

# This Week at TBS!

## Dear Parents,

It is always sad when we say farewell to visitors, especially when it is their first time in Egypt. I know that my friend has returned to the UK with many memories of her adventures here and still feels as if it was all a dream as she sits in her house with the rain beating down on the windows. She was stunned by the pyramids and loved the new Museum of Civilisation as well as exploring old Cairo. However, there is so much more to see in Cairo and in Egypt so she will just have to book another trip!

I was speaking to one of our mother's this morning who was sharing a memory of a very special aunt of hers who has passed away. She was saying that we must always take the time to tell those we love how special they are, no matter how busy we are with our daily lives. We all have people in our lives who expect to be with us forever – take some time today to speak with someone you have not spoken to for a while and tell them how special they are to you.

## Coffee Mornings are back!

Every Thursday morning at 800am you are invited to join myself and my leadership teams for a cup of coffee or tea.

A huge thank you to everyone who attended last week and signed up to be part of our Friends of TBS group and those who volunteered to be part of our Advisory Council. We are still looking for class mums (or dads) to represent many classes or year groups so please sign up at the front desk or email to let us know you are willing to help.

This Thursday I will not be at Coffee Morning as I am attending a very special event with our parent company EEP as they celebrate a year of achievements with more schools and support companies joining our every growing family. However, Mr Nigel and Ms Rachel will be there along with Ms Alia our new Head of Arabic.



## Parent Workshops: We are a Community of Learners

A huge thank you to everyone who attended our Early Years parent workshops: the second in the series about learning to play with Ms Sue.

This week the focus is on Secondary as Mr Nigel leads a workshop on the pros and cons of formative and summative assessment. Although the focus may be on our older students, the topics are still of value to parents of any age group. Due to school photographs happening in the hall, this workshop will be in one of our classrooms. Please wait in the reception area to be guided to the venue.

Next week it is my turn to lead a workshop. I will be sharing the presentation that I gave to all our new parents before the start of term focusing on 'curriculum' and I will go on to talk about a vitamin that you might not be aware of but is vital to your child's success...



## Baker Books are back!

Baker Books catalogues are out – and I have seen many students enjoying reading through the amazing books on offer this term to further develop their reading skills. Baker Books offer amazing deals on the most popular children's books that are sure to keep your child's imagination buzzing. Make sure that you meet the deadline for ordering books. Please note that we all benefit from Baker Books: you build your child's reading skills and TBS gets more books for our library!

## Think Pink

- This month is our Breast Cancer and Women's Health month. Unfortunately, most of us have been affected by cancer either personally or someone we know and love. We have learned that one of our TBS family has been diagnosed with early-stage cervical cancer and we all hope and pray that due to the early detection a minor procedure will ensure this does not spread. It is often a difficult subject to talk about but make sure that everyone in your family is undergoing regular screening as early detection and treatment is the key.
- On 31st October we are inviting all staff, parents and students to either dress in pink or wear a pink ribbon to show their support. We also ask that you give generously as all proceeds of this fundraiser will go to cancer research local cancer hospitals. Thank you in advance.
- The month of November will focus on Prostate Cancer and Men's Health culminating on 30th November with a 'Moustache Day' with all fundraising proceeds towards Cancer research.



## Tie your hair back!

A gentle reminder that all long hair should be tied back when students are in school. We are entering the hair lice season and there is nothing like better than loose hair so make sure that your child has their hair tied back securely everyday to try to prevent any transfer of these very itchy bugs

## Winter is Coming...

How lovely these cooler days are and we all know that cooler temperatures are on their way. Already I have noticed some children coming in with light jackets so I would like to remind you that only uniform jackets and jumpers should be worn in class. Please click [here](#) to visit our uniform supplier's website to see what is available for different year groups and to order online. We are also organising for our uniform supplier to come with stock to sell direct to you in the coming weeks.

## Student Voice and Leadership at TBS

This week is interview week for the many students who have applied for the roles of Head Boy, Head Girl, Deputy Head Boy and Deputy Head Girl. Candidates will face a panel including Mr Nigel, Ms Jo, Ms Liz and some students including some from Year 5 and 6. I spoke to the panel today – check out our Facebook page for the live interview. The student representatives on the panel have themselves applied for a variety of student leadership roles.

