

# SLOUGH AND ETON REVIEW

FEBRUARY ISSUE – 28<sup>th</sup> February



## Why are there only 28 days in February?



*\* see last page for explanation*

Dear Parents and Carers

Welcome to the February edition of the Slough and Eton Review. As usual it is full of information about what students have been up to in school and things available to them in the future. I hope parents will continue to encourage their children to get involved in the opportunities we have on offer.

As well as the trips and clubs on offer this is also a busy time for students with exams. Our 13 and 11 students have mocks in March whilst Year 9 students have now started the process of choosing their GCSE options. These are all exciting and important things. On Thursday we will welcome Year 8 parents into school for parents' evening and I hope we will see our usually high turnout for that event.

During March we will also be marking International Women's Day and inviting a number of guests into school to talk to and work with students and staff. We hope this will prove really interesting and remind our students that gender is absolutely no barrier to achieving your dreams, whatever they are.

Best wishes

*Mr Collins*

Twitter : @SloughEtonHead

### KEY DATES



**Thursday 7<sup>th</sup> March 2019 - Year 8 Parents' Evening**

**Thursday 21<sup>st</sup> March 2019 - Multicultural Evening**

### Newsletter



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

**Please contact us with your story. Email : [sloughandetonreview@slougheton.com](mailto:sloughandetonreview@slougheton.com)**

**Work Hard - Be Nice - No Excuses**

# Headteacher's Commendations

*Students met with Mr Collins on Monday 25<sup>th</sup> February to receive a Headteacher Commendation. Very well done!*

Anushra	Year 7	her excellent history homework, constructing a motte and bailey castle model.
Lina	Year 10	looking after an injured man and called an ambulance. Great Citizenship!
Ruvatashe	Year 10	looking after an injured man and called an ambulance. Great Citizenship!
Liandra	Year 10	looking after an injured man and called an ambulance. Great Citizenship!
Isra	Year 10	looking after an injured man and called an ambulance. Great Citizenship!
Asiya	Year 11	looking after an injured man and called an ambulance. Great Citizenship!
Tanzeela	Year 11	being an extremely responsible and trustworthy form representative. Tanzeela works incredibly hard and is very well mannered.
Kaviduni	Year 11	her support with Year 8 and 9 Literacy Days
Mohamed	Year 11	his support with Year 8 and 9 Literacy Days
Lmar	Year 11	his support with Year 8 and 9 Literacy Days
Zubair	Year 11	his support with Year 8 and 9 Literacy Days
Dawar	Year 11	his support with Year 8 and 9 Literacy Days
Hashim	Year 11	his support with Year 8 and 9 Literacy Days
Haaris	Year 11	his support with Year 8 and 9 Literacy Days
Saba	Year 11	her support with Year 8 and 9 Literacy Days

# HEATHROW SECONDARY SCHOOL CODING CHALLENGE

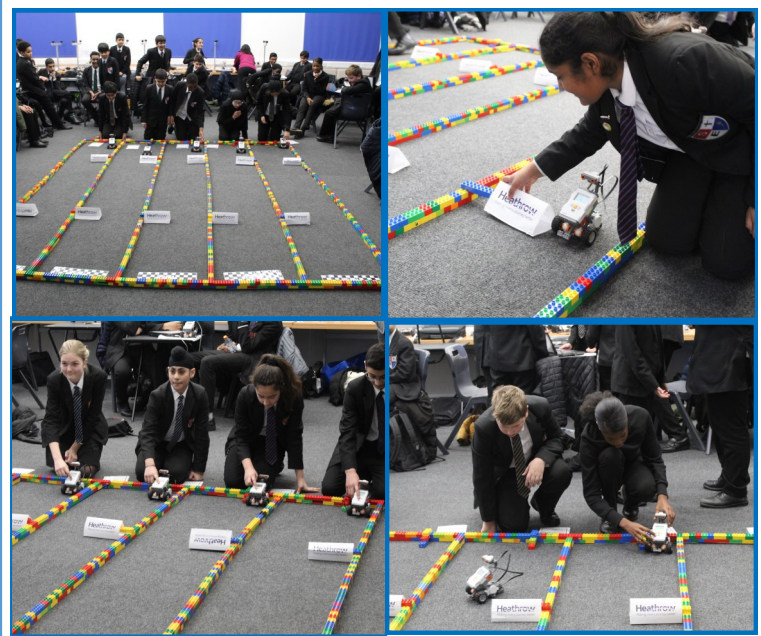


On the 12<sup>th</sup> and 13<sup>th</sup> of February Year 8 students took part in the Heathrow Secondary School Coding Challenge.

