things that make them anxious, this can be unhelpful in the long run.

Try and come up with a plan with your child to help them overcome their anxiety step-by-step. This might involve gradually working up to confronting a feared situation in a way that is comfortable for them, and gently encouraging them to try new things.

This can be a tricky balance to strike. You shouldn't push your child into situations that are overwhelming for them and bound to fail. This might need some experimentation and tinkering with.

You'll know best how to support your child – work together to find a solution that works for them.

What if my child's anxiety doesn't get better?

If anxiety continues to interfere with your child's everyday life and causes them persistent distress, you should contact your GP and your child's school for further support. You might also contact a local counselling service.

Further support

- **NHS: anxiety in children** – information on supporting children and young people with anxiety.
- **Youth Access** – information about where to find youth support services in your local area.

Looking after yourself

Worrying about your child can itself be anxiety-inducing and isolating. You should make sure that you also look after your own mental wellbeing.

If you're struggling with anxiety, you should:

- talk to someone that you trust – this could be a friend or family member
- try the techniques on the healthy coping skills cards, as well as the NHS's anxiety self-help guide
- make time for self-care – including seeing friends and family, hobbies, and relaxation.

If you're still struggling, you should seek further professional advice. Speak to your GP or contact a counselling service.

Healthy coping skills cards

Positive self-talk



Feel calmer and more confident

Think of some negative thoughts you might sometimes have (e.g., "I can't do this!")

Think of three positive phrases you might try to use instead (e.g., "I can do it, I've done it before!")

Write these phrases down and reflect on when you might use them.

Five senses



Feel relaxed and more aware

Take a deep breath. Look around. Try to notice:

five things you can see
four things you can touch
three things you can hear
two things you can smell
one thing you can taste.

Thoughts in the sky



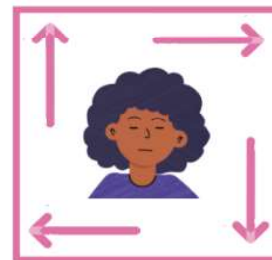
Relax and let go of anxious thoughts

Sit comfortably. Focus on breathing in and out.

As you breathe out, imagine any anxious thoughts floating away into the sky.

Continue this for a couple of minutes, focusing on your breath.

Box breathing



Feel calmer and more relaxed

Breathe in through your nose for 4 seconds.

Hold your breath for 4 more seconds. Feel the air fill your lungs.

Breathe out through your mouth for 4 seconds.

Repeat this several times.

Community Notices



unbosi
UNITED IDEAS

**MARBLE
AWARENESS
ROADSHOW**

Marble Awareness

Be part of the inspiration revolution
FREE - 11am - 4pm
10th June - Tooting Broadway
17th June - St Mary's Square
24th June - Watch this space!

UNBOSI Marbleologists travel around the country to introduce the public to the study of Marbleology and what UNBOSI does.

Marbleology is a relatively new science, and many members of the general public have never heard of this study before. This is why we run Marble Awareness Roadshows.

UNBOSI has an objective to ensure that inspiration reaches everyone who is in need of it, particularly those who live far from Sites of Significant Inspiration. To do this, UNBOSI Marbleologists bring marbles to Sites of Significant Inspiration to supercharge them with MUSE and disseminate them around the world. However, with so many in need of marbles, and only a small team of Marbleologists to process marbles with inspiration, it was decided that the general public should be recruited to assist with marble processing to increase the output of inspired marbles. This is also why we run Marble Awareness Roadshows.



**WANDSWORTH ARTS
FRINGE**
9-25 JUNE

Scan the QR code to see what's on





TIME IS RUNNING OUT TO USE UP YOUR OLD NON-BARCODED STAMPS

You have until 31 July 2023 to use your non-barcoded 'regular' stamps*.

They will not be accepted for postage after this date and could be subject to surcharge. Alternatively, you can swap them for new, barcoded stamps.

SUMMER BREAK SWIMMING CRASH COURSE

(Tuesday 1st - Friday 4th August 2023)

Discover a wide range of Aquatic and Safety Skills. Water Confidence and all Swimming Strokes.



Non-Swimmers, Beginners & Improvers (Stages 1-4) needed to take part in Swimming Teacher Training Course at:

ERNEST BEVIN ACADEMY, TOOTING

Tuesday 1st - Friday 4th August 2023 (4-day course)

£20 for the week (Only £5 per day-30min session).

Course runs from 3pm-5pm each day

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

ENROLMENT CLOSING DATE:

Friday 28th July 2023



WANDSWORTH HERITAGE FESTIVAL 2023



20th May – 11th June 2023



SUPPORTING YOUR TEENAGER WITH EMOTIONAL DIFFICULTIES & SELF HARM

NHS South West London and St George's Mental Health NHS Trust

A parent webinar to help understand & support your Young Person

Being a teenager can be difficult to navigate, with lots of change and emotional ups and downs. Parents and carers can have key roles in supporting their teenagers through this by understanding emotional regulation, and how to facilitate healthy responses to difficult or testing situations.

This webinar aims to help parents:

- To understand what is meant by emotion regulation
- To support their teen to self-regulate
- To gain an overview of self-harm, including what we mean by self-harm, the ways in which somebody may self-harm, and reasons behind it.

DATE & TIME

Thursday 15th June 12.30 - 2 pm



To book onto the webinar, sign up for free on Eventbrite using the link or QR Code:

<https://www.eventbrite.com/e/supporting-your-teenager-with-emotional-difficulties-self-harm-tickets-629317404297>



wellbeinginschoolsevents@swlstg.nhs.uk