

Friern Barnet School Newsletter

‘Enjoy and Excel’

Autumn 2, 2022

<https://www.friern.barnet.sch.uk/>



Dear Parent/Carer

We have reached the end of another busy term and everyone is looking forward to a break. As usual there has been a lot going on since we came back to school in September; now it is time to stop and rest. The autumn term is always long and moves from summer to autumn to winter, giving us a flavour of three seasons. As usual at the end of this term we have been celebrating the term with a Winter Festival complete with mulled wine and mince pies.

Students and staff have recently been raising money for the Winston’s Wish charity. This was UK’s first childhood bereavement charity which supports grieving children and young people. We have also been bringing in food for our local food bank. We know that some of our families will be finding it difficult to keep on top of their energy bills, rent and food costs. There is help available, including the Household Support Fund which we have been sending out to families before the holidays. Please let us know if you need any help or support.

Term starts again for students on Wednesday 4 January 2023 and there is a lot to look forward to in the new year.

I wish you all a very good Christmas holiday. This should be a time when we all think of others, particularly those less fortunate than ourselves. However, it is also an enchanting time of year so I hope you all enjoy it simply being Christmas.

Have a merry Christmas and a happy New Year.

Simon Horne
Head Teacher

The Fallow Deer at the Lonely House by Thomas Hardy – a poem that describes a deer walking in the snow, looking into a house but remaining unseen.

One without looks in tonight
Through the curtain chink
From the sheet of glistening white;
One without looks in tonight
As we sit and think
By the fender-brink.

We do not discern those eyes
Watching in the snow;
Lit by lamps of rosy dyes
We do not discern those eyes
Wondering, aglow
Four-footed, tiptoe



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If you require a copy of
our newsletter in large
print please contact the
main office on
020 83682777

Attendance matters

Attendance is an incredibly important part of ensuring the continued academic success of our students. We look forward to your continued support.

Here is a reminder about the expectations of attendance for the school year.

Late Arrivals

Parents and carers, we need your help encouraging your child to leave home in sufficient time to ensure that they arrive to school by 8:30am to avoid being late! Students arriving between 8:40am – 9:00am must go to their form class to be registered.

Students arriving after 9:00am

Students arriving after 9:00am will go directly to Student Services to sign in before receiving a late slip. **Arrivals after 9:00am will be classed as unauthorised absences and six in a four week period will result in a Fixed Penalty Notice (FPN) being issued.**

Please Note:

Absences can only be authorised by the school. Calling the school informs us of why your child is absent and the school will decide which code is appropriate. Medical evidence will need to be provided in order to avoid receiving a FPN before or after a school holiday.

Back gate

Please note, the back gate on Crescent Road shuts at 8.40am until the end of the school day. Students who arrive after 8.40am will be asked to walk around to the front entrance on Hemington Avenue.

Monitoring your child's attendance on Firefly

To help you keep track of your child/children's attendance, you can monitor attendance, lates, authorised and unauthorised absences on Firefly.

Attendance procedures

If your child has a cough or a cold, please send them to school with tissues and a water bottle. We will contact home and offer a paracetamol if required.

If your child is sick and unable to attend school, please call student services before 8.45am.

If your child has a medical appointment during the day, please inform student services of the appointment in advance and supply them with a copy of the appointment letter/appointment card. **Missing registration should be avoided.**

Have a wonderful break.

Mr J Robinson,
Assistant Head Teacher

To All Year 7 Parents

Welcome to Friern Barnet Secondary School. We hope your child will enjoy their five years here and achieve their best.

The Board of Governors is looking for new parent governors who wish to be involved in setting the strategic direction of the school and ensuring that all our students 'Enjoy and Excel'.

We are a community school with a huge range of diversity in our students and we are therefore keen to receive applications from a diverse range of parents as we wish to have all aspects of our school community represented on the governing body.

There are currently 13 governors on the Board, of which 4 are parents of children in the school. We believe that not only is it important to have parents on the Board of Governors, as their voice is vital in all aspects of the duties of the governing body, especially so when we are discussing the future of the school, but also to have parents of children in Year 7.