## Updates from around the school!

### An update from Ms Rachel Hardwick, Head of Primary

It has been another shorter week but also as eventful as ever. We had a great turn out of parents at the Early Years Learning Through Play workshop – and children enjoyed having their family join them in the classrooms. Across the Primary school, children are given reading books to take home and enjoy with their parents. I encourage all to please write in the Communication books when you read with your child. This does not need to be of great length and detail but is such a valuable learning time.

At TBS we are keen on cross-curricular learning and making links between subjects to consolidate understanding. I have visited classrooms and witnessed lots of practical activities exploring multiple subjects and utilizing many skills such as computing, art, music, etc.

The majority of children are arriving to school on time and ready for their learning. The doors open at 7:30am and registration closes at 7:55am. This is the time of day where your child settles into their routines for the day and prepares for a busy day of learning. It is fantastic to see most children on time in school and I wish to thank the parents for supporting this.

We have a busy few months to look forward to and I am excited to continue to share Primary news with you.



## Here's to an exciting year in Year 6!

Year 6 have been learning all about World War One. They have studied the causes of the war, the nature of the alliances between countries, how propaganda was used and the new technological advances which were made between 1914 and 1918.

As well as writing about their findings, Year 6 also got creative and made Trench dioramas.

They have culminated their World War One work by creating mind map posters incorporating all their knowledge. They will now move on to World War 2 where they will look at how the war affected civilians, especially children being evacuated. Earlier this month, Year 6 joined in the October 6th celebrations with spirited singing and flag waving whilst in Science, the two classes have been looking at the work of Charles Darwin, starting to learn about his ideas on evolution and natural selection. Year 6 have proved that they love to read as they are now taking home books each week and visiting the library to extend their reading even further.



## لغتنا العربية

احتفل قسم اللغة العربية بالمدرسة بالمولد النبوي الشريف ليتعرف التلاميذ على خير البرية والقُدوة وشعر التلاميذ بفرحة غامرة وعلى وعد بأن نكون دائماً معكم نشارك تلاميذنا كل ما يهمهم ويساعد في بناء شخصيتهم .  
دمتم سعداء





## Healthy eating and sleep routine in EYFS

Now that our midterm filled with relaxing, snacking and enjoying ourselves has sadly come to an end, I'll take this opportunity to remind everyone to try and incorporate healthy eating habits and early nights into our back to school routines.

Finding inspiration for yummy packed lunches can be challenging especially when you're trying to keep them healthy and low in sugar. You can make their sandwiches in shapes with different fillings in them that can be easy to eat, it's nice to give them something fun to open at lunchtime and it would warm your heart knowing they'll get a surprise at the fun addition to their lunchboxes. Sandwiches don't have to be boring. By mid day, your little ones are likely to need some sustenance to keep them going throughout the afternoon. Foods high in sugar will provide what is commonly referred to as "sugar high" but there's energy levels are not sustainable and will quickly drop, causing a crash in energy. Foods that will release their energy slowing and help your child feel energised through your their school day are hard boiled eggs, bananas, vegetables and dips.

When it comes to children and sleep we have to remember that children need more sleep than adults. Children from 3-6 years old need approximately 11-12 hours of sleep. The important thing to do is to create a bedtime ritual with a wind down period that begins 15-30 minutes before their actual bedtime. This can include turning off the TV, playing relaxing music, dimming lights and talking softer. All of these subtle changes are cues that your child will pick up as signs that bedtime is approaching.



## An update from Mr Nigel Wilsonlock, Head of Secondary

Even though we had a three-day week it feels as if we still managed to fit in five days of work and learning! By this time next week, we will be able to reveal the results of the Head Girl/Boy selection process and continue to develop student leadership at TBS. I am very excited to see what our wonderful students can achieve this year!

October will become increasingly pink as we build towards the final day of the month with Think Pink, to raise awareness around women's health on Monday, 31 October. Following this we will look at men's health for November with the world-wide movement of "Movember". Please support both where you can.

Although the weather has turned a little cooler, could I please remind you that warmer clothing may be worn but it must be part of our uniform? Many students are using the weather change as an opportunity to wear random hoodies and jackets. Your support on this is very helpful.

I hope to see many of you at our Parent Workshop on Tuesday 8-9am where I will be looking at the essential topic of 'assessment'. Please check your inbox for the invitation and more details and let Mr Mohammed know if you wish to attend.