Delivery of the Challenge was led by Learning to Work, a not-for-profit organisation which delivers educational activities in schools. Students worked in teams to build a 'Pod', and then use coding to programme it to navigate around a track, finishing with an exciting race off with other teams.

The session was supported by Heathrow colleagues, which gave students the opportunity to meet and work with people from a major local employer and gain exposure to the work environment.

Well done to the winning team!





# 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

## Rowing Competition

Congratulations to all students who took part in the Langley Academy Indoor Rowing competition on the last Friday of term!

We faced competition from Langley Academy, St Bernard's and Upton Court and came away with a good spread of medals.

A special shout out to Kiana and Sara in Year 7, who managed to come second in their 2020m relay despite only having



two people on their team (everyone else had 4...).

Also to the Year 9/10 Boys - Abbad, Aadam, Kaashif and Maxime on picking up silver medals.

Tokyo 2020 awaits...



# Year 9 Literacy Day

On the 6th February, 2019, the whole of Year 9 took part in the Year 9 Literacy Day, which was aimed at boosting literacy and oracy across the year in preparation for GCSE exams. The literacy day activities ran over periods 4, 5 and 6 so that all students could receive the intervention. The whole year group was brought to the hall during period 4 for an assembly, run jointly by Ms Afraoui and Becci Fearnley, Slough and Eton's Writer in Residence. The assembly explained to the year group exactly why literacy and oracy skills were so important, both in the world of work and for general happiness. During periods 5 and 6, the students were given literacy workshops, run by a team of year 11 literacy leaders. The workshops took the students through a series of skills, including vocabulary, word order and public speaking. All year 9 students were then provided with a literacy passport, which contains a series of literacy based activities for them to complete.

Ensuring good literacy is extremely important at Slough and Eton, as a good basis in literacy will stand the students in good stead for their future exams, their further education and the world of work, as well as making sure they are able to make informed decisions and sustain positive relationships later in life. Literacy Day with year 9 was a good start to this process, but we are very keen that the students will continue their literacy journey as they move up through the school and work hard in all of their subjects.





# 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**

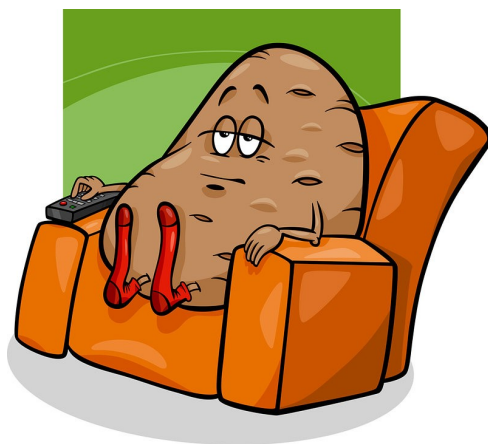
## GET UP OFF THAT COUCH AND RUN!

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.