If you are interested and would like to know more about the role, the time commitment, or the responsibility of being a Governor, then do feel free to email either myself, our Clerk or an ex-parent Governor:

- a) a.woodhall@friern.barnet.sch.uk
- b) Our Clerk, Jane Canavan, j.canavan@friern.barnet.sch.uk
- c) Ex Parent Governor, Martin Christie, governors@friern.barnet.sch.uk

Alternatively, if you would like an application form please email our clerk, Jane Canavan.

I look forward to hearing from you.

Ann Woodhall
Chair of Governors

Careers



We would like to welcome Mrs Baterip who is our new Head of Careers. She replaces Mrs Myer who retired after 26 years. Ms Baterip looks forward to working alongside your child throughout their time at FBS.

If you have any questions for Mrs Baterip, please email her on M.Baterip@friern.barnet.sch.uk





Follow us on: @friernbarnetschool and @fbs_dance

The Creative Arts Faculty has had an incredibly busy first term back. We are very excited to welcome new staff to the team: Miss Andrews as Head of Dance and Ms Barber as Creative Arts Administrator. In January we will also welcome Ms Thurley as Head of Drama.

In September we auditioned for this year's musical 'Hairspray'. The rehearsals are now well underway, and we have over 60 children involved in the musical cast this year. The musical is on the 8, 9 and 10 March, and details for tickets will be released next term.

Year 7 made their stage debut in October with an incredible set of performances based on the theme of Black History Month. Students had the chance to explore a wide range of musical and dance styles for their performances and there was also a beautiful art installation inspired by the work of Yinka Shonibare. The EAPs (Enhanced Arts Program) had their first drama workshop with the collective artist's studio. This term we also had a music industry workshop with Lindsay Wesker a lecture and music journalist from Point Blank Music School.

The Winter Festival 'Movies and Musicals' was a glittering success. A sold-out evening boasting a 2 hour program of dance and music from over 50 children across all year groups. It was a wonderful way to begin the festive period.



In the spring term we have lots to look forward to including: The year 11 showcases in Music and Drama, A piano concert and 'Hairspray the musical'.

From everyone in the Creative Arts Department, Have a restful holiday and we look forward to an exciting and action packed 2023.

Mrs Westwood, Head of Creative Arts

Tuition



LAMDA

Booking for January is available via ParentPay. More information about the benefits of doing LAMDA is available here: <https://friernbarnet.fireflycloud.net/resource.aspx?id=94206&officeint=on>



1-1 Instrument Tuition

Thank you to those who have booked for next term. The new timetable will be available outside the music room and added onto Firefly. For more information please contact the Creative Arts office.

The Design and Technology Department have added a new Firefly page for parents and carers with the aim of helping to cook healthy and nutritious dishes on a budget. Please have a go at making the Super Soup recipe, a great way to use up leftovers and store cupboard ingredients and have a look at the other recipes that have been added to the page.

More recipes and information to follow as we develop this page further: [Cooking on a Budget and Healthy Eating — Friern Barnet School \(fireflycloud.net\)](https://www.fireflycloud.net/)

Ms A Snowball, Deputy Head of Design and Technology

Super soup

Get creative and make your own healthy soup!

Makes 2 adult or 3 child-sized portions



1. Start with one of these bases (low-salt stock cube and 500ml water):
Veg stock Beef stock Chicken stock
2. Pick a protein:
Meat Beans or chickpeas (can) Lentils (can)
3. Add 3 vegetables (approx. 160g total & chopped into approx. 1cm pieces):
Carrots Spinach Mushrooms Celery Kale
Onion Tomatoes Squash Broccoli Peppers
Potatoes Corn Cauliflower Peas Leek
4. Add a starchy carbohydrate (approx. 60g):
Rice Noodles Pasta Barley
5. Add some flavour (½ - 1 x 5ml teaspoon):
Garlic Basil Parsley Chilli Paprika
Chives Thyme Pepper Oregano Bay leaves

Equipment

Chopping board, knife, vegetable peeler, measuring spoons, saucepan, measuring jug.
Optional: Food blender

Method

1. Peel, chop, dice or slice the vegetables. Crush the garlic if using.
2. Heat 1 x 5ml spoon, or a few sprays, of oil in a saucepan and gently fry the onion and garlic, if using.
3. If using raw meat, brown this with the onion.
4. Add the other vegetables to the pan. If using spinach or mushrooms, add these five minutes before the end.
5. Add your chosen protein and starchy carbohydrate. Remember to drain and rinse any canned beans or lentils.
6. Add 500ml stock to the pan and bring to the boil. Add your seasoning/flavour.
7. Reduce the heat and simmer for 20 minutes or until the vegetables and starchy carbohydrate are cooked.
8. This can be eaten as a chunky soup or put into a food blender and blended to create a smooth soup.

