

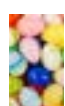
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# George Mitchell Times

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Easter 2023

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**Welcome to the George Mitchell All Through School  
Easter Newsletter**



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## More Is In Me

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*Perseverance Respect Independence Diversity Excellence*

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# A Message From The Senior Team

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It seems only a moment ago that we were writing to you at the end of the Christmas term, and we are now already at Easter!

There are signs of Spring all around us, from the daffodils and other bulbs popping up to brighten our gardens and parks to the clocks changing, bringing with that, the promise of lighter evenings and Summer just around the corner.

For now, however, we would like to focus on all of the wonderful things that have happened at George Mitchell School this term. As usual, there is so much to be proud of.

In our Primary Phase, our children have had many experiences both inside and out of the classroom. From learning about the History of Toys in Y1 to Riotous Royals in Y5, our children have developed their understanding in a wealth of different ways. There have been trips to the Walthamstow Wetlands for Y4 and the whole school took part in World Book Day to celebrate our love of reading and all things literary.

Over in the Secondary Phase, our Y10s have completed a wonderful week of Work Experience, brilliantly organised, as always, by Ms Ainsworth, our Careers Lead. Our students have displayed all of our PRIDE values this week, from Perseverance when things were tough to Excellence as they achieved tasks and outcomes that they didn't believe possible. More about that later on in the newsletter. Students have participated in workshops and events both in and out of school, as well as being involved in the usual array of sporting and arts activities.

As usual, at the end of term, we say goodbye to staff who are leaving us for pastures new. This Easter, we are bidding farewell to Mrs Tejan, Curriculum Leader for Science and Mr Orr, Y6 and PE lead. Ms Demetriou has also started her Maternity Leave. We are sad to see them go, but wish them all the very best in their next steps in their careers.

Against all of this, many of our students are entering their last few weeks of study before their SATS or GCSE exams. We realise what an intense time this can be for them but want to reiterate all the support that is in place for them through focussed revision sessions and intervention. We know they will do themselves proud.

As we look towards the busy Summer term ahead, for now, we wish you a happy and restful break. For those of our community who are fasting, we wish you *Ramadan Mubarak*. We look forward to seeing you all on 17 April.



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# All Through News and Information

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## Coffee Mornings



We welcome the opportunity to meet you whenever possible at Parents Evenings, but is not always possible to have longer conversations at those times. For this reason, we have held several coffee mornings across the year where all parents and carers are invited to meet with the senior team in a relaxed atmosphere, ask questions and find out information and raise any concerns that you may have.

Please do look out for information regarding these events taking place during the Summer term or contact either school office to find out the next date.





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# All Through News and Information

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## World Book Day

As usual, we celebrated World Book Day in style at George Mitchell. From staff dressing up as Gandalf on the secondary phase to all of the amazing door decorations at the primary, we made sure that our love of reading was the focus of everyone's attention.

Activities took place across the day to offer the children of George Mitchell the opportunity to find out about authors and new books.



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# All Through News and Information

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## Meet the Safeguarding Team

We hope that your family never needs to access the support of the Safeguarding Team at George Mitchell, but occasionally, you might have to do so. If you have concerns regarding your child or another child's safety, then please get in touch with one of the team below and we will contact you immediately. If you, or your child would prefer to contact us via email, then please do so at the following email address: [pastoral.team@georgemitchellschool.co.uk](mailto:pastoral.team@georgemitchellschool.co.uk)

**Who is the Safeguarding Team at GM?**

				
<b>Marissa Tomkins</b> DSL	<b>Ian Marshall</b> DDSL (secondary)	<b>Bridgit Edge</b> DDSL (primary)	<b>Julie Parker</b> Social Inclusion Manager (CP Officer)	<b>Danielle Hay</b> SSA Manager

**If you have a concern, report, report, report**

Part of our wider role, other than safeguarding your child, is to provide mentoring support and counselling where necessary. Our team is highly skilled at identifying and offering this to those in need.

We also have a programme of education to teach children about the local safeguarding concerning our community.

For more information about this or any other safeguarding matter, please email Ms Tomkins, Designated Safeguarding Lead at:

[marissa.tomkins@georgemitchellschool.co.uk](mailto:marissa.tomkins@georgemitchellschool.co.uk)

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# All Through News and Information

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## The Power of Memory! Retrieval!

