Principal’s Newsletter

Friday 15th February 2013

**BRIDGES mentoring session on Wednesday 6th March: 1:45pm - 4:05pm**

This BRIDGES mentoring session is for students and staff only. Parents will be invited to one of a range of forthcoming Progress meetings (see below).

Students have started to prepare a document in their form time that they will present to a member of staff on Wednesday 6th March detailing their strengths and targets in terms of their BRIDGES characteristics.

On Wednesday 6th March periods 1-4 and lunch will run as normal. Periods 5, 6 and enrichment activities have been cancelled to make way for the BRIDGES Mentoring session.

As all staff are involved in the mentoring sessions it is not possible to supervise students in the Library or IT room during the afternoon. Students are expected to leave the site at 1:45pm and return at their allocated appointment time.

Individual 20 min time slots will be allocated shortly.

If any parents require their child to be supervised during the remainder of the afternoon, please contact Mr Crowther-Green by Thursday 28th February.

For your reference, please find overleaf the documents students will be presenting on Wednesday 6th March and definitions of behaviours for all the BRIDGES characteristics.

Thank you.

Mark Crowther-Green, Assistant Principal.
Name ____________________________
Tutor Group ____ Tutor ____________

<table>
<thead>
<tr>
<th>Strength</th>
<th>Evidence</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Target</th>
<th><strong>Action:</strong> Behaviours I need to develop/display</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

**Final Comment**

Staff Name:
## BRIDGES Definitions

<table>
<thead>
<tr>
<th><strong>Bravery</strong></th>
<th><strong>Grit</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Optimism</td>
<td>Concentration</td>
</tr>
<tr>
<td>Risk-Taking</td>
<td>Being willing to experience something that is outside of your comfort zone.</td>
</tr>
<tr>
<td>Experimentation</td>
<td>Willingness to engage regardless of the rate of progress and overcoming setbacks.</td>
</tr>
<tr>
<td>Leadership</td>
<td>Managing distractions</td>
</tr>
<tr>
<td>Courage</td>
<td>Remaining focused regardless of the external environment.</td>
</tr>
<tr>
<td></td>
<td>Determination</td>
</tr>
<tr>
<td></td>
<td>Having an unshakable belief that you will reach your goal.</td>
</tr>
<tr>
<td></td>
<td>Resilience</td>
</tr>
<tr>
<td></td>
<td>Being robust, staying engaged with learning regardless of challenge.</td>
</tr>
<tr>
<td></td>
<td>Patience</td>
</tr>
<tr>
<td></td>
<td>Taking time and staying focused to achieve the best outcomes.</td>
</tr>
</tbody>
</table>

### Resourcefulness

- **Remembering**
  - Recalling, or memorise something for future use: to commemorate.
- **Adaptability**
  - Being able to use your repertoire of skills knowledge or character to change to be best suited to an environment or opportunity.
- **Flexibility**
  - Adapting or selecting from your attributes to make the best of a situation.
- **Initiating**
  - Enacting a positive role model.
- **Reasoning**
  - Being able to think and draw conclusions.
- **Questioning**
  - Considering and analysing a situation. Extracting information to improve your understanding to make an informed response.
- **Sovenging**
  - Seeking out knowledge, understanding or positive behaviour and reuse in the future.
- **Recycling**
  - Reusing or converting for future use.
- **Transforming**
  - Using the skill and knowledge learnt in one subject/situation and applying to another.
- **Making Connections**
  - Seeing and making links between different things, and having the inclination to look for them.

### Emotional Intelligence

- **Openness**
  - To be able to comment and receive comment in order to improve.
- **Understanding**
  - Sympathising with how someone feels. Getting fully apprised with all the facts and details.
- **Reflectiveness**
  - Being able to look back at your experiences and spending time thinking about what went well and why, and what could have made that experience better and why.
- **Stability**
  - Being friendly to people and taking an interest in them regardless of who they are and how well you know them.
- **Collaboration**
  - Being able to work with others to form an outcome including contribution from all.
- **Empathy**
  - Being able to put yourself in somebody else’s shoes.
- **Listening**
  - Engaging with what you hear and making links with other experiences and knowledge.