Top tips

- Try using a sweet potato.
- Vary the types of vegetables used depending on what is in season. Look for wonky veg as this is often cheaper.
- Add canned or frozen vegetables.
- Make extra. Cool and refrigerate or freeze for another time.

FBS Parent-Staff Book Club!

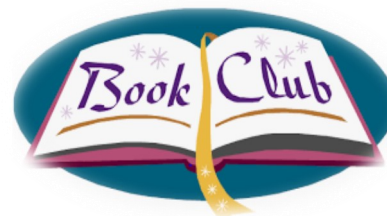
It was absolutely fantastic to re-launch FBS Parent-Staff book club at the start of the school year. There was wine, there was book-chat, there was joy all round! A massive thank you to everyone who has attended the first few sessions.

Our next book club book will be *People Person* by Candice Carty-Williams. This is available for free as an abridged audiobook on the BBC Sounds app. If you'd like to come along to our next session, please do! You don't even need to have read the book in advance!

We'll be meeting in the LRC at 6.00pm on Tuesday 7 February to discuss it and hope to see many of you there.

Wishing you all a fantastically book-ish holiday!

Miss Admoni, Head of English



Future book club meeting dates for your diaries from 6.00pm to 7.00pm in the LRC:

Tuesday 7 February 2023

Tuesday 28 March 2023

Tuesday 23 May 2023

Tuesday 11 July 2023



If you could choose your family... you wouldn't choose the Penningtons.

Dimple Pennington knew *of* her half siblings, but she didn't really *know* them. Five people who don't have anything in common except for faint memories of being driven through Brixton in their dad's gold jeep, and some pretty complex abandonment issues. Dimple has bigger things to think about.

She's thirty, and her life isn't really going anywhere. An aspiring lifestyle influencer with a terrible and wayward boyfriend, Dimple's life has shrunk to the size of a phone screen. And despite a small but loyal following, she's never felt more alone in her life. That is, until a dramatic event brings her half siblings Nikisha, Danny, Lizzie and Prynce crashing back into her life. And when they're all forced to reconnect with Cyril Pennington, the absent father they never really knew, things get even more complicated.

'Sorry, when did I walk into an episode of How to Get Away with Murder? Who died and made you Annalise Keating?'

FBS TRUMPET



Read all about it.....

A group of students have come together to create a student newsletter. It provides an opportunity for students to find out about all the activities and fun stuff that goes on at FBS, as well as interesting articles and information. The FBS Trumpet is about celebrating student achievements as well as sharing information about what's going on. We welcome contributions from students in any year group. All you need to do is submit a feature to your English teacher. Enjoy the read!

[FBS Trumpet — Friern Barnet School \(fireflycloud.net\)](http://fireflycloud.net)

LRC



We would like to welcome Mrs Paul who is our new LRC Manager. She joined FBS in September and is supporting students by providing essential resources and services in our library. Our LRC offers access to the internet to help with home learning, a range of books, newspapers and magazines.



National Poetry Day in the LRC

On 6 October we held an event in the LRC celebrating National poetry day. This year the theme was all about the Environment. Students observed various images of the environment, and each wrote a short poem expressing their feelings and concerns. The students continued to write individual poems based on what the environment means to them and how the future may look. We also had a poetry book display in the LRC for students to browse and take books out if they wished.

Ms Paul, LRC Manager



Woodlands

Some of our students had a brilliant time at the forest school this term. They will continue learning outside the classroom in the new year.



They celebrated National Hug a Tree Day in the woods and the students have been crafting some Christmassy items.