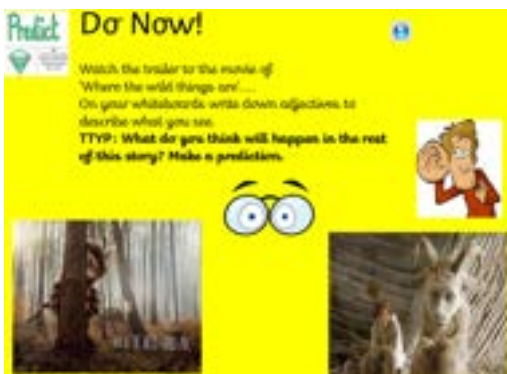
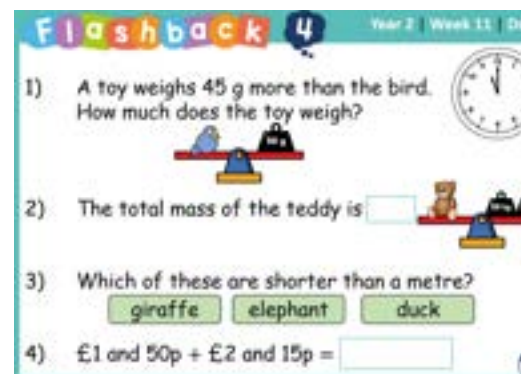
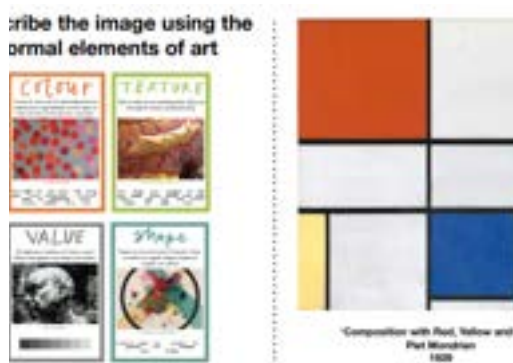
Students right across the school need to remember a lot of facts, ideas and concepts right across the curriculum and across all age ranges: from their times tables in key stage 1 to deforestation in key stage 2 and then to be able to read critically in key stage three English and finally to know the fundamentals of algorithms in Computing GCSE.

That's a lot of things to remember from a lot of subjects all of which build on the knowledge that has been learned previously.

This is why every teacher in every lesson does a Retrieval Do Now. Teachers select the vital knowledge that students have to remember – from yesterday, last week, last month and last year. They create low stakes tests which students answer by using their memory. This in turn, strengthens long-term memory and simultaneously enables students to make better connections between ideas and concepts.

And what is the outcome? Students know more, remember more and can do more. Find out for yourself by asking your children!

**GMS Teaching and Learning Team**





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# All Through News and Information

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## Red Nose Day

At George Mitchell, we believe it is incredibly important to support charities and those less fortunate than ourselves. Supporting a tremendous charity like Comic Relief is a fun way to raise money and learn about life for other people, both at home in the UK and abroad. This year, we dressed up in red and held assemblies to raise money. In total, we raised over £600 for this very worthwhile cause. Well done GM!



# All Through News and Information

## Online Safety

As a parent, it is sometimes difficult to track and monitor your child's online activity. This handy info sheet gives lots of details on the content and legalities of Snapchat, the popular online message and photo sharing platform. For more information on other apps, please click [here](#)

**AGE RESTRICTED 13+**

**What parents need to know about SNAPCHAT**

**EXPOSING YOUR CHILD'S EXACT LOCATION**  
The 'Snap Map' lets you share your EXACT location in real time through a map on the app. The user's location updates when the app has been opened on the device. There is a warning in the Snapchat website about exposing images and videos to 'Our Story' stating that 'Images you submit to Our Story' can still show up on the Map, no matter which location setting you choose! When uploading to Our Story, your child's image or video could appear in 'Search results and stories on or off Snapchat - today or in the future.'

**LENS EXPLORER**  
The Lens Explorer on Snapchat gives users the freedom to use their imaginations to design their own filters for themselves and others to use. Snapchat states that the lenses users create 'must comply with our Lens Studio Submission Guidelines and Community Guidelines and must be appropriate for Snapchatters ages 13+'. The Lens Explorer in the app now enables users to choose from thousands of these creations to alter their snaps. Anyone can create a lens for Snapchat, which gives responsibilities for age inappropriate content to be updated.