### Integrity

- **Humility**
  - Being modest of your achievements and not showing off to make others feel inferior. Realising you are not perfect.
- **Honesty**
  - Saying what you think and why while respecting others. Being truthful and sincere and approaching every situation with good intentions.
- **Citizenship**
  - Being responsible, someone, takes an interest in community issues, respects other people and their property, having a desire to make the community (local, national and global) a better place.
- **Justice**
  - Having a shared social sense of what is right and wrong.
- **Humanity**
  - Showing compassionate and understanding towards others.
- **Fairness**
  - Treating people in a way to ensure equal opportunities for all.

### Discovery

- **Imagining**
  - Allowing your mind to wander, considering possibilities without restraint.
- **Creativity**
  - Producing original outcomes through inventive thinking.
- **Noticing**
  - Concentrated observing to enable seeing detail that is not immediately evident.
- **Energy**
  - Having the strength to undertake sustained or repeated activity.
- **Enthusiasm**
  - Being eager in your approach to life.
- **Open-mindedness**
  - Being open to new experiences and ideas.
- **Curiosity**
  - Having the desire to investigate and find out more.

### Self Discipline

- **Motivation**
  - Being able to stimulate your interest for further progression.
- **Independence**
  - Being able to use your freedom to choose your actions to achieve your goals.
- **Self-regulation**
  - Being able to understand yourself, control your actions and analyse what is best for you.
- **Refining**
  - Being able to reflect yourself, to build confidence, to actively correct any faults and deepen your understanding.
- **Prudence**
  - Being able to carefully manage and fully assess the consequence of actions.
- **Planning**
  - Giving prior thought to the best strategy for a situation. Breaking down into a sequence of actions.
- **Prioritising**
  - Being able to order things to achieve your goal.
- **Practising**
  - Being able to repeat and improve to achieve the task habitually.
- **Hard work**
  - Being able to Input energy to progress. To improve yourself through maintained rigorous activity.
- **Absorption**
  - Engaging without distraction to improve your knowledge, understanding or character.
- **Organisation**
  - Having a system that works, arranging things so nothing is forgotten.

---

**Isaac Newton Academy**
Progress Meetings

Progress meetings for the parents/carers of Year 7 students are due to commence after the half term break. The purpose of these meetings is for you to meet with your child’s subject teachers to discuss his/her progress. Your son/daughter will make appointments for you with each of their subject teachers in advance of the meeting. It is an expectation that all parents/carers attend. The meetings have been arranged over five evenings in order to accommodate appointments with all teachers.

The dates of the meetings are as follows:

By invitation Wednesday 20th March 4-7pm
Remainder of 7I and 7S Monday 22nd April 4-7pm
Remainder of 7A and 7C Thursday 2nd May 4-7pm
Remainder of 7N and 7E Tuesday 7th May 4-7pm
Remainder of 7W and 7T Wednesday 15th May 4-7pm

We look forward to seeing you at your child’s progress meeting.

Jo Spencer Mark Crowther-Green
Vice Principal Assistant Principal

London Club Trip

“On Sunday 10th February a group of us went to Trafalgar Square and had an amazing day at the Chines New Year celebrations. We watched the procession and saw the snake, dragon and lots of floats. We were accompanied by Ms Balsdon and Ms Macfarlane. We went to see some impressive and realistic portraits at the National Portrait Gallery and the experience will help us in Art and Humanities. For a big treat we went to M & M’s World and had a great time. I would recommend the London Club to everyone!” Labib Ahmed 7E
On 12 February, over 160 secondary pupils from across the ARK Schools network came together for the Sing into Spring celebration hosted by Isaac Newton Academy in Ilford.

“Sing into Spring was a great chance to meet choirs from other ARK schools and to learn in a supportive atmosphere, as well as make new friends. My favourite part of the day was when we all performed Sing together using the techniques we had learned in our workshops. I feel much more confident now and look forward to singing again.”
Naseer Abdo, Yr 10, ARK Kings Academy, Birmingham.

Sing into Spring is part of the ARK Schools music network choral strategy. The event brought together student singers for a day of workshops and master classes with guest artists and massed choir singing. Participating schools who have been exploring a number of pieces of shared repertoire were able to review and refine these in the morning and then perform in the afternoon as part of a closing ceremony.
Food Technology Notice

Students will start Food Technology in the week beginning 25th February (straight after half term) as part of their Technology carousel. All students are required to provide their own ingredients for food practical activities. For convenience, a detailed list of ingredients and dates for all 8 lessons can be found below. A hard copy of this information will be given to students during their first lesson.