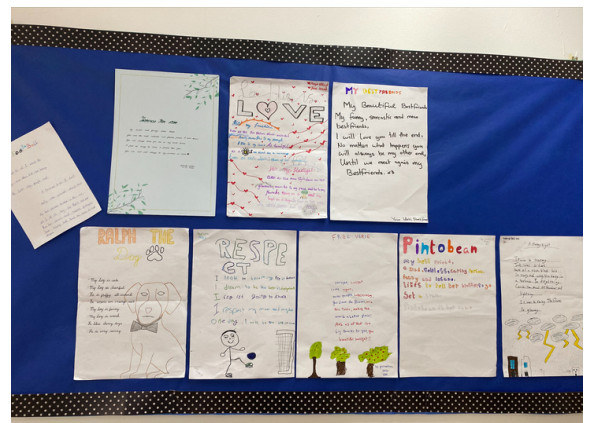
We have our settling in Student Led Conferences on 23/24 October, where you will be able to meet your child's tutor to review their first month at school. Appointment instructions will follow next week.

## English Department

The year 7 and 8 classes have demonstrated their creative writing skills. Year 7 have written imaginative property descriptions using persuasive language. Creativity and imagination can be improved through reading a broad range of books, and styles. Reading a wide range of novels can improve vocabulary and stimulate imagination too.

Year 8 classes have been working on free-verse poetry. This is a type of poetry that has no rules, yet can combine aspects of poetry of their choice, such as through alliteration, or rhyming for example. The English department have been impressed by the work the students have produced, and it's been lovely to see such enthusiasm for a challenging task.

The skills we have been developing will support the students in readiness for Literacy week which will take place in November. This will be an exciting period for the students with writing competitions taking place, and a poetry slam too.





## Secondary Pastoral assembly

In this week's secondary assembly, Key Stage leaders spoke of the real-life effects of Cyberbullying. Research shows that 59% of teenagers have faced some form of Cyberbullying and it is often from within school. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information causing embarrassment and humiliation.

Students were introduced to various types of cyber bullying: cyber-stalking, harassment, denigration, flaming, exclusion, outing and trickery. They were given the chance to proactively participate in the discussion and share their thoughts regarding this important topic. Students learned how we all need to be thoughtful about what we share or say that may hurt others. We all want Cyberbullying to stop, which is one of the reasons reporting Cyberbullying is so important.

Omar Abass Y11A delivered a TED talk on Cyberbullying and shared an activity with the students that was really powerful. He had a white pristine piece of paper and every time a negative comment was made he crumpled the paper. The paper was dirty and so crumpled, he then said "sorry" opened the paper and tried to straighten it out. The paper would never be the same again, white, and pristine, the damage had already been done.

We need to be kind to one another, do not be a bystander be an upstander. It is up to all of us to make a difference!



## TBS Art

Secondary students have been exploring Graffiti fonts. They studied some displayed examples and got inspired to create their own designs that represents them. They utilized basic elements of art such as line, form, shape, value and colour. The outcomes were impressive and revealed their inspiring talents. They took pride of their work by labeling their personal lockers with their Graffiti artwork.



## The TBS Learner Profile

One of the Milestones for Strategic Goal was to create the TBS Learner Profile which shares the key attributes and skills of a TBS student future-proofing them. Attributes are the qualities and characteristics of a person. Skills are acquirable abilities and habits that allow a learner to achieve academically and personally.

As a staff we have collected our ideas and now want your input on the three key attributes and three key skills you see as the most important for your child as they move through school and on to university.

Here are our Word Clouds for TBS Skills and TBS Attributes:

Please click <https://forms.office.com/r/hYR1PwnXMV> to complete my questionnaire to select the top three skills and attributes from the list that you think are the most important to your child's future.



### Dates for your Diary:

- Week beginning 16th October – School Photography Week Deadline for payment 20th October
- Tuesday, 18th October – Parent Workshop: Formative vs Summative Assessment (Secondary Focus)
- Thursday, 20th October – Coffee Morning with TBS SLT at 0800
- Music Monday, 24th October – Come and find out the value of music in your child's life – and take part in a music lesson.
- Tuesday, 25th October – What is a curriculum? + Vitamin N: what is it and why your child needs it. At 0800 (Whole School Focus)
- Monday, 31st October – Think Pink Fundraiser Day. Students invited to come to school dressed in pink and bring a donation for Breast Cancer Research
- 1st-3rd November – BSME Language Championships for KS2-4

Have a great week!

School Principal  
Jane Knight