**SCREENSHOTS & SAVED MESSAGES**  
While Snapchat's promise is that all photos, videos and text disappear eventually, users still have the capability to screenshot or record anything which has been sent to them. Users may sometimes forget that screenshotting is possible and send a compromising image or message to somebody who they don't trust. They may also accidentally send an image or message to somebody who they do not trust. Simply by pressing and holding a message, the user is able to save a message they have received, which can be screenshot or used against them at a later date.

**SNAPSTREAKS & ADDICTION**  
Snap Streaks are gained when snaps have been sent back and forth consecutively between friends. The longer the streaks are sent between users, the longer the streak becomes. Furthermore, Snapchat rewards users who have achieved high Snap Streaks, by giving emojis, adding reactions but users to keep the streaks. Children invest time into making their streaks as long as possible, which can put an incredible amount of pressure on both themselves and their friendships.

**SEXTING**  
Due to Snap's disappearing feature, users can even send a sex-related photo or video. Snapchat has become the chosen platform for children and young people to send sexually explicit images or 'nudes'. Once a photo/video has been screenshotted, or recorded using another device or software, this can lead to further dangers, such as blackmail and cyberbullying. It is illegal to make, possess, download, share and share sexual images, photos and videos of a person under the age of 18. This also includes any sexual images, photos and videos that a child may have taken of themselves. However, if a young person is found creating or sharing images, the police can choose to record that a crime has been committed, but taking formal action isn't in the public interest.

**SNAP ORIGINALS**  
Through Snap Originals, users can watch content which has been created by Snapchat on the app, including comedy shows, dramas, songs and more. Additionally, there are new lenses and filters available, inspired by the snap originals shows. This is another feature to encourage addiction.

**Top Tips for Parents**

**THE RISKS OF SEXTING**  
It can be simply awkward talking about this topic with your child, but if it does cause them concern themselves, it is worth it to talk to them about the consequences of sexting and make sure that they're aware of the risks. Encourage your child to know that Sexting can be screenshotted. Teach them that if they post anything potentially embarrassing or inappropriate on Snapchat or anywhere else, it can have serious consequences to the image. Sexting or other can be shared online.

**REPORTING A STORY, LENS, FILTER, SNAP OR MESSAGE**  
If your child comes across inappropriate Snapchat content sent directly to them or in another person's story, which has been reported immediately. This may include an inappropriate lens, filter, message or story. To report an offensive lens, they should tap the flag and select the lens. This message report should be visible to the user. The user will receive a 'Reported for inappropriate content' message and will be made on the Snapchat support website: [support.snapchat.com](#).

**USE 'GHOST MODE'**  
We highly recommend enabling 'Ghost Mode' for the app so that your child's location will no longer be visible to anyone on the Snap Map. To enable this, go to the Snap Map and tap the top of the map to turn it on. Once changed, it will say 'Ghost Mode'.

**HOW TO DELETE A MESSAGE**  
Before your child uses the app, they should be aware that images they send may be taken. The app is designed so that messages can still be taken. You should also advise your child to screenshot any negative comments they receive on the app or on their profile. In the Snap Map, you can also delete any messages and snaps sent to them.

**TURN OFF 'QUICK ADD'**  
Quick Add is a feature in the app that allows you to add new friends. It is based on mutual friends or if they are in the same school. Snapchat is aware that this feature can mean your child adds strangers. We highly recommend that you turn off this feature in the 'Quick Add' feature. This can be done in the settings.

**RESTRICT STORY VIEWS**  
Your child can add videos and images to their 'Story' throughout the day which will last for 24 hours. By default, anyone who is on their friends list can see their story. We recommend disabling the automatic settings to ensure that this has not been added. This can simply be done in the settings under the 'Who can view the story' section. The options to choose from are 'My friends', 'My group of friends' or 'Custom'. We suggest that it is set to 'My friends'.

**National Online Safety**  
A whole school community approach to online safety  
[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)  
Email us at [schools@nationalonlinesafety.com](mailto:schools@nationalonlinesafety.com) or call us on 0800 333 3307



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# News From the Secondary

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## Sporting Success

There has been much to celebrate this term within the PE department at George Mitchell.

Our students' dedication to our PRIDE values has been evident throughout, both in their regular attendance to training and clubs, to the Y10 girls retaining the Borough Basketball title. Amazing work girls! The Y7 girls footballers were runners up in the league. Better luck next time.