Upon arrival at school, students will store ingredients for practical lessons in fridges in the food room. To ensure no food is carried around the academy building, students must bring a clearly labelled container to store food in after practical sessions, to be collected at the end of the day.

All recipes are vegetarian. We are aware that some students have particular dietary requirements (e.g. no dairy, no gluten). These students will be given an amended version of recipes below. If there are any dietary needs the Academy is currently unaware of, please inform us before 1st March.

<table>
<thead>
<tr>
<th>Lesson 1</th>
<th>Lesson 2 Pasta salad</th>
<th>Lesson 3 Pizza Toast</th>
<th>Lesson 4 Flapjacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week beginning 25/02/13</td>
<td>Week beginning 04/03/13</td>
<td>Week beginning 11/03/13</td>
<td>Week beginning 18/03/13</td>
</tr>
<tr>
<td>Bring in a piece of fruit. Choices:</td>
<td>100g pasta shapes</td>
<td>2 slices bread (or bagel or a piece of French stick sliced in half)</td>
<td>75g dried apricots</td>
</tr>
<tr>
<td>Orange</td>
<td>1 carrot</td>
<td>2 x 15ml spoons tomato pizza sauce</td>
<td>150g oats</td>
</tr>
<tr>
<td>Banana</td>
<td>1 baby gem lettuce</td>
<td>½ yellow pepper</td>
<td>50g sugar</td>
</tr>
<tr>
<td>Kiwi</td>
<td>1 tomato</td>
<td>1 spring onion</td>
<td>2 x 15 ml spoons golden syrup</td>
</tr>
<tr>
<td>Apple</td>
<td>¼ cucumber</td>
<td>1 mushroom</td>
<td>50g butter or margarine</td>
</tr>
<tr>
<td>2 x 15ml spoons low fat dressing</td>
<td>200g self-raising flour</td>
<td>30g cheese</td>
<td></td>
</tr>
<tr>
<td>Lesson 5 Rock Cakes</td>
<td>Lesson 6 Fruit Cakes</td>
<td>Lesson 7 Soup</td>
<td>Lesson 8 Vegetable cous cous</td>
</tr>
<tr>
<td>Week beginning 25/03/13</td>
<td>Week beginning 15/04/13</td>
<td>Week beginning 22/03/13</td>
<td>Week beginning 29/03/13</td>
</tr>
<tr>
<td>200g self-raising flour</td>
<td>100g self-raising flour</td>
<td>1 vegetable stock cube</td>
<td>1 onion</td>
</tr>
<tr>
<td>75g butter or margarine</td>
<td>100g caster sugar</td>
<td>100g couscous</td>
<td>1 carrot</td>
</tr>
<tr>
<td>75g sugar</td>
<td>100g soft margarine</td>
<td>1 medium tomato</td>
<td>1 potato</td>
</tr>
<tr>
<td>75g mixed dried fruit</td>
<td>2 eggs</td>
<td>1 spring onion</td>
<td>1 can of chopped tomatoes (400g)</td>
</tr>
<tr>
<td>1 egg</td>
<td>50g dried fruit, e.g. sultanas</td>
<td>½ cucumber</td>
<td>500ml water</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ yellow pepper</td>
<td>1 stock cube</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4 dried apricots</td>
<td>1/2 x 5ml spoon dried chili flakes</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 x 15ml spoon tomato puree</td>
</tr>
</tbody>
</table>

Ms Secret & Ms Hostick

Lunchtime Supervisor

We currently have a vacancy for a Lunchtime Supervisor. If you think you might be interested in this position, which would ideally suit a parent, please download the candidate pack and job details from the INA website.

Helen Chamberlain, Finance & Resources Director
Replacement Blazers

As promised, Khalsa Schoolwear have supplied us with replacement blazers for all our students. We are planning to swap your child’s blazer for a new one in the first week after the half term holiday. We will have Khalsa, expert school fitters, coming in to fit your child’s new blazer. However, if you have any strong views about the size you require, please make a note in your son/daughter’s student organiser for the first week back.

Thank you.

Helen Chamberlain, Finance & Resources Director

Spring Auction

Please let us know of items that you can donate for our Spring Fundraising Auction by completing and returning the reply slip below. These could be unwanted Eid or Christmas presents, vouchers for meals, cinema, pamper treatments etc. or offers of services like Urdu lessons, dress making or gardening.

We are also keen to hear from parents who would like to support by providing refreshments for those who come to the auction.

