

SLOUGH AND ETON REVIEW

MARCH ISSUE – 29th March 2019



Goodbye Winter! Hello Spring!



Dear Parents,

This is a fantastic edition of the *Slough and Eton Review*. It illustrates extremely well the vast range of activities and experiences on offer for students at our school and the amount of time staff spend creating additional opportunities for students. I hope you enjoy reading about the activities which have taken place.

We regularly receive feedback from local employers and companies about the fantastic work our students do in partnership with them. Most recently the fantastic work to support the homeless in Slough has been especially well praised and the work of our fantastic Sixth Form students who lead that is exemplary. We sometimes get feedback that students are not polite to local residents when they are crossing roads or passing members of the public. I would like to ask all parents to ensure their children know how to show good manners in the community and to represent their families well. Whilst we receive feedback about our students and their behaviour in the community this is a reflection of their home upbringing and expectations not what happens in school and we ask parents to play their part in that.

Thank you for your continued support.

Mr Collins

Headteacher

Twitter : @SloughEtonHead

KEY DATES



Friday 5th April 2019 - Last Day of Term (12.30pm finish for students)

Tuesday 23rd April 2019 - New Term starts (first day back for students)

Newsletter



Have a story you would like included in next months newsletter ?

Please contact us with your story. Email : sloughandetonreview@slougheton.com

Work Hard - Be Nice - No Excuses

Deloitte.

Year 13 Deloitte workshop

Tuesday 29th January

The Deloitte workshop was informative and convincing. It provided information about apprenticeships as a career option. The speaker's presentation was very engaging and students gained an understanding of different schemes that Deloitte can offer them. The speaker clarified many common misconceptions that students had about apprenticeships.



Deloitte Touche Tohmatsu Limited, commonly referred to as Deloitte, is a multinational professional services network. Deloitte is one of the "Big Four" accounting organizations and the largest professional services network in the world by revenue and number of professionals.



FOLLOW US ON
twitter[™]

We have our own Twitter account which has regular tweets and photos about the learning and other exciting events happening in our school! Follow us to keep up to date with all that is happening:
@SloughEtonHead



Trip to Cadbury's World Year 13 Business Studies



Students had a delightful experience at the chocolate factory. It started with a self-guided exhibition tour, learning how these confectionaries are made and discovering the story behind the chocolate factory. The storytelling engaged all of the students with moving chairs and special effects. In between the tour, students were provided free chocolates. Students experienced the thrill of 4D cinema and rides in the tour. This was followed by an interactive educational talk on Marketing. The lecture was delivered by a member of the Cadbury's team and it covered branding, packaging, promotion and advertising techniques used by Cadbury's World.



Year 11 Business Interview Day



On Friday 15th March 2019 Year 11 students took part in Business Interview Day . In conjunction with 'Learning to Work' the School organised for a number of companies to attend on the day to provide students with a unique opportunity to test their interviewing skills in a realistic interview setup. This was an invaluable experience for the students which enabled them to understand the interview process and generally focusing students on thinking about their future careers after full time education.

Most in-demand skills

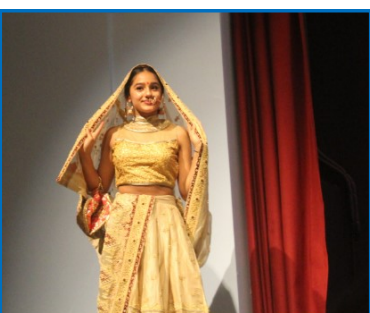
What are the skills that companies are looking for the most? A recent survey by LinkedIn found the following in-demand skills of 2019:

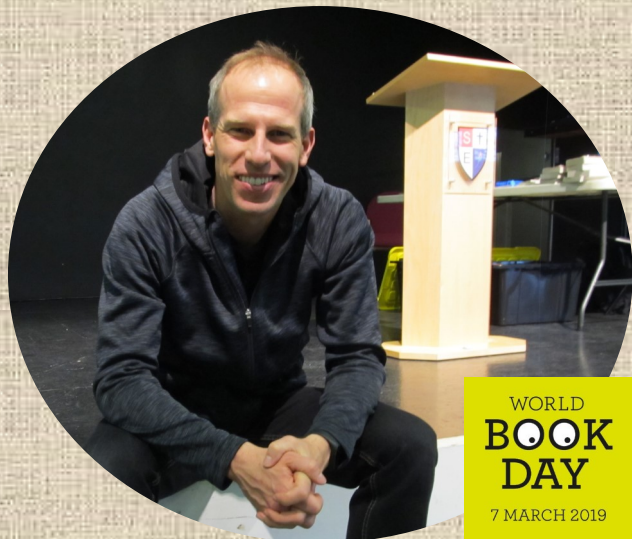
- Creativity
- Persuasion
- Collaboration
- Adaptability
- Time management



Youth Chamber

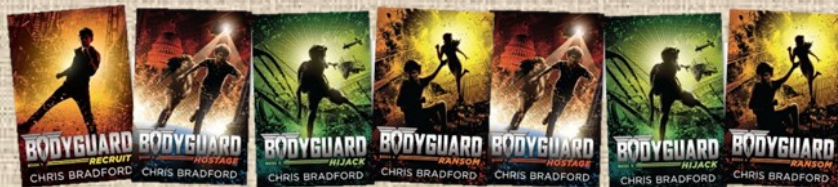
A 4x3 grid of 12 photographs showing students performing on stage at a school assembly. The students are wearing various costumes, including traditional Middle Eastern and Middle Eastern attire, and are singing, dancing, and playing instruments like the keyboard and drums. A shield-shaped logo with the letters 'S', 'T', and 'E' is visible in the background of several photos.