Not to be outdone by the Y10s, the Y7 boys were also victorious in their Basketball Borough final. This is the first time our Y7s have won the title, so this is testament to their incredible effort.

The PE department go above and beyond to offer clubs and activities for all students. Speak to Ms Hadaway or Mr Clark for more details of how you can be on the winning team in the Summer.



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# News From the Secondary

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## Y7 STARS Ambassadors

Organised by Ms Hadaway, LL for Y7, our students have been getting involved with the STARS Ambassador programme. This is a scheme run by Transport For London with the aim to encourage schools to travel sustainably.

Our Ambassadors will help their fellow pupils to travel to school by cycling, scooting and walking

They will be holding an Active Travel Week in the Summer term along with a road safety obstacle course! Watch this space!



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# News From the Secondary

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## Y10 Technology Workshop

Yr10 Product Design students and Design & Technology students enjoyed a fascinating workshop learning all about Architecture.

Organised by the London Careers Hub East, students took part in a variety of activities, which involved forming ideas, sketching and modelling outcomes.

We saw some interesting outcomes and starting points which can lead on to bigger ideas in the future!

Thank you to Ms Stern and the Technology Department for organising such an interesting experience for our students.





# News From the Secondary

# Pi Day

**What is "Pi Day" I hear you ask? Unfortunately, for lovers of sweet treats, this is not a celebration of anything edible, rather of the number "Pi" which is integral to Maths.**

**Students got involved in a variety of activities from a competition to see who could remember the most amounts of digits in the number to various in-class tasks.**

**Some of our best students in Y10 went to George Monoux for a Mathletes competition where we placed an impressive third!**

**Well done to all involved!**



Y11	Kevin	35
	Manuela	23
Y5	Zak	61
	Ustad	52
	Maryama	50
	Amina	21
	Samantha	15
	Lily Ann	15
	Saeeda	10
Y7	Nawal	41
	Junaid	25
	Yaseen	20
	Ayken	7

**Well done to everyone who took part in the Pi digits competition. Your memories are very impressive!**



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# News From the Secondary

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## The Arts Department



Our Y10 students were incredibly fortunate to have the opportunity to visit the Royal Opera House in March. They watched a ballet performance based on the life of Virginia Woolf. Thank you to Ms Topping for arranging this trip. Student feedback was that it was a fantastic experience.

There are a number of clubs and musical opportunities for students to get involved with from a borough wide choir to steel pans. Budding rock stars can audition to join the school band. Please speak to Ms Topping for more details of how to sign up.

## Drama Visits and Workshops



Our keen drama students have had a number of opportunities this term to visit the theatre.

Most recently a group went to the Old Vic to watch "Sylvia". This revolutionary story celebrates the life of Sylvia Pankhurst – feminist, activist, pacifist, socialist, rebel – the lesser-known Pankhurst at the heart of the Suffragette movement, who changed the lives of working women and men across the world.

As the line in the play goes:

'Be the change that you want to see  
Be the change for you and me'

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# News From the Secondary

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## Y10 Work Experience

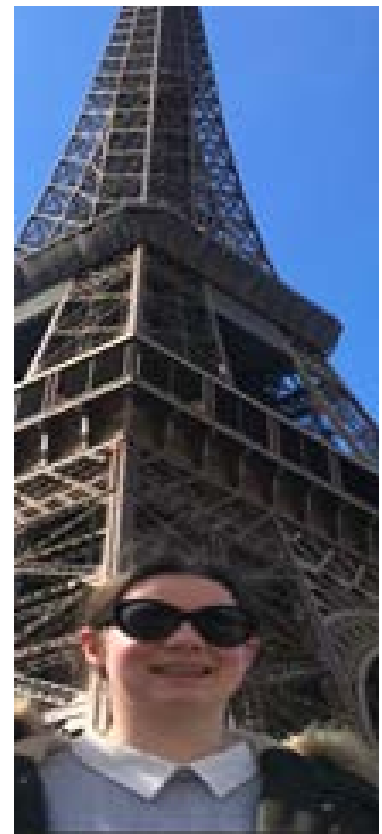
Every year, our Y10 students take part in Work Experience for one week as part of our commitment to them to offer wide ranging careers advice and experience.

Students are encouraged to find their own placements to develop their PRIDE skills. This certainly puts their Independence to the test!

In March, our students ventured out on Work Experience. Many students went to local placements, but some were fortunate enough to secure work experience in Paris and in Jordan this year!