There will be the opportunity for members of the community to hire a stall at the auction to sell produce or crafts before and after the formal auction.

If you are interested in helping out or have an item to donate, please contact Ms Macfarlane at the school on info@isaacnewtonacademy.org or by calling 0208 911 6666.

Our next Fundraising Committee meeting will be at 6.30pm on Thursday 28th February in the school hall. ALL are welcome!

Reply slips should be handed in at the school office please.

DONATIONS/ASSISTANCE FOR SPRING FUNDRAISING AUCTION

Please let us know of items that you can donate for our Spring Fundraising Auction. These could be unwanted Eid or Christmas presents, vouchers for meals, cinema, pamper treatments etc. or offers of services like Urdu lessons, dress making or gardening.

We are also keen to hear from parents who would like to support by providing refreshments for those who come to the auction.

There will be the opportunity for members of the community to hire a stall at the auction to sell produce or crafts before and after the formal auction.

Name:

Name of student:

Form group:

Donation/Assistance you can provide:
Visit of Mishal Husain to Isaac Newton Academy on Thursday 28th February

Mishal is a BBC journalist and news reader. She has kingly agreed to visit our school in the week after half term to talk about her career. Any student who would like to be considered for the opportunity to meet with Mishal and join her in a question and answer session must see Ms Spencer or Ms Abbott-Jones by lunchtime on Tuesday 26 February.

Mishal Husain was born in England to Pakistani parents in 1973, and grew up in the Middle East and the U.K. Her interest in journalism started in 1991. She quickly rose to the level of reporter, covering stories in such countries as Pakistan, Russia, Uzbekistan and Georgia. Fluent in Russian, she also taught English in Moscow during her stay in the former Soviet Republic. By 1995, having graduated from Cambridge University with a degree in Law and an interest in international law and human rights, Miss Husain entered the European University Institute in Florence, Italy, where she earned her Masters.

Beginning her career in television journalism, Husain went to work for Bloomberg Television. She joined the BBC in 1998 as a producer. Her first work as a news anchor came in May of 2000, when she hosted the Singapore-based BBC show "Asia Business Report." Moving back to London, she co-anchored "World Business Report" in 2001 with Patrick O'Connell, where her stellar reporting on the September 11th attacks earned her the anchoring gig at "BBC World News" that November, where she remained until the spring of 2004. Miss Husain currently hosts the PBS program "Wide Angle" with James Rubin, and continues her work with the BBC. She regularly reads the BBC 10 o’clock news at the weekends.

INA Student Council Update

Isaac Newton Student Council representatives have worked extremely hard since the beginning of the year and we have focused on a range of different topics. The first topic we focused on was reviewing the enrichment programme in school. We asked tutor groups what clubs and activities they would like to have in the Spring term and whether students would even like to run their own club.

Our second focus has been on anti-bullying. We have been considering how to promote anti-bullying in order to make Isaac Newton Academy a bullying-free zone. We came up with lots of good ideas. We have:

- Designed a logo for our campaign and a slogan, Sticks and Stones’
- Helped to lead an assembly on bullying
- Made a display board to raise awareness.

Our latest work has been helping to design a scheme of learning for English about the environment called ‘Keeping it Green’.

We sincerely hope that you enjoyed reading our Student Council update.

Aneesah Hakim (7C) and Aqsa Hasan (7T)
Gymnastics, Trampolining & Dance Display

The PE department will be putting on a Gymnastics, Trampolining and Dance display on Wednesday 27th March from 6.30 – 7.30pm. All parents are welcome to attend.

P.E. DEPARTMENT PROUDLY PRESENTS THE..................

GYMNASTICS, DANCE AND TRAMPOLINING DISPLAY

WEDNESDAY 27TH MARCH – 6.30 – 7.30

Are you into Dance? You will be doing it after half term!
Like performing routines?
Do you do it outside school?

Did you enjoy your Gymnastics lessons?
Want to perform your assessment sequence or work on a new one?
Did you like performing?

Did you enjoy your trampolining lessons?
Would you like to perform individually or as a pair?

IF THE ANSWER IS YES TO ANY OF THESE QUESTIONS PLEASE SEE MS ABBOTT-JONES OR MR BEATTIE.
Well done to **Aqsa Hassan (7T)** who is this week’s Mathematician of the Moment.

She has demonstrated excellent problem solving skills and has clearly shown BRIDGES traits of noticing and concentrating.