Mathematics

MATHS CURRICULUM INTENT

Mathematics GCSE Exam Board: Edexcel

The vision of the FBS Maths department is that all our students leave us with the mathematical knowledge, skills and confidence to support them in being successful in their chosen career path and everyday lives. We also seek to foster an enjoyment of the subject and an appreciation of the power and beauty of Mathematics which pervades so much of the world around us.

Twelve months have almost passed since we appointed Ms Davis as the Head of Mathematics Faculty so it seems timely to share some of the work that she has been leading on to bring further strengths to our hard working, committed and passionate team of maths teachers.

Building on the success of the best ever Year 11 GCSE maths results 2022, the faculty have set out to offer an increasing range of interventions and opportunities to support student progress which have included establishing new partnerships with some outstanding providers and experts in mathematics.



One such intervention is with the new **Imperial College London Mathematics School (ICLMS)**, adjacent to Woodhouse College and have students involved in several initiatives.

Seven Year 11 students have been attending 'Getting ready for A level' weekly sessions to support their preparation and transition to Year 12 in September 2023. These sessions focus on academic content as well as providing an opportunity for students to find out about maths and science progression routes that may be of interest to them.

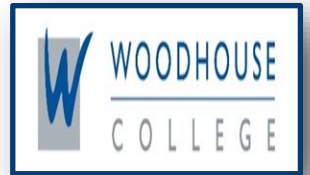
We were extremely proud to be part of the journey for one of our Year 11 students Nathan Jaures, who achieved a top grade 9 in his GCSE maths in the summer. He is currently accessing A level work and being supported by ICLMS. We are grateful for the ongoing work that ICLMS are able to support us with and look forward to further developing our partnership in future

**Spotlight on the Mathematics
Faculty**






Last year fourteen year 7 students were invited to participate in MESME Maths Circles and this will continue again in the spring term with some year 7 and 8 students joining the project. The Maths Circles are delivered after school at Woodhouse College with the aim of supporting students who have the potential to become excellent mathematicians. The main focus is to develop students' mathematical thinking and expand their curiosity and horizons. Have a go yourself at one of the questions our MESME participants recently did!



1. Only one of the numbers between 468 and 486 is prime. Which is it?



2. A, B, C and D are friends. Two of them own cats and two of them own dogs. These statements are all true:

- B or D owns a dog, but not both.
- A or B owns a cat, but not both.
- B and C don't both own dogs.

Who owns a dog and who owns a cat?

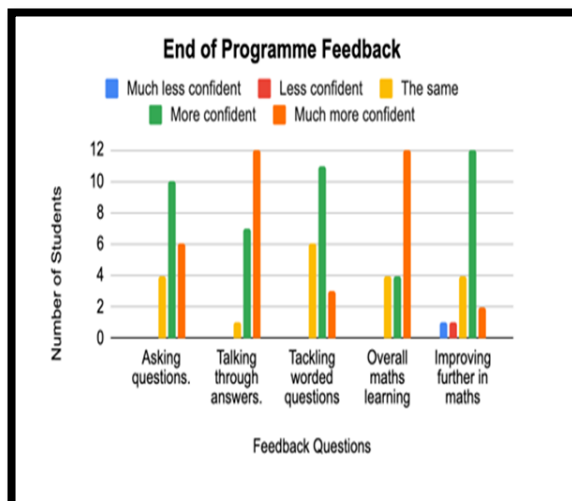
3. Divide the shape on the left into two congruent pieces by cutting along the grid lines.

The third partnership we would like to share is with MathsMakers, an organisation that works with schools to help close the attainment gap. During the autumn term they offered us a 10 week trial of weekly tutoring for GCSE students.

The first cohort of 24 year 11 students have just finished the programme and the progress data collected shows good improvement for all students who regularly engaged and participated in the Saturday tutorials. We have been very pleased with the tailoring of the programme to meet our students' individual needs and intend to continue partnering with them for the spring term.



The student feedback from term 1 is illustrated below and includes a sample of comments received.



