

FBA Weekly Update (9th – 13th May 2022)

Headteachers' Message

As a headteacher, there are often news stories that pop up that are perfect for a school assembly. The story provides the opportunity to share a message and a chance for students to reflect. This week, you may have seen the story of Darren Harrison. He found himself in the rather tricky position of being one of two passengers on a small plane when the pilot collapsed. Miraculously, with the help of an air traffic controller and flying instructor giving him instructions over the radio, he was able to land the plane. We mention this story because the Year 11 and Year 13 students are about to embark on their examination journey which we hope won't be too turbulent; however, at times they may feel like they are out of control and are unsure of what to do next.

As teachers we will keep providing the instructions and reassurance to guide them over the next couple of months so they can fly through their exams. Similarly, if your daughters are in Year 11 or Year 13 and you need advice about supporting them during the exam period please do get in touch.

Notices



Mental Health Awareness Week

There have been lots of activities this week led by the Wellbeing Team to mark Mental Health Awareness Week.

The Havering Mental Health Support Teams tackled loneliness by getting together at lunch time to raise awareness. Students who attended on Tuesday and Wednesday participated in activities such as colouring, bingo and had the opportunity to speak with Mental Health Practitioners, Educational Mental Health Practitioners and the School Nurse. In addition, some of our Wellbeing Ambassadors and Wellbeing Prefects also attended.



School Improvements

We are very pleased to say that we were awarded a significant amount of money from the government towards improving the school building. Starting in a couple of weeks, we will be replacing some of the windows in the old part of the school which have been there since the school was built.

There will be other exciting improvements and developments to the school over the summer break which we look forward to sharing with you soon.





Gute Reise!

Next week, students from Years 8, 9 and 10 will travel to Germany as part of the International School Exchange Programme which is led and funded by the Department for Education and the British Council.

The 11 students along with Mr Wheadon and Miss Smyth will link up with Marienschule, our partner school, to explore cultural and scientific achievements in the area. As part of the visit, they will team up with Bonn University and work with some of their students in the labs.

Erasmus + Portugal

The students have been busy working in Portugal on the Let's Science the Environment project with our partner schools from Germany, Portugal, Spain and Denmark.

We will report more next week when they return



THE FEMALE LEAD



This week's inspirational woman is Asia Newson.

Asia Newson is proof that you can be a businesswoman at any age. When she was only 5, she started a company called Super Business Girl. She started out by selling candles, but now, as a teen, she hopes to do even more with her company — like helping build small businesses in her town of Detroit and teaching other children about business and entrepreneurship. "I'm in the process of hiring people," she told *Forbes* in 2017. "I have different mentors to teach the children how to make their own money, but I need more. That's my dream."

Enrichment and Extra-curricular activities

London Youth Games Para Athletics



Brooke wins Gold in the Shot Put



Maya wins home Bronze in the Javelin



It is Gold for Rheanna in the 100m



Caitlin wins Silver



A small team of 10 students were selected to represent Havering at the London Youth Games Para Athletics which took place at Mile End Stadium on Tuesday. All students performed well despite tough opposition. From Year 8, Christine won a gold in the 200m, Malaya won a bronze in the turbo javelin; Tilly competed in the 100m, Elizabeth the long jump and Abby in the turbo javelin. From Year 10, Rheanna won gold in the 100m, Brooke won gold in the shot put, Caitlin won silver in the standing long jump and Eryka won silver in the 100m. Vania in Year 11 competed in the shot put in between revising for her exams.

A massive congratulations from all at FBA for your achievements and for representing the school so well.



Gold in the 200m



Silver in the 100m

The Farm

We were really pleased that some rain arrived on the FBA farm to help our grass and little vegetable garden grow. Students have been helping to harvest some of our spinach, cabbage, mint, tiny carrots and rosemary grown here to hand feed to our small animals. Students have also been pruning our Ash trees that grow at the farm, which our rabbits and guinea-pigs love to eat. For good digestive health, a varied diet that includes plenty of fresh leafy greens is vital for our small animals. Our spinach grown on the farm provides several vital nutrients that guinea-pigs need, including potassium, calcium and vitamin A. It also has high quantities of vitamin C, which is critical for cavies (guinea-pigs) as they cannot manufacture their own. Ash leaves and bark are good for our rabbits' teeth and provide a good amount of fibre and crude protein, as well as supporting good bladder health. Fresh dandelion leaves and willow also provides excellent nutrition for rabbits and guinea-pigs, so if you keep any as pets, try to ensure they are getting plenty of fresh green leaves.



And finally, we hope that many of you will enjoy watching the Eurovision Song Contest this weekend. Whilst I am supporting Sam Ryder for the UK, Miss Darabasz is hoping it is nil points and Alvan and Ahez are victorious for the French.

We wish you a bon weekend

David Turrell & Emilie Darabasz
Joint Headteachers