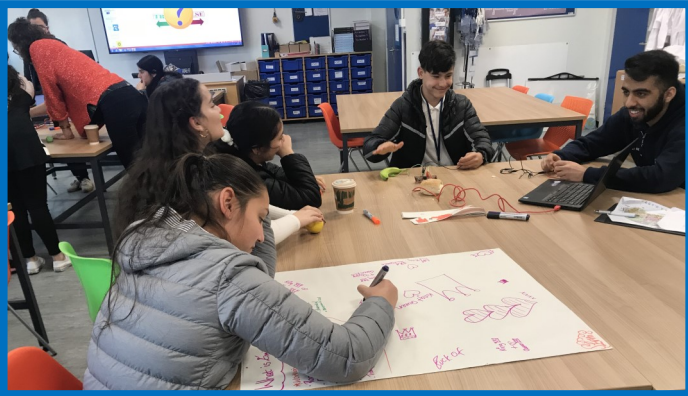
Author visit Chris Bradford

WORLD
**BOOK
DAY**
7 MARCH 2019



We were delighted to have the Author Chris Bradford here on 6th March as part of our World Book Day programme. Chris thrilled the students with his Bodyguard presentation, using student volunteers and teaching them bodyguard skills. All of our Millionaire Word Readers were given a free signed copy of his latest book and were able to ask Mr Bradford questions after his presentation. His books are always very popular and students are able to borrow them from our school Library.





University of Surrey

Fourteen year 8 and 9 students visited the University of Surrey to get a taster of what university life is like.

All the students had a fantastic day and represented the school well.

They completed an experiment in the science labs to extract DNA from strawberries.

They also completed an investigation to discover whether an electric current can pass through a banana.

We are looking forward to the second trip next week!



INTERNATIONAL WOMEN'S DAY *Week*

Friday 8th March was a truly inspirational day at Slough & Eton as the school celebrated International Women's Day. The theme of the day was 'balance for better' with a focus on celebrating inspirational women in our community and reminding ourselves of the importance of equality for all.

We ran a number of activities across the week which included students participating in creative writing workshops about the inspirational women in our families, designing equality flags, participating in suffragette workshops and acknowledging the role of women in the war by planting peace poppies around the school.

The events also included a truly inspirational talk from internationally acclaimed equality campaigner and lawyer Dr Shola Mos-Shogbamimu about why gender equality is still important in today's society. She reminded students of their role in securing equality for all groups and encouraged them to take an active role in shaping the world of their future.

We were also honoured to be visited by other inspirational women and hear the stories of their lives. Sarah Begum, anthropologist, journalist and film maker spoke to Years 7-10 about travelling deep into the Ecuadorian Amazon Rainforest to live with the legendary Huaorani tribe to immerse herself in their ancient way of life. She described how she hunted with warriors and captured their stories and struggles whilst investigating into the impacts of modernity on their culture. She explained to our students she had to overcome her own fears and those of her friends and family to follow her dreams and make her documentary 'Amazon Souls'. This documentary was nominated for an award at Cannes Film festival and Sarah continues to explore the world telling the stories of forgotten people and tribes.

The students were also able to participate in workshops and hear about the professional and personal triumphs of more inspirational women, these included top business lawyers, radio and TV journalists and charity campaigners who are striving for gender equality around the world.





Hilary Smith, Lawyer GSK



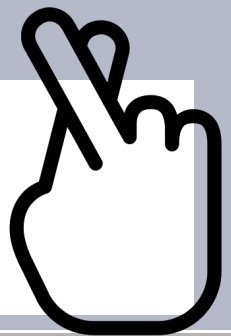
Dr Shola Mos-Shogbamimu



Rose Simbo, Kori Women's
Development Project

Young Financial Journalist 2019

Year 12 students Awais and Malikah have each submitted an entry for the Young Financial Journalist Competition 2019, organised by the London Institute of Banking and Finance. Both Awais and Malikah also study the course offered by the Institute at A Level, at Slough and Eton. Good luck to them both! The competition will be judged by a panel of experts as well as guest judge Journalist Iona Bain. You can read their articles on the next page.



CELEBRATING
140
1879 YEARS 2019

**The London Institute
of Banking & Finance**

The topic they chose to write about addressed the advantages and disadvantages of a cash-less society.

IS OUR CASH FACING EXTINCTION? By Awais Jaffri

Is the time of using physical cash over? Will we no longer be able to use paper money and coins?

The prospect of a cashless society is looming over us and is edging towards us slowly but surely, but we must first determine as to *what exactly is* a cashless society?

Well, a cashless society is where there are no physical forms of money such as banknotes and coins. This itself is an advantage, as between 3.5 and 7 billion trees a year are cut down in order to print money, which severely damages our environment. Many people have already begun to embrace this concept, as it was reported in 2016 that 1 in 7 people in the UK no longer carry cash.

Now there are equally many advantages and disadvantages on this issue. One such disadvantage is that we don't exercise the same amount of control when using other forms of payment compared to using cash. An example would be simply be shopping. We have more restraint when we're shopping when have to count out the notes and coins. So we manage our money better. However, if we were to use other payment methods, such as the recently introduced contactless credit cards, we may not show as much restraint as we don't physically see the cash we're handing over. This makes us see our hard-earned money being handed over. In a cashless society our money is "out of sight, out of mind". This could result in multiple spending sprees, and ultimately debt.

On the other hand, making the switch to cashless may not be all bad. One advantage is the reduced risk of bacteria spreading through passing banknotes. This may seem far-fetched but allow me to explain. Recent studies have shown that disease-causing bacteria can be and have actually been spread via banknotes. All it takes is for one person to use one infected banknote, which goes into the till, infecting the other notes. The notes will then be spread to others as they receive notes from that till. A similar, albeit far-fetched, example would be the videogame entitled "Tom Clancy's The Division", in which New York suffers from an infection spread through banknotes on Black Friday. By going cashless, this risk is reduced.

A cashless society would also reduce the many other risk associated with money; counterfeit money, employees stealing cash from tills, as well as both burglary and robbery would all be reduced. A recent article from CNBC stated that US businesses suffer \$50bn from thieving employees.

77,000 muggings happen in a year according to Metro Police Statistics. Should a cashless society go ahead, thieves in dark alleys are less likely to "hold someone up for a card that can be cancelled at any time rather than someone carrying cash.

Businesses and banks would also spend less on physical security and physically processing money.

Stores would not face the interminable problem of not having enough cash on hand to provide change. The result is speedier transaction times and less queues. A seamless flow of purchase of items and payment transactions.