The feedback from employers has been overwhelming in its positivity. Many of commented on the maturity that our students have shown. We are very proud of them and look forward to hearing all about it on their return.

Thank you to Ms Ainsworth for all her hard work in organising this. The students are so grateful!





# News From the Secondary

## Y11 News



Following the Y11 PPE exams, we held a mock exam results day. Tensions were high as students received their results, but all said that it was a really valuable experience and that they are clear on their next steps in the final push towards the GCSE exams in May.



## Saturday School and Easter School

If you are a parent of a student in Y11, you will already have had information about our Saturday School and Easter School provision. The Maths team have run one session on a Saturday and more are to follow.

If you would like any further clarification, please contact Ms Hardy at school. The Easter School Timetable is listed below. Thank you to all staff who give up their time to ensure the best outcomes for Y11 and huge appreciation to Ms Hardy who is relentless in her positivity and support for all of our students in her organisation of these activities.

	Monday	Tuesday	Wednesday	Thursday
A.M 10-12	 Drama  English  Textiles	Maths  Set 2,3,4 Drama 	Sports Studies 	Business 
P.M 12.30-2.30	 Drama  Geography 	Drama  Geography 	Sports Studies  MFL 	
All day	 Supervised Study	 Supervised Study	 Supervised Study	 Supervised Study

## Tenacious

## Resilient

## Students

**George Mitchell is very proud of our Year 11 Scholars. Year 11 have embarked upon a programme of daily intervention, Saturday School, Morning Mastery sessions from 7.30am and completed a series of sessions on Revision and Study techniques, such as Mind Maps below, whilst achieving great Mock Results!**



## Tenacious

## Resilient

## Students



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# News From the Secondary

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## Secondary Breakfast Club

### GMS Breakfast Club 8 - 8.40am daily



Our breakfast club welcomes students from 8am and offers a broad and balanced breakfast. Students finish at 8.40 with the energy to start the school day!

Eating a healthy breakfast is proven to support a child's concentration, behaviour, attendance, punctuality and educational attainment!

## Start your day the right way!





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# News from the Primary

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## Cookery Club



Look at the delicious food that our cookery club children made. They melted the chocolate and added the rice krispies to make some yummy chocolate nests which they then decorated with mini eggs. The hardest thing was waiting for them to set before they could eat them!



## Visit to Walthamstow Wetlands

Year 4 went to the Walthamstow Wetlands to learn about living things and their habits.

They used a classification key to identify the living things they found in their nets during pond dipping and explored the soil in the garden to find and classify vertebrates and invertebrates.



## The West End comes to GMS!



Did you know that we have a budding group of actors at GMS? When West End in Schools visited Y5, we learned the choreography for Alice in Wonderland. They picked up the moves really quickly!

We are looking forward to seeing your production Y5!

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# News from the Primary

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## Reception Literacy Event



We would like to thank our families for attending the 'Reception Literacy Event'.

Parents learnt skills and knowledge to support their child with 'Reading for pleasure' as well as 'Reading and Writing using phonics'.

Thank you parents for contributing towards your child's learning. We hope you enjoy using your new found skills with your children.

## Get your Easter bonnets at the ready!

On Friday 31st March we will be having an Easter Bonnet Parade at GM.

Please join in by decorating a bonnet/hat/cap or making your own bonnet. You can be as creative as you want.

We look forward to seeing all your imaginative creations!



## London Youth Games



What a day at the London Youth Games! The event was offered to our school to inspire pupils to get in to sports that are a bit less accessible or commonly played.

We had a fantastic time and the pupils who went should be very proud. I hope you are inspired!

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# News from the Primary

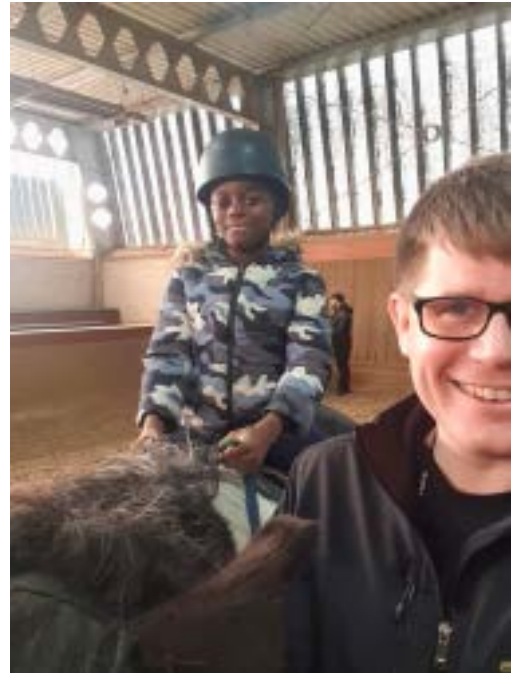
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## Horse Riding