# 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](mailto:careers@slougheton.com)**

# COLLEGE OPEN DAYS – THAMES VALLEY REGIONS

**BCA - Berkshire College of Agriculture** – <http://www.bca.ac.uk/> -  
01628 824 444

Wed 1<sup>st</sup> May 2019 – 5pm – 8pm

**Events:** <http://www.bca.ac.uk/events/>

**Bracknell & Wokingham College** - <http://www.bracknell.ac.uk/> -  
01344 766 200

Sat 15<sup>th</sup> Jun 2019 – 9.30am – 12.30pm

**Events page:** <http://www.bracknell.ac.uk/the-college/events>

**Burnham Sports Academy** -

<http://www.burnhamsportsacademy.co.uk/>

Academy tour, overview and session – appointment only.  
See website for details

**Windsor Forest Colleges Group (Formerly East Berks College)** -  
<https://www.windsor-forest.ac.uk/> - 01753 793 000

**Langley College**

Thursday 3<sup>rd</sup> May 2019, 4.30-7.30pm

Thursday 9<sup>th</sup> May 2019, 4.30-7.30pm

**Open days:** <http://www.eastberks.ac.uk/opendays>

## **Windsor College**

Tuesday 25<sup>th</sup> June 2019, 4.30-7.30pm

**Open days:** <http://www.eastberks.ac.uk/opendays>

**Henley College** – <http://www.henleycol.ac.uk/> - 01491 579 988

TBC

**Open days and booking tour:** <http://www.henleycol.ac.uk/events/>

**Strodes College** - <http://www.strodes.ac.uk/> - 01784 437506

Thursday 7<sup>th</sup> March 2019 -4.30pm – 7.30pm

Thursday 4<sup>th</sup> July 2019 – 4.30pm – 7.30pm

**Events:** <http://www.strodes.ac.uk/Admissions/OpenEvening.aspx>

**Uxbridge College** - <https://www.uxbridge.ac.uk/> - 01895 853333

***Uxbridge Campus*** Open Days TBC

***Hayes Campus*** Open Days TBC

## **Sports Academies**

**John Madejski Academy** <https://www.johnmadejskiacademy.co.uk/> - 0118 9370 0200

Elite Boys' Football, Elite Girls' Football, Elite Basketball

**Cox Green Football Academy** <https://www.sport.coxgreen.com/commercial> - 07916 334373 Open evening and trial to be confirmed.

The background of the entire page is a photograph of a classroom. Several students are seated at desks, some looking towards the camera and others looking away. In the foreground, a young woman with long dark hair is smiling and looking towards the camera, with a red laptop open in front of her. To her left, another young woman with long blonde hair is looking off to the side. Other students are visible in the background, some working on laptops. The overall atmosphere is bright and educational.

OXFORD  
BROOKES  
UNIVERSITY

# DISCOVER BROOKES

Free university summer schools  
July 2019

A variety of subject pathways to choose from  
Find out more  
**[www.brookes.ac.uk/discover-brookes](http://www.brookes.ac.uk/discover-brookes)**



## **WICKED YOUNG WRITER AWARDS**

Wicked the Musical is running a nationwide creative writing competition. They are looking for songs, poems, stories and scripts! It can be on anything but there is a 750 word limit. All entries will receive Vivo points. Students need to hand in or email their pieces to Miss Miller by Monday 11<sup>th</sup> March. The top 120 nationwide will be invited to an exclusive awards ceremony in London. Students with any questions should speak to Miss Miller.



## UPCOMING SPORTS FIXTURES



Date	Sport	Year	Opposition	Location	Time to meet at changing rooms	Approximate return time to school
Monday 18th March	Netball	9	All Slough Schools	Herschel	1.45pm (2.30pm start)	4.30pm
Tuesday 26th March	Netball	7	All Slough Schools	Herschel	12.45pm (1.30pm start)	4.30pm

# 2019

# FITNESS CHALLENGE

Students are challenged each day to participate in the activities listed on the calendar. For March, children can practice various basketball skills and warmups, including dribbling, jump shots and dunks, quick feet and quarters turns, side slides and line drills. 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.

The calendar includes task cards for each challenge, so you can show your students images of the correct way to do the activities. We hope that this will be something the family can enjoy doing together whilst staying fit..



## FITNESS CHALLENGE

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Dribble in Place (30 seconds) 7 Jump Shots	2 10 Side Slides 30 Line Drills
3 Speed Dribble (30 seconds) 360 Turn & Dunk (x5)	4 Quick Feet (30 seconds) 8 Quarter Turns	5 Dribble in Place (30 seconds) 7 Jump Shots	6 BASKETBALL TASK CARD 1	7 12 Side Slides 30 Line Drills	8 Speed Dribble (30 seconds) 360 Turn & Dunk (x5)	9 Quick Feet (30 seconds) 8 Quarter Turns
10 Dribble in Place (40 seconds) 10 Jump Shots	11 15 Side Slides 35 Line Drills	12 Speed Dribble (40 seconds) 360 Turn & Dunk (x10)	BASKETBALL TASK CARD 2	14 Quick Feet (40 seconds) 10 Quarter Turns	15 Dribble in Place (40 seconds) 10 Jump Shots	16 15 Side Slides 35 Line Drills
17 Speed Dribble (50 seconds) 360 Turn & Dunk (x10)	18 Quick Feet (40 seconds) 10 Quarter Turns	MARCH MADNESS BEGINS 19 Dribble in Place (50 seconds) 12 Jump Shots	BASKETBALL TASK CARD 1	21 18 Side Slides 40 Line Drills	22 Speed Dribble (50 seconds) 360 Turn & Dunk (x10)	23 Quick Feet (40 seconds) 12 Quarter Turns
24 Dribble in Place (60 seconds) 15 Jump Shots	25 20 Side Slides 40 Line Drills	26 Speed Dribble (60 seconds) 360 Turn & Dunk (x15)	BASKETBALL TASK CARD 2	28 Quick Feet (50 seconds) 14 Quarter Turns	29 Dribble in Place (60 seconds) 15 Jump Shots	30 20 Side Slides 40 Line Drills