Other crimes that would be more difficult to perform by going cash-less would be money laundering, tax evasion (which would've made it harder to catch Al Capone!), illegal transactions and funding illegal activities. However, we may be swapping one evil for another.

Fraudulent activities by hackers such as financial cyber-attacks and digital crime will increase. Electronic accounts will be more vulnerable to unauthorised access and transfers should a cashless society be introduced.

A cashless society would also result in a better collection of economic data. Rather than conducting costly and periodic surveys and sampling of real-world transactions, real data collected on citizen's spending can assist in devising and implementing policies that are deduced from actual data. With recorded financial transactions, the British government can better track the movement of the money through financial records which enables them to track the black money and illegal transactions taking place in the country.

Not everyone may be able to make the change, though. In the UK alone, 1.5 million remain unbanked, whilst 1.7 billion globally are unbanked. The majority of the unbanked are the poor, the elderly, undocumented immigrants and the youth. Electronic transactions require a bank account and familiarity with the payment system, which the unbanked are unlikely to have. NFC equipment must also be available on phones so that you can use your mobile phone for payments. Phones are costly to buy.

If a cashless society were to be introduced, electronic transfers won't be the sole method of payment. Other methods, such as cheques, could potentially become more popular. However, these aren't ideal as cheques could potentially bounce and even cost you money, as well as forcing the recipient to have to go to their bank to deposit the cheque into their accounts.

Privacy would also no longer be an option in a cashless society. By using electronic methods for transactions, we become traceable and vulnerable. This is both good and bad. Police would be able to trace people of interest via their spending, but hackers, corporations and the government would also have access to these records.

This may not sit well with the public. People may fear their personal data to be leaked, such as the Yahoo incident of 2013-14. Yahoo, a dominant internet giant, suffered an attack leaving 3 billion accounts being made public. All the personal data, such as DOB's, addresses and telephone numbers were made available to the public.

The government could also use the prospect of a cashless society to enforce taxes and conduct mass surveillance.

‘CASH-LESS SOCIETY?’ By Malikah Khan

Is the world of cash coming to an end? Will there be no more coins and notes? Instead will we be paying through money that we can't see or touch?

A 'cash-less society' describes an economic state where financial transactions are not conducted with money in the form of physical banknotes or coins, but rather through the transfer of digital information; this means through online banking or contactless payments or any other any other payment method other than the physical forms of money.

There are both advantages and disadvantages of having a 'cash-less society'.

An advantage of having a 'cash-less society' is that it will lower the crime rate. When using cash, stealing money becomes really easy, no matter what the amount of money the person is carrying. If people are not carrying around cash, it will lower the crime rates for pick pocketing and stealing, as, if a thief stole a card, they would also need to have the details to get access to the money and the owner of the card can always block the card straight away. If any money is missing, the bank can cover it and put the money back into the owners account. Illegal transactions such as drug trade typically always take place using cash, in order to avoid any transaction record, this would mean that there would be less drug trade as not many people would be carrying around cash and any transactions made for drugs could be caught out and stopped.

Imagine a hassle-free holiday without the inconvenience of ordering and converting funds into the correct currency. A 'cash-less society' would engender just such an advantage. When going to a foreign country, most items in the country will require the local currency to purchase any products or services. However, if we are a 'cash-less society' payments will become much easier. This is because when people go abroad rather than thinking about another currency and how you may need to exchange all your cash, the mobile device would handle everything for you, and you can pay without worrying about the currency.

One last advantage of having a 'cash-less society' is that it may boost consumption. A 'cash-less society' offers little to no incentives for hoarding cash which in turn encourages consumption. The more people that are willing to spend money, the more the economy grows significantly. This means that more jobs are available for people, which means more people will be earning and there will be less homeless people, and, the overall standard of living may improve due to these factors.

On the other hand, there are a few disadvantages of having a 'cash-less society' such as technological issues. There can be glitches, outages or some other mistakes that can lead to problems and leave you without any ability to purchase things whenever you would like. For example, there have been issues in the past where people have not been able to make a payment due to the card expiring at the wrong time. When the systems fail it can be hard for the customer to pay for the item and even a small thing such as the phone battery dying can leave the person with no money at all. Having cash would be ideal because that means that the person has back up in case something does go wrong.

I find that when I spend money electronically or even when I use my card it feels so much less tangible than handling the actual pounds and pence. Most people would admit that they are prone to overspending when conducting financial transactions electronically. This is certainly a real disadvantage and a problem of a 'cash-less society'.

One last disadvantage of having a 'cash-less society' is the interest rate. If we turn into a 'cash-less society' the higher authorities such as the government will have the chance to promote negative interest rates. Negative interest rates refer to the case when cash deposits incur a charge for storage at a bank, rather than receiving interest income. This would mean that the depositors would have to pay regularly to keep their money with the bank, which would end up resulting in money losing its purchasing power.

In conclusion, there are several advantages and disadvantages of having a 'cash-less society'. In my opinion I would say that having a 'cash-less society' would be a bad thing. Even though there are some advantages of having a 'cash-less society', such as less money related crime, less hassle when going abroad and improvements in the community, I do not agree that it can be good for the society as money may lose its purchasing power. Having no cash would mean that there is also no back up of the money, if anything goes wrong or there is technical mistake such problems may result in a person having to wait longer to get an item they may desperately need or want. Having no cash could also lead to people going into debt and depression because of overspending; they may not be able to manage their money and budget without having cash. It may also be difficult for older people to use mobile phones and hard for them to understand how it work given all the new technology that is being used in order to pay without cash.

STEM DAY

at Reading University

Miss Johnson, Head of Year 8, took 15 budding scientists to Reading University on Tuesday 12th March to complete a STEM activity day.