Sample of Student Comments	
Q1 "What did you like best about the MathsMakers programme?"	Q2 "What did you not like about the MathsMakers programme?"
<ul style="list-style-type: none"> The explanations the teacher gave Small classes Learning It's helpful That I feel more confident about answering questions and I know what we are doing Small groups make it easier Being in a small group and having the ability to talk through questions. That I learned things that I was not too confident with Learning topics I didn't understand 	<ul style="list-style-type: none"> Nothing Waking up too early Nothing It was all good I liked everything It was only an hour per week I liked everything thing about MathsMakers

Appointment of a Numeracy Co-ordinator

When you have experience and passion it provides a good recipe and foundation for becoming a whole school numeracy co-ordinator. Congratulations to Mr Spyrou, one of our maths teachers, who has recently been appointed to this position. Many of the students will also know Mr Spyrou runs the chess and backgammon club which they attend on Fridays.

This term we have had an **8 week 'catch up maths' intervention programme** running for identified **year 7 students** who need to have some additional support to boost their maths performance. These sessions have been delivered by Mr Augustin and Ms Iz after school and will be led by Mr Spyrou and Ms Iz in the spring term. Year 7 students will find out if they have been selected to attend via their teacher and a parental letter.

Resilient Schools Information

Looking after your mental health through the school holidays:

Remember to download the [Kooth](#) app onto your phone if you need online support

1. If you or someone you know is struggling, then please speak to an adult and/or book an appointment with your GP. Remember it is OK to not be OK, it is not a sign of weakness! Ask for help.
2. You can also access lots of support via Firefly, go to [Resources on Firefly => Resilient Schools => Mental Health Support](#)
3. Take a look at our school website for support with mental health and wellbeing: [Support for Mental Health and Wellbeing - Friern Barnet](#) (leaflet can be found in different languages)

Stay safe and know that there is lots of support available if you need it.

kooth

**Mental health support
for children and young
people in your area**



kooth

Chat opening hours (Christmas and New Year period)

Saturday 24th December

Christmas Eve
4pm-8pm

Sunday 25th December

Christmas Day
4pm-8pm

Monday 26th December

Boxing Day
4pm-8pm

Tuesday 27th December

Bank Holiday
4pm-8pm

Saturday 31st December

New Years Eve
4pm-8pm

Sunday 1st January

New Years Day
4pm-8pm

Monday 2nd January

Bank Holiday
4pm-8pm

kooth.com

[Home - Kooth](#)

Kooth support for parents and carers

Please click on the links below for information for parents and carers.

[Frequently asked questions](#)

[Mini activities brochure](#)

[Parents and carers brochure](#)

Kooth support for parents and carers continued

Top tips on how to talk to your children about their feelings

It can be so tricky to bring up difficult topics, and talking about emotions with your children can sometimes feel more than a little daunting for parents and carers. You may worry about saying the wrong thing, making your child feel uncomfortable, and even worry about making them feel worse. But the fact you want to explore emotions with your child is enough, even if sometimes it doesn't go as you planned!

Here are some handy tips on how you could begin talking to your children about their feelings.

Think about whether your child feels ready to talk

Just because you want to talk doesn't mean they feel ready to. Look out for the things they say, and their body, too, for indicators on whether they really want to talk about their feelings.

Ask them what they need

It can be tough to talk about how you feel, and when we want to talk about things as parents, children don't always want to or feel ready. Asking what a child needs from you can help them feel more in control, heard, and respected.

Children might also not know what they need, so suggesting a few options can be a good starting point. For example, do you need some space right now?

Think about the setting

Talking about feelings can be really sensitive, so making sure the space is private, comfortable, and feels safe for your child can be key to a positive outcome.

Choose your timing wisely

Talking about feelings, or any difficult subject, can be quite sensitive. Choosing a time when you are both calm and relaxed can be more useful than choosing a time when there are any heightened emotions already at play.

Name it

Sometimes it can be hard for children to identify their feelings. Naming what you observe can help them to do this. For example, when talking to a young child, you might say, 'You seem really angry today. I can see you are clenching your hands, and you don't have a happy face. I wonder if anything has made you angry or upset?'

Practice asking open questions (rather than closed ones)

Talking about feelings, or any difficult subject, can be quite sensitive. Choosing a time when you are both calm and relaxed can be more useful than choosing a time when there are any heightened emotions already at play.