### Basketball Themed Calendar for March

Keep students active and practicing various basketball activities during the month of March! Great for both PE and afterschool. Encourage students to take this home and get their family and friends involved!



Refer to the Basketball Task Cards on Page 2

For Dribbling and Quarter Turns, repeat for each hand/side

Find the visuals for each fitness activity below.

Special thanks to:



Visit [www.healthiergeneration.org](http://www.healthiergeneration.org) for more ideas on how to inspire a healthy, active lifestyle.

# Fitness Exercises

1

TASK CARDS

## BASKETBALL

Equipment Needed:  
1 ball for each student

- Dribble with right hand: 8 times
- Dribble with left hand: 8 times
- Dribble alternating hands: 5 each hand
- Dribble in a straight line: 10 steps
- Dribble zig-zag pattern: 10 steps

HealthierGeneration.org



2

TASK CARDS

## BASKETBALL

Equipment Needed:  
1 ball for each student

- Basketball around head: 5 times
- Basketball around waist: 7 times
- Basketball around knees: 9 times
- Basketball around body: 11 times
- Figure eight around legs: 3 times

HealthierGeneration.org



FITNESS BREAKS SLAM DUNK



## SPEED Dribble

Pretend to push the ball down by spreading the fingers and flexing the wrist in double time. Keep legs flexed and back straight.

HealthierGeneration.org



FITNESS BREAKS SLAM DUNK



## 360 TURN AND Dunk

Jump up with hands overhead, spin in the air and slam the ball down through the hoop.

HealthierGeneration.org



FITNESS BREAKS SLAM DUNK



## Dribble IN PLACE

To dribble, push the ball down by spreading the fingers and flexing the wrist. Keep legs flexed and back straight.

HealthierGeneration.org



FITNESS BREAKS SLAM DUNK



## Jump SHOT

Pretend to hold the ball with one hand under the ball and the other on the side. Jump straight up. Release the ball before the top of your jump, forcing the ball up and forward with one hand. Follow through like you are reaching into a cookie jar on the top shelf.

HealthierGeneration.org



FITNESS BREAKS MVP



## SIDE Slides

Start in defensive position. Step towards the left with the left foot; follow by bringing the right foot closer to the left foot. Repeat. Step towards the right with the right foot; follow by bringing the left foot closer to the right foot. Repeat.

HealthierGeneration.org



FITNESS BREAKS OVERTIME



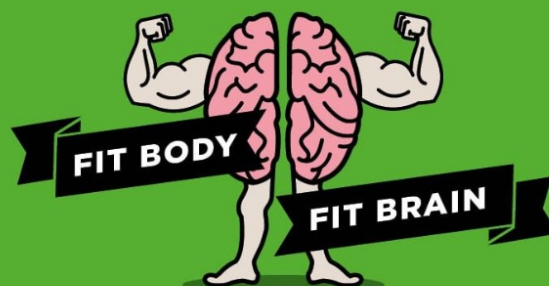
## LINE Drill

With toes on line, step over, over, back, back. Repeat 30 times. Switch to lead with the other foot. Repeat 30 times. With one foot in front of the line and the other behind, jump and switch feet (scissors). Repeat 30 times and switch lead foot. With both feet parallel, jump over and back. Repeat 30 times.

HealthierGeneration.org



If you do not have a basketball or a hoop at home, your children can still act out the activities with a ball using their imagination!



# COMPETITION TIME

Which Chest Has Gold !

Chest 1



Gold is  
not in 2

Chest 2



Gold is in  
1 or 3

Chest 3



Gold is  
not here



Can you solve this?