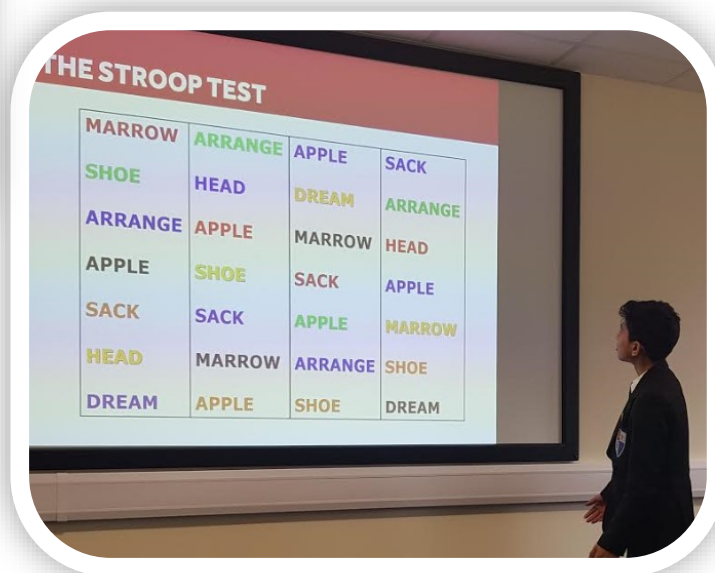
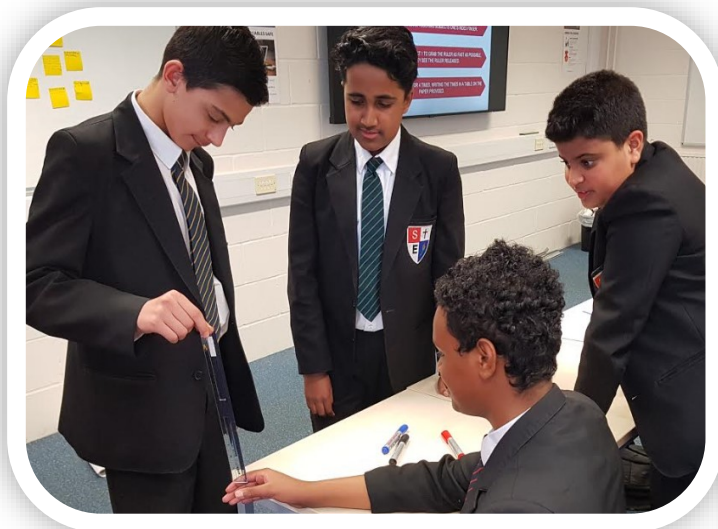


Despite the rain, the students excelled in all areas of study including Psychology, Maths, Pharmacy and Science.

Their engagement was excellent and



there is no doubt that all students have the ability to advance in the area of Science.





Prince's Trust

Enterprise Challenge

mosaic
the power of positive thinking



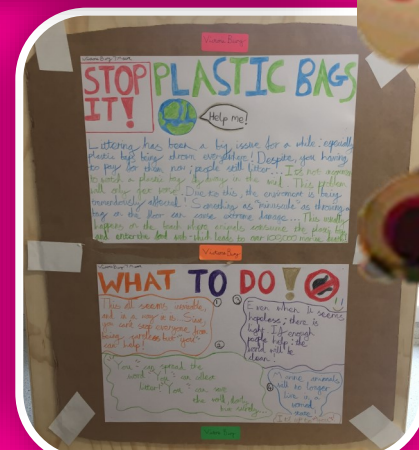
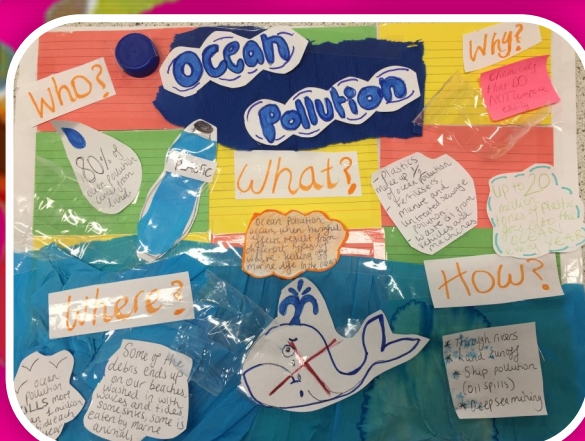
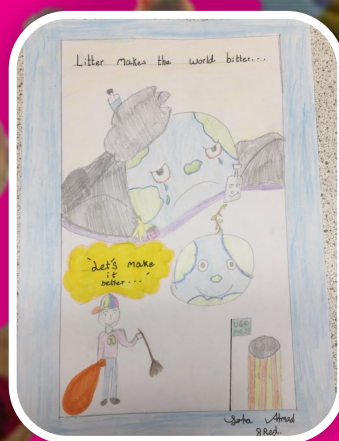
10 Mauve, having won the inter-house Mosaic Mentoring Challenge by getting the highest score in a business simulation game, went on to represent the school in the South East Regional Final. They were competing against schools from Bracknell, Reading and Slough who also scored highly in the game.

In the Regional Final Mauve House had to pitch a social enterprise idea which would benefit our school and the local community to a panel of judges without using any media aid. Their idea was to canvas stationary stores in Slough for their surplus or damaged stock which they would sell for a greatly reduced price to our students. Any profit would be used to buy books for the library.



8-17 March British Science Week 2019

The Science department celebrated British Science Week (8th - 17th March) by holding a series of events for students. Every lunchtime experiments such as flame tests, slime making and erupting volcanoes captivated the minds of young scientists in our school. The week finished off with a bang by setting fire to their hands using methane bubbles! It was great to see such enthusiasm from the students. As well as this, a competition ran to create a poster on science in the news. There were some very strong entries and winners of this will be announced shortly.





**ROYAL
HOLLOWAY
UNIVERSITY
OF LONDON**

Parent and supporters information evening

Wednesday 22 May 2019, 5pm to 7pm
Central London campus



The evening is designed to give support to those families that are maybe new to the university experience or to those that would like a gentle reminder. There will be the opportunity to ask questions and speak with other families going through the same experience.

University information evening for parents and supporters of prospective university students.

Hosted by Royal Holloway, University of London

We believe that parents, advocates and supporters of young people planning to go to university are an important part of the university decision making process. With that in mind we want to make sure that Royal Holloway is doing as much as we can to support you through the application process.

This evening will be an opportunity to speak with our knowledgeable university experts and attend informative talks on subjects related to university admissions.