Model it

Being more open and honest about how you yourself feel (in an age appropriate way, of course) can normalise the idea of talking about emotions. Children who see that adults also have big feelings, doubts, get scared or anxious, get frustrated with others at work, etc. might feel more comfortable opening up themselves.

Take away the intensity

It can be pretty daunting (on both sides) to sit down to talk about something as important as feelings. But decreasing some of the intensity can sometimes reduce the pressure and make things a little less stressful.

Get creative

We might feel a pressure to have all the answers and say the right things, but sometimes, we just need to think a little differently. Helping our children express their feelings through play or using art materials can be just as important and useful, especially for much younger children whose natural language is often play.

Listen carefully

This sounds pretty straightforward, but sometimes, when we care, we may jump into problem-solving mode a little too hastily. And while it might come from a really good place, it's not always helpful.



If you are struggling to talk to a child in your life about their feelings, or you want to talk to the team about anything at all, you can reach out to us by logging into [qweli.io](https://www.kooth.com)



BICS Barnet Integrated Clinical Services

What is BICS? Barnet Integrated Clinical Services (BICS) provides a range of specialist mental health services to children, young people and families in the borough.

Who can refer? If you live in the borough or attend a Barnet school and are struggling with social, emotional or behavioural difficulties, you might be able to help. Families and professionals can refer and if you are not sure if we are the right service for you, give us a call to discuss.

What we do? We offer a range of individual and family working sessions, groupwork, and specialist services. We can also offer support in your home or at school. We also offer a range of online support for support workers and young people's health in Barnet.

How to refer: Referrals can be made via The Referral Plus Form on the Barnet website from school, hospital and general practice. If the Referral Plus Form is not available, please contact the local authority. Referrals can also be made using BICS support for schools.

Email: BICS@barnet.gov.uk



Please click on the link for further information:

[Support for parents and carers | Barnet Council](https://www.barnet.gov.uk/support-for-parents-and-carers/)

Guidance for parents

Keeping your child safe online

Please refer to our school website where parents can access useful websites on how to keep your child safe:

[E-Safety - Keeping your child safe - Friern Barnet](https://www.barnet.gov.uk/support-for-parents-and-carers/e-safety-keeping-your-child-safe-friern-barnet/)

High Achievers Awards for Autumn 2022



Art				
Georgia 7D	Niah 8F	Julia 9A	Hanna 10B	Rebecca 11F
Business				
			Katie 10B	Salvi 11D
Computing				
Luna 7B	Murad 8B	Cienna 9A		
Computer Science				
			Aidan 10D	Hara 11C
Dance				
Ava 7E	Hannah 8D	Evie 9C	Neve 10D	Darcey 11E
Design and Technology				
Reece 7A	Huseyin 8D	Daniela 9D	Isla 10A	Crystal 11C
Drama				
Niyah 7F	Saffy 8B	Jamarley 9E	Hannah 10B	Aayushi 11B
English				
Hosna 7A	Emma 8C	Holly 9D	Farhaan 10D	Patrick
Film Studies				
			Kaan 10A	Aibhe 11A
French				
Raha 7A	Nirvana 8C	Adrian 9C	Maya 10A	Erica 11A
Geography				
Armani 7A	Kamelia 8C	Rosie 9E	Krysiah 10C	Ramisa 11E
History				
Ollie 7D	Anagha 8B	Sumaya 9C	Nikodem 10D	Adrian 11F
Learning Support				
Jude 7B	Zara 8E	James 9E	Riley 10C	Katie 11F
Mathematics				
Cleo 7A	Mateo 8A	Mohammed 9B	Alvin 10F	Ioana 11B
Media Studies				
			Ella 10A	Marcus 11B

High Achievers Awards for Autumn 2022



Music				
Thomas 7B	Sarah 8B	Greame 9B	Jasmine 10D	Nathan 11E
PE				
Angelina 7E	Megan 8C	Renee 9F	Learnt 10A	Valerie 11A
Nicholas 7B	Levi 8D	Darshan 9F	Natalia 10F	Dilhan 11A
Religious Studies				
Hudson 7F	Ersida 8A	Darshan 9F	Elaysia 10C	Dejzi 11F
Science				
Sophia 7F	Nathan 8A	Nehir 9D		
Combined Science				
			Arman 10E	Yasin 11A
Biology				
			Rejena 10F	Danielius 11A
Chemistry				
			Salih 10A	Aman 11A
Physics				
			Emily 10A	Nayra 11B
Spanish				
			Layla 10E	Chiara 11F