The Mathematics department would like to encourage all students to enter next week’s Mathematician of the Moment competition. Have a look at the problem below.

Answers to be written on a Maths postcard to be placed in the Maths post box no later than 4.10pm on Friday 1st March. Good luck!!!

**PROBLEM OF THE WEEK**
**Monday 25th February to Friday 1st March**

What is the next term in the following sequences?

1, 4, 9, 16, 25, …
10, 19, 28, 37, …
3, 5, 9, 17, 33, …
O, T, T, F, F, S, S, E, …
R, O, Y, G, B, I, …

Answers on a postcard to be placed in the Maths post box by Friday 4.10pm latest!

**The Eco Group**

The Eco Group has been running since September 2012 and is working hard to make the academy eco-friendly. We are about to apply for the national eco bronze award and have just put in a bid for £250 to help support some of our initiatives. So far we have planted some bulbs, run a switch off fortnight, organised a walk to school project and written an eco-code which we are going to hang in every form room. After half term we are launching an eco-suggestion box so every student can give their suggestions. We will be planting some herbs and other plants and organising a community litter pick.

Mahrukh, Sneha, Abittha, Antalya

The Eco Group
The BRIDGES focus from Monday 11\textsuperscript{th} February till Friday 1\textsuperscript{st} March is

\textbf{Citizenship}

The Ilford Recorder/Rotary Young Citizen Award, which forms part of the community awards, was presented to 14-year-old Grace Boxall, who set up her own charity called Smiles with Grace after battling a brain tumour.

Grace’s friends walked from her house in Buckhurst Hill to Great Ormond Street Hospital as part of a planned fundraiser for her own charity, Smiles for Grace.

Grace’s charity has been set up to help others in the community in need of help.

\textbf{Citizenship is}
being responsible and playing an active and positive role in the community.

\textbf{Behaviours are}
playing an active role in society, supporting the learning of others, actively recycling, respecting the school community and grounds, respecting the wider community, actively improving the community.

\textbf{Parent Top Tips for supporting your child in developing Citizenship}
Discuss what school, The UK or The World would be like if there were no rules and people did not show citizenship towards each other.
Find out about community groups in your local area and consider joining.

\textbf{Mark Crowther-Green}
## Key Dates for This Term

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 18(^{th}) - Friday 22(^{nd}) February</td>
<td>HALF TERM HOLIDAY</td>
</tr>
<tr>
<td>Monday 25(^{th}) February</td>
<td>ARK Training Day. School closed to students.</td>
</tr>
<tr>
<td>Wednesday 6(^{th}) March</td>
<td>1:1 BRIDGES coaching meetings with students.</td>
</tr>
<tr>
<td>Wednesday 20(^{th}) March</td>
<td>Progress Meetings with Parents, subject teachers and BRIDGES coaches.</td>
</tr>
<tr>
<td>By invitation. 4-7pm</td>
<td></td>
</tr>
<tr>
<td>Thursday 28(^{th}) March</td>
<td>Awards Assembly &amp; End of Term.</td>
</tr>
</tbody>
</table>

With best wishes for a very restful half term break.

Rachel Macfarlane
LEARNING POWER PROFILE

DISCOVERY
- Open-Mindedness
- Evaluation
- Curiosity
- Innovation
- Creativity
- Imagining

GRIT
- Endurance
- Resilience
- Perseverance
- Focus
- Determination
- Dedication

EMOTIONAL INTELLIGENCE
- Empathy
- Collaboration
- Interpersonal
- Leadership
- Self-awareness
- Self-regulation

RESOURCES
- Honesty
- Fairness
- Humility
- Curiosity
- Citizenship
- Justice

SELF-DISCIPLINE
- Learning
- Organization
- Adaptability
- Flexibility
- Persistence
- Purpose
- Practice
- Patience

BRAVERY
- Bravery
- Courage
- Confidence
- Resilience
- Leadership

STRENGTH MEASURE

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>BREADTH</td>
<td>With adult direction</td>
<td>With adult support &amp; reminders</td>
<td>With few prompts: Self aware</td>
<td>Independently</td>
</tr>
<tr>
<td>Use now &amp; again</td>
<td></td>
<td>Use some of the time</td>
<td>Use habitually</td>
<td></td>
</tr>
<tr>
<td>In 1 subject</td>
<td>In several subjects</td>
<td>Widely used in school</td>
<td>Used out of school too</td>
<td></td>
</tr>
</tbody>
</table>