5 – 7pm
22 May 2019



Location:
Royal Holloway
11 Bedford Square
London
WC1B 3RF



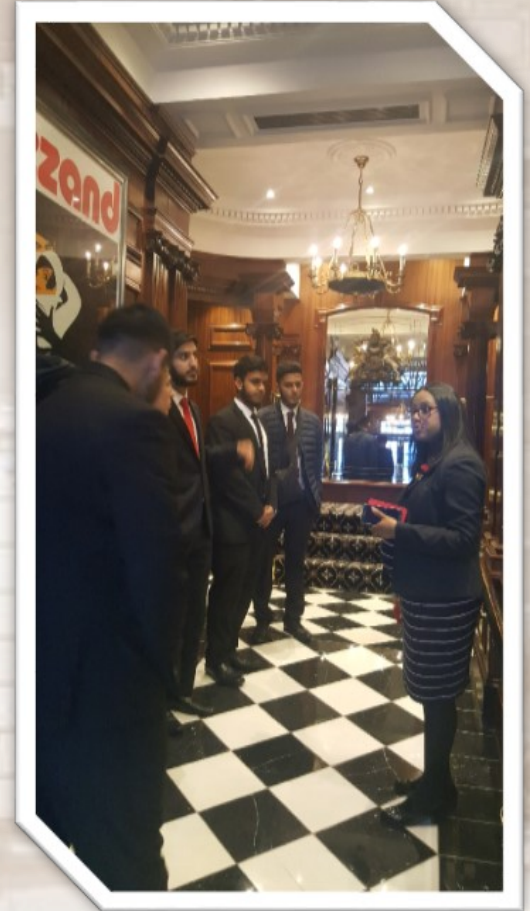
For more information:
schools@royalholloway.ac.uk
Call: +44 (0) 1784 414364

You will find more information and be able to register your attendance here: <http://bit.ly/ParentsSupportersEvening>



**ROYAL
HOLLOWAY
UNIVERSITY
OF LONDON**

“THE RUBENS AT THE PALACE HOTEL”,

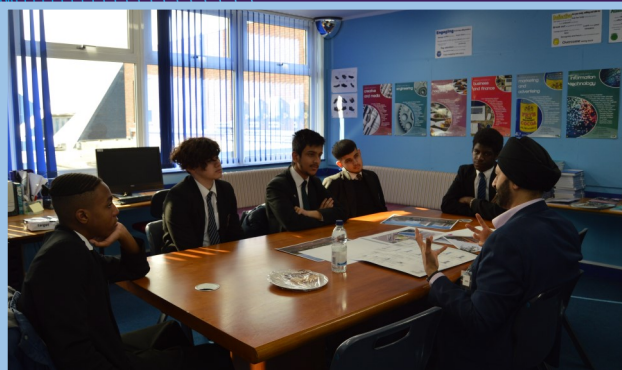
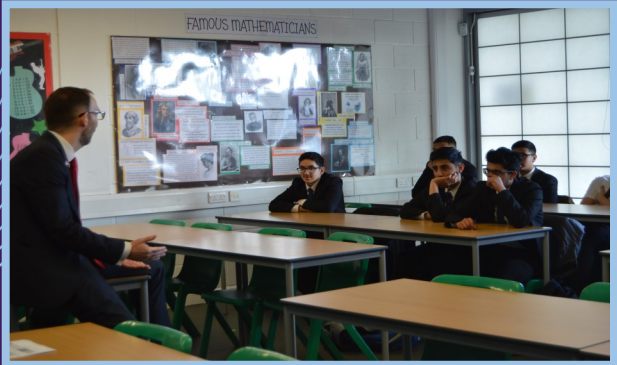
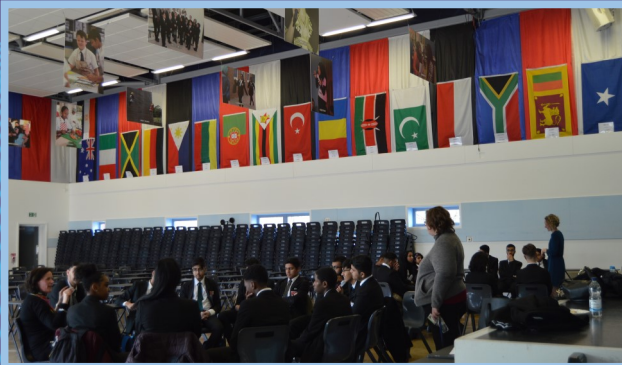


On Thursday 14th February, 12 Year 12 AS Level Business Studies students visited the “Reubens At The Palace Hotel” in London. Students were taken for a tour around the hotel where they experienced the different types of products and services the hotel offer to its customers. They also received a presentation from the Hotel Manager and the Director of sales manager on how the hotel deals with their internal and external customers and what strategies are used in order to generate revenue and increase sales within the business. In addition to that, students took part in a quiz about the history of the hotel and a prize was given to the winner. Jamal and Hamza won the competition and received the hotel branded sweets.

Future focus Insight Session

On the 5th March Year 11 students took part in the Future Focus Insight Sessions. Delivered in conjunction with Learning to Work, business volunteers from various industry sectors/ companies including Santander, Aston Bond, GAA Design, Upton Hospital, Morgan Stanley, Always Growing, Thames Valley Service & Asian Star Radio engaged with students for a 50 minute session.

The aim of the session was for students to explore and examine future pathways. The business volunteers spoke about their role and career pathway and took questions from the students.



TIM BURTON

Art Competition

Miss Johnson wants to see how much Year 8 have learnt in their **Tim Burton** project this term.

Draw a **Tim Burton** style piece of you family. This could be your biological family or the people that you see as your family (friends). Be as creative as possible, use skills you have learnt in class or skills you have developed yourself.



All applications must be in by Wednesday 3rd April and winners will be announced after half term in assembly. Please hand in to Miss Johnson in A1 with your name and form on.

Best of luck!



The lucky winners will win a cinema trip to see the new Dumbo film, directed by Tim Burton himself!



Apprenticeships Information Evening



On Wednesday 20th March Year 10, 11, and 12 students and parents were invited to the Apprenticeship Information Evening at Slough and Eton School.