This was a different experience for us at George Mitchell. This term, 5 children from Y5 took part in an activity at the Lee Valley Equestrian Centre. We received lessons for novice riders: learning to walk, trot and canter independently.

We also spent some time getting to know the ponies by grooming them and spending time with them.

We loved our time with the horses and felt very proud of ourselves for facing our fears and learning new skills at the same time!





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# News from the Primary

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## Anglo Saxon Hoard at GMS?

Look at these broaches on this Anglo Saxon display created by Y4 Sycamore Class.

You'd think they were genuine, but they were actually created by the children as part of their WOW day to get them ready for their learning this term. Great work Sycamore Class!



## Books from Leyton Orient



We are very fortunate to have an ongoing partnership with Leyton Orient. This means that we are often gifted free tickets and even invited to be the team mascot on occasion. For World Book Day, they donated this wonderful array of books. How fabulous!

## Y3 RE Exhibition



Y3 became teachers for the day when they created an RE exhibiton and taught other children the things they had learned. Well done Y3. Phenomenal effort!

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# News from the Primary

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## Art Enrichment



During our Art Enrichment sessions, we have been looking at the work of the French painter, Henri Matisse. He was known for his use of colour. Here we are showing our Matisse-inspired art work, full of colour to brighten the most dismal of days!

## Science Club Making Butter

No, this isn't cookery club! But we did make something that you can eat here. Starting off with a bag of cream, we shook it to see what would happen.

As the bag of cream was shaken, the fat molecules gained more energy and clumped together making butter.

This opened us up to many interesting conversations about reversible and irreversible changes. We made sure it was a fair test by all shaking the bag for the same time period to the tune of Old MacDonald Had a Farm!

Well done to all our curious little scientists!



## Problem Solving



This term, we are focussing on the RRIDE value of Independence. ROWAN CLASS had a great day of problem-solving. They worked in pairs to complete a class treasure hunt





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# News from the Primary

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## Number Day!

In February, we took part in Number Day to raise money for the NSPCC. What is Maths Day? Well, it's maths, but not as you know it!

Number Day is an inclusive maths-inspired fundraising day for children in nursery right through to secondary school with lots of fun curriculum-based activities. We "Dressed Up For Digits" and made a donation to wear an item of clothing with a number on it.

The funds raised from Number Day will help support vital NSPCC services such as Speak out Stay Safe which visits primary schools across the UK to teach children about the dangers of abuse and what they can do if they need help.

Look at all the fun we had!





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# And finally

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## Holiday Activities



Over the Easter, "Break Tha Cycle" are delivering three holiday club sessions on Monday 3rd, Tuesday 4th and Thursday 6th April. Young people 11- 18 are welcome to sign up. Call or text the number on the flyer attached to secure your space.

There will also be a weekly Youth hub at the Paradox as part of the pilot - these dates are to be confirmed.

Please do come along - it's all free and its a chilled environment for everyone to enjoy. Click [here](#) for more details.

For younger children, Waltham Forest are offering a range of activities for your young ones to enjoy. From Easter bonnet making to "meet the animals", through to circus skills and multi sports to help them burn off some energy, there is plenty of everyone to get involved.

Contact Waltham Forest by clicking the link [here](#) or by calling the following number: 020 8496 4270



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## Dates For Your Diary

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We have a busy term ahead. Please see below for some key dates for your diary.

### April:

17 April Return to school  
21 April (tbc) Eid

### May:

1 May May Day Bank Holiday  
8 May Bank Holiday - Coronation  
9 May KS2 SATS start  
15 May GCSE Exams start  
26 May End of Term

### June:

5 June Start of new term  
26 June Y10 Mocks  
29 June Y9 Parents Evening

### July:

4 July Primary Sports Day  
5 July Transition Day  
7 July Secondary Sports Day  
13 July Y8 Parents Evening  
21 July End of Summer Term