Responses to

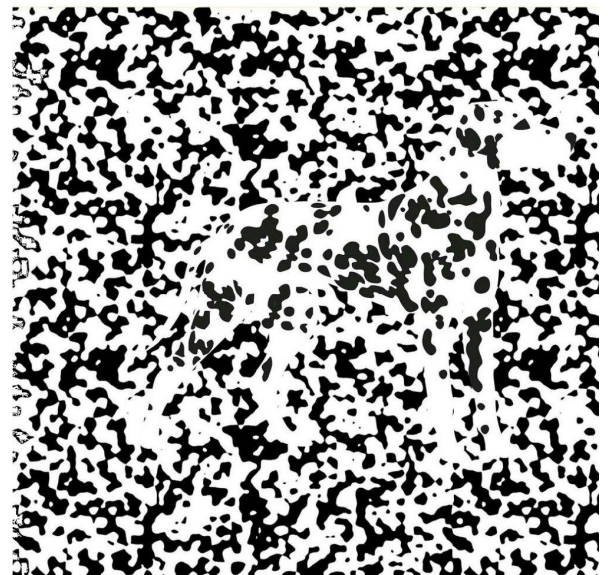
[sloughandetonreview@slougheton.com](mailto:sloughandetonreview@slougheton.com)

First 2 correct responses will receive 50 Vivo points each



What number  
comes next in  
the above  
sequence?

WHAT DO YOU SEE IN THIS PICTURE?



## 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](mailto:safeguarding@slougheton.com)



**CRISIS TEXT LINE |**

**DID YOU  
KNOW?**



**On This Day 28<sup>th</sup> February**

**DID YOU  
KNOW?**



### Would You Believe?

The brains of two rats successfully connected so that they share information

On this day in **2013**



### Music Awards

**1984** 26th Grammy Awards: **Michael Jackson** wins 8 Grammys



King of Pop

**Michael Jackson**



Bhangra sessions are held every Wednesday from 3pm to 4pm in the Dance Studio. This is a great opportunity to learn the traditional dance of Punjab and widen your knowledge on Indian culture.

Students across all year groups and staff are invited to join the sessions full of fun and fitness! Students are advised to change into comfortable clothing and bring a bottle of water.

See you there!



### *What is bhangra?*

Bhangra is a type of folk dance, which was conducted by Punjabi farmers of all creeds, Sikhs, Muslims and Hindus, to celebrate the coming of the harvest season.

**VIVO**

**ZERO  
TO HERO**



WORK  
HARD  
&  
BEHAVE  
WELL

TEACHERS  
WILL  
REWARD  
YOU

SPEND  
YOUR VIVOS  
IN OUR  
ONLINE  
SHOP

**Top scorers  
this month !**



Name	Year	Total
Laiba	Year 8	327
Emmanuel	Year 10	262
Sehrish	Year 7	214
Nicole	Year 7	204
Romina	Year 7	184
Zainab	Year 7	175
Saad	Year 7	175
Adam	Year 8	169
Bartosz	Year 10	165
Sufyaan	Year 8	152



# 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

# So why are there only 28 Days in February?

Each month in the modern Gregorian calendar consists of at least 28 days. That number would be a nicely rounded 30 were it not for February. While every month besides the second in the calendar contains at least 30 days, February falls short with 28 (and 29 on a leap year). So why is the most widely used calendar in the world so inconsistent in the lengths of its months? And why is February stuck with the fewest number of days? Blame it on Roman superstition.

The Gregorian calendar's oldest ancestor, the first Roman calendar, had a glaring difference in structure from its later variants: it consisted of 10 months rather than 12. In order to fully sync the calendar with the lunar year, the Roman king Numa Pompilius added January and February to the original 10 months. When he reorganized the calendar's dates to fit the new format, Numa tried to avoid having months that consisted of an even number of days, as Roman superstition held that even numbers were unlucky. But in order to reach the 355 days of the lunar year (354.367 to be exact, but he rounded up to keep it odd), 1 month out of the 12 needed to contain an even number of days. This is because of simple mathematical fact—the sum of any even amount of odd numbers will always equal an even number.

So Numa chose February, a month that would be host to Roman rituals honoring the dead, as the unlucky month to consist of 28 days.