ASK (*Apprenticeships Support and Knowledge for Schools project*) provided information about Apprenticeships and the opportunities they offer to young people. They broke down misconceptions, re-established what a modern day apprenticeship was and provided information about higher and degree level apprenticeships.

It was a great evening and we hope it was successful in supporting students to make informed decisions about their future.



Guidance for Year 12 and Year 13 students

You should start looking for vacancies early as some employers start advertising in the summer of Year 12 or early autumn of Year 13 (for apprenticeships to start the following summer/autumn). Do also keep looking because some employers don't advertise their vacancies until the summer of Year 13. Some suggestions on where to look:

1. Company websites – most large employers advertise their apprenticeships on their own website (and may not advertise elsewhere).

2. Websites specialising in apprenticeship vacancies, such as:

gov.uk/apply-apprenticeship – the national vacancy website and a good place to start. Searching for all vacancies in a particular geographical area will ensure you won't miss any.

careerfinder.ucas.com/jobs/apprenticeship/ – search for degree and higher apprenticeships

3. Register with [LinkedIn](https://www.linkedin.com) and follow any companies you are interested in working for – many use LinkedIn to publicise vacancies.

4. Employer/apprenticeship fairs where employers will have stands. [WorldSkills UK Live](https://www.worldskills.org) and the [National Apprenticeship Show](https://www.nationalapprenticeshipshow.co.uk) are 2 examples of large events; look out for local events as well.

5. University/College websites:

- Many universities (degree apprenticeships) and most colleges deliver apprenticeship training. Websites may give details of employers involved.

6. Other job specific websites, e.g:

- civilservicejobs.service.gov.uk
- hospitalityguild.co.uk – e.g. hotels, restaurants.
- jobs.nhs.uk
- countryside-jobs.com
- lawcareers.net/MoreLaw/LegalApprenticeships

5. General job websites with apprenticeship vacancies:

For example indeed.co.uk, totaljobs.com

GET HANDS
ON WITH
YOUR CAREER

10 AMAZING APPRENTICESHIPS YOU NEVER KNEW EXISTED

1 AEROSPACE ENGINEER

Get your career off to a flying start by designing and maintaining aircraft or working on space vehicles and satellites

2 BESPOKE TAILOR

This creative and skilled role at the heart of the iconic British garment industry could be your perfect fit

3 CYBER INTRUSION ANALYST

The chance to contribute to the crucial work of monitoring networks and detecting breaches in security

4 DIGITAL JOURNALIST

Get involved in the creation of fantastic, engaging content for TV, radio, and online

5 EQUINE GROOM

Turn your equestrian hobby into a stable career in an industry that contributes billions to the British economy

6 FOOD TECHNOLOGIST

Have your cake and eat it! Creativity and attention to detail will serve you well in the food industry

7 FASHION STUDIO ASSISTANT

Passion for fashion? Help to capture the mood of the moment and contribute to the creation of a collection

8 PUBLIC RELATIONS

Love to communicate? Use your influence in the exciting and challenging PR industry

9 NUCLEAR SCIENTIST

Use your analytical skills to provide innovative solutions in the fast-expanding nuclear power industry

10 VIDEO GAME QUALITY ASSURANCE

Use your knowledge and zeal for gaming to test and fix computer games before they go live

Need more information ?

Contact us on :

careers@slougheton.com



Nature Club

Is your child interested in nature?

Do they like to explore areas outdoors?

Would they like to build a bug hotel?

Would they like to plant seeds and see them grow?

**Would they like to build a wildflower garden? Or
even a wildlife pond?**

Could they write a school blog?

Are they in Year 7?

If you answered yes to the questions above then we want
to invite your child to join our gang!

**Slough and Eton Nature Club takes place every Wednesday at
2.50pm in iM5 with Mrs Nash**



Follow us on twitter



@SandENatureClub



Couch to 5k

No matter
how slow
you go,
you are still
lapping
everybody
on the couch.

**COUCH TO 5K
WILL IMPROVE THE
HEALTH OF YOUR
HEART AND LUNGS**

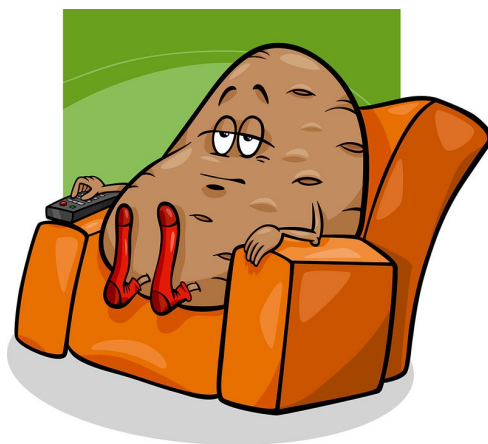
GET UP OFF THAT COUCH AND RUN!

Mrs Culkeen is running a 'Couch to 5K' extra-curricular club.

It is designed to encourage staff and students who have never run before, be able to run 5km in 6-8 weeks.

The club runs on
Monday from
3.00pm - 3.45pm.

Students should bring
their PE attire, a water
bottle and inhaler.





• THE FA GIRLS' FOOTBALL CENTRES •

GET INVOLVED WITH SSE WILDCATS
HAVE FUN, MAKE FRIENDS, **PLAY FOOTBALL**

SIGN UP NOW

REGISTER YOUR INTEREST **NOW** FOR THE NEW
SSE WILDCATS CENTRE LAUNCHING THIS APRIL
IN WEXHAM SCHOOL, SLOUGH. EMAIL:
MELANIE@MAVERICKSFC.COM FOR MORE
DETAILS



OFFICIAL PARTNER



For ALL

THEFA.COM/PLAY-FOOTBALL

Telephone: 01753 520824

website : www.slougheton.com

2019

FITNESS CHALLENGE

Students are challenged each day to participate in the activities listed on the calendar. For April, children (and parents!) can practice some basic fitness exercises, plus some baseball themed activities.

Each week, the number of repetitions for each fitness exercise increases. Please keep in mind the number of repetitions is meant as a guide, and can be adapted as needed based on age group and skill level. We hope that this will be something the family can enjoy doing together whilst staying fit..





FITNESS CHALLENGE

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5 Push-ups Wall Sits (20 seconds)	2 10 Crunches 10 Leg Raises	3 BASEBALL TASK CARD	4 5 Push-ups Wall Sits (20 seconds)	5 10 Crunches 10 Arm Circles	6 5 Push-ups Wall Sits (20 seconds)
7 12 Crunches 12 Leg Raises	8 8 Push-ups Wall Sits (30 seconds)	9 12 Crunches 12 Arm Circles	10 BASEBALL TASK CARD	11 8 Push-ups Wall Sits (30 seconds)	12 12 Crunches 12 Leg Raises	13 8 Push-ups Wall Sits (30 seconds)
14 15 Crunches 15 Arm Circles	15 12 Push-ups Wall Sits (40 seconds)	16 15 Crunches 15 Leg Raises	17 BASKETBALL TASK CARD	18 12 Push-ups Wall Sits (40 seconds)	19 15 Crunches 15 Arm Circles	20 12 Push-ups Wall Sits (40 seconds)
21 20 Crunches 20 Leg Raises	22 14 Push-ups Wall Sits (50 seconds)	23 20 Crunches 20 Arm Circles	24 BASKETBALL TASK CARD	25 14 Push-ups Wall Sits (50 seconds)	26 20 Crunches 20 Leg Raises	27 14 Push-ups Wall Sits (50 seconds)
28 22 Crunches 25 Arm Circles	29 20 Push-ups Wall Sits (1 minute)	30 25 Crunches 30 Leg Raises				

April Fitness Challenge - Keep students active and practicing their baseball skills during the month of April as baseball kicks off! Great for both PE and afterschool. Encourage students to take this home and get their family and friends involved!

-  Refer to the Baseball Task Card on Page 3
-  For Leg Raises and Arm Circles, repeat for each side

Find the visuals & descriptions for each fitness activity below.

Special thanks to:



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

Fitness Exercises

HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION

Crunches



Begin by lying face up on the floor with knees bent in the air. Curl the shoulders towards the pelvis and lift your shoulders up off of the ground. The hands can be behind or beside the neck or crossed over the chest.

HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION

Push-Ups




Begin in push-up position, on knees or toes. Perform regular push-ups, abs in and back straight.

Push-ups can also be done vertically with hands on the walls and legs positioned out behind the body.

HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION

Wall SITS



Stand in front of a wall (about 2 feet in front of it) and lean against it. Slide down until your knees are no less than 90-degree angles and hold.


To add intensity, hold weights or squeeze a ball between the knees.

1

TASK CARD

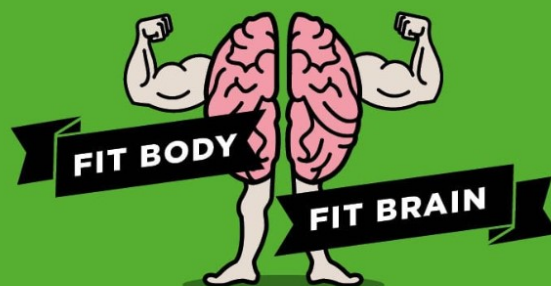
BASEBALL

- 11 swings
- 9 pitches
- 7 pitches (non-dominant hand)
- 5 throws from catcher's position
- 3 jumps up to catch a high throw, then swing glove hand down low to tag runner



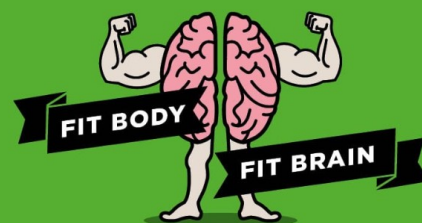
HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION





All students are really enjoying using our brand new Outdoor Gym Fitness equipment at break times and lunch times, as well as in PE lessons. Please see our pictures below.



CAREERS ADVICE DROP IN



*Please encourage your child
to come along to our drop-in
sessions with any
career related
queries.*



**GET HANDS
ON WITH
YOUR CAREER**



**Every Monday
and Thursday
at Lunchtime**

CONTACT :

careers@slougheton.com

jump in

SLOUGH

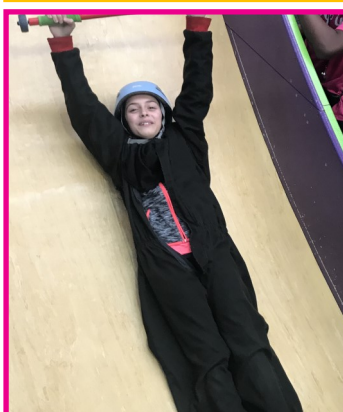


PE Rewards Trip to Jump In Trampoline Park

Students who attended 15 clubs or more between September and January had the chance to attend a reward trip to the Jump In Trampoline Park in March.

The Trampoline Park has many interconnected trampolines, but also has other activities such as Dodgeball, basketball slam dunk, a tumble track, battle beam, a giant air bag, a drop slide, plus many more activities.

It was a great trip enjoyed by both students and staff and we look forward to running another trip next term.





Interested in solving some riddles?

We have listed 4 difficult riddles for you to give your brain some exercise.

Answers revealed on the last page.

What flies when it's born, lies when it's alive, and runs when it's dead?

**I can only live where there is light, but I die if the light shines on me.
What am I?**

Every night I'm told what to do, and each morning I do what I'm told. But I still don't escape your scold.

I'm always there, some distance away. Somewhere between land or sea and sky I lay. You may move towards me, yet distant I stay.

$$\text{House} + \text{House} + \text{House} = 45$$

$$\text{Banana} + \text{Banana} + \text{House} = 23$$

$$\text{Banana} + \text{Clock} + \text{Clock} = 10$$

$$\text{Clock} + \text{Banana} + \text{Banana} \times \text{House} = ??$$



Can you solve this?



Responses to

sloughandetonreview@slougheton.com

First 2 correct responses will receive 50 Vivo points each

YoungMinds Crisis Messenger

The YoungMinds crisis messenger service provides free, 24/7 crisis support across the UK. Students experiencing a mental health crisis and in need of support, can text YM to 85258.

For more information <https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>

If you would like to speak to somebody in school about a mental health difficulty you can contact a member of our safeguarding team safeguarding@slougheton.com



YOUNGMINDS
The voice for young people's mental health and wellbeing

CRISIS TEXT LINE |

**DID YOU
KNOW?**



On This Day 29th March

**DID YOU
KNOW?**



Victory in Battle

1461 Wars of the Roses: Battle of Towton - Duke Edward of York defeats the Lancastrian army, deposes King Henry VI and Queen **Margaret of Anjou** and proclaims himself as King Edward IV



Queen Consort to
King Henry VI of
England
Margaret of Anjou



Niagara Falls Stops

Flowing

1848 Niagara Falls stops flowing for 30 hours due to an ice jam



The flow of water stops completely over both of Niagara's two falls due to an ice jam in the upper river



Clubs and Activities



Monday	Common Room	All Years	After School / Lunchtime	Common Room	Various Staff
	Key Stage 3 HW Support	Years 7, 8 & 9	After School	PS1	Various Staff
	Key Stage 4 HW Support	Year 10 & 11	After School	The Hub	Various Staff
	Strategy Games Club	Years 7, 8 & 9	After School	ih6	Mr Portch
	Guitar Club	All Years	Lunchtime	Music Room	Mrs Donnet
	Fitness Suite	All Years	Lunchtime	Fitness Suite	Mr Parker
	Drama Club	Years 7 & 8	Afterschool	Drama Studio	Miss Miller
	KS3 & 4 Girls' Football	All Years	After School	Field / Pitches	Miss Kelleway
	Couch to 5K	All Years	After School	Field	Mrs Culkeen / Miss Dale
	All years Girls Fitness	All Years	After School	Fitness Suite	Mr Harvey
	Year 10 Boys' Football	Year 10	After School	Field / Pitches	Mr Bradley
Tuesday	Common Room	All Years	After School / Lunchtime	Common Room	Various Staff
	Games Room	Year 7	Lunchtime	It4	Mr Samuel
	Enterprise Club	Year 7	After School	B5	Miss Thomas
	Cooking Club	All Years	After School	Food Room T3	Miss Horn
	Girls Science Club	Year 7 & 8	After School	S1	Miss Lewis
	Boys Science Club	Year 7 & 8	After School	S6	Mr Dhiraj
	Choir	All Years	Lunchtime	Music Room	Mrs Donnet
	Table Tennis	All Years	Lunchtime	Sports Hall	Mr Harvey / Miss Dale
	Girls Benchball	All Years	After School	Sports Hall	Miss Kelleway
	KS3 Trampolining (sign up only)	Year 7, 8 & 9	After School	Sports Hall	Miss Hunt
	Boxing Boys Fitness	All Years	After School	Dance Studio	Mr Jerome
	Year 7 Boys' Football	Year 7	After School	Field / Pitches	Mr Bradley
Wednesday	Common Room	All Years	After School / Lunchtime	Common Room	Various Staff
	Games Room	Year 7	Lunchtime	It4	Mr Samuel
	Key Stage 3 HW Support	Years 7, 8 & 9	After School	PS1	Various Staff
	Key Stage 4 HW Support	Year 10 & 11	After School	The Hub	Various Staff
	Magistrates' Club	Years 8 & 9	After School	E6	Mr Bhatti
	Fitness Suite	All Years	Lunchtime	Fitness Suite	Miss Dale / Mr Parker
	Couch to 5K	All Years	After School	Field	Miss Dale
	Badminton	All Years	After School	Sports Hall	Mr Bradley
	7 & 8 Tag Rugby	Years 7 & 8	After School	Field	Mr Harvey
	Taekwondo	All Years	After School	Dance Studio	
	Year 8 Boys' Football	Year 8	After School	Field / Pitches	Mr Parker
Thursday	Common Room	All Years	After School / Lunchtime	Common Room	Various Staff
	Key Stage 3 HW Support	Years 7, 8 & 9	After School	PS1	Various Staff
	Key Stage 4 HW Support	Year 10 & 11	After School	The Hub	Various Staff
	Up for debate	Years 7, 8 & 9	After School	E6	Mr McCartney
	GCSE Badminton	Years 10 & 11	Lunchtime	Sports Hall	Miss Dale / Mr Harvey
Friday	Common Room	All Years	After School / Lunchtime	Common Room	Various Staff
	Key Stage 3 HW Support	Years 7, 8 & 9	After School	PS1	Various Staff
	Couch to 5K	All Years	After School	Field	Miss Dale
	Key Stage 4 HW Support	Year 10 & 11	After School	The Hub	Various Staff
	Fitness Suite	All Years	Lunchtime	Fitness Suite	Miss Dale / Mr Parker

Intervention Classes - see individual subject areas

MyName



Play Forever

My sister thought that when I left school we'd stop playing netball together. No chance! I like to keep her on her toes.

Find your way Back To Netball

www.englandnetball.co.uk/Back-to-Netball

Anita pp

Herisha -♥-

Slough Back to Netball

Taster sessions are coming to Salt Hill Park from Wednesday 13th March – 17th April 2019

Cost: £1 Time: 6-7pm

E: debbie.spindlow@englandnetball.co.uk
M: 07587 034322



Vitality

Moveat



ANSWERS

What Flies When It's Born – A Snow Flake

Can Only Live Where There Is Light – A Shadow

Every Night I'm Told What To Do – An Alarm Clock

I'm Always There, Some Distance Away. What Am I? – The Horizon

VIVO

WORK
HARD
&
BEHAVE
WELL

TEACHERS
WILL
REWARD
YOU

SPEND
YOUR VIVOS
IN OUR
ONLINE
SHOP

Top scorers this month !



Name	Year	Total
Salma	Year 9	471
Abdullah	Year 7	393
Atta	Year 8	382
Charlie	Year 7	374
Yusuf	Year 7	226
Adnaan	Year 7	219
Ella Grace	Year 7	209
Sultan	Year 7	198
Danyal	Year 7	196
Vinaay	Year 7	192