Able and Ambitious

Able and Ambitious Launch Evening

On Thursday 17 November, the Able and Ambitious team hosted a launch event for the students and parents/carers selected to be part of our Able and Ambitious cohort this year. The launch event served as an opportunity to celebrate the hard work of students over the past year with a beautiful violin performance by Ana. Prizes were awarded to Farhaan, Alvin, Nikodem, Arad and Kaan for coming first place in the Hyde Park Scavenger hunt as part of the reward trip to the Science Museum. A special mention goes to the Year 8 Brilliant Club students who all achieved a 1st or 2:1 in their final assignments. To demonstrate the hard work of this cohort Lily, read out the conclusion of her assignment on the Windrush Generation.

Additionally, we informed students of exciting upcoming opportunities, including university trips, STEM related workshops and debate competitions. The evening concluded with an interactive discussion on the topic 'should governments be investing in space technology?' with a majority of students voting 'yes'.

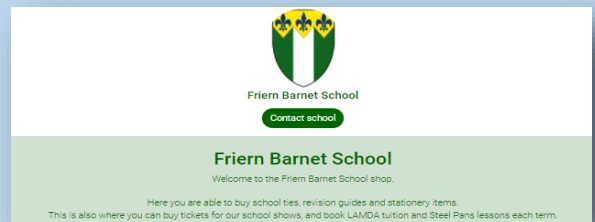
We look forward to working with the Able and Ambitious students this year and witnessing all the amazing things they will accomplish.

Ms Bachelor, Mr White and Miss Newey

School Shop

Parents/carers can buy revision guides, stationery items, tickets for school shows, music lessons and school ties on our School Shop. Please click on the link for further information:

[School Shop](#)



Firefly

We use the Firefly Parent Portal to inform parents /carers about their child's learning, progress and achievements. We are expecting all our parents to activate an account so that they can access a range of information which will keep them updated on essential matters about school.

Firefly allows Parents to:

- View your child's timetable including their current and next lessons
- View your child's home learning
- View your child's electronic school report
- Keep your personal contact details up to date



Please click on the link for further information on how to activate your Firefly account:

[Firefly Parent Portal - Friern Barnet](#)

Canteen

The canteen is open at the following times:

Breakfast: 8.15am – 8.40am

Break: 11.00am – 11.20am

Lunch: Key Stage 3: 12.20pm - 12.55pm and Key Stage 4: 1.20pm - 1.55pm

Topping up lunch accounts - school dinner money needs to be added via ParentPay before 10.30am to allow students to be able to buy lunch on the same day. We recommend topping up over the weekend as ParentPay can be busy on Monday mornings sometimes causing delays with payments). You can also set up a free email alert: Click on the link for further information (follow instructions for free email alerts as text message alerts are charged at 6p each) : <https://parent-support.parentpaygroup.com/hc/en-gb/articles/4410756555025-How-to-set-alerts#how-to-set-alerts-0-0>

Just a reminder, when making payments can we ask you not to use the 'Bank Transfer' payment method as this can take up to 7 days to clear which then delays money going onto your child's lunch account. The best way is to add money to the basket and check out using either 'Visa' or 'Other Payment Methods'. Click on the link below for further information: <https://parent-support.parentpaygroup.com/hc/en-gb/articles/4410737893649-How-to-pay-with-credit-or-debit-card>

Daily spend limit— there is a default daily spend limit of £3.50 and no food costing above that limit can be bought. This limit can only be changed by emailing school@friern.barnet.sch.uk

Students on Free School Meals can spend up to £2.34 a day. Parents/Carers are welcome to top up their lunch accounts.

Help - if your child needs help with their pin code, thumb print or they have been told they do not have sufficient funds on their account, please remind them to come to the main office so we can help them as we do not want anyone to go hungry.

News and events



Fun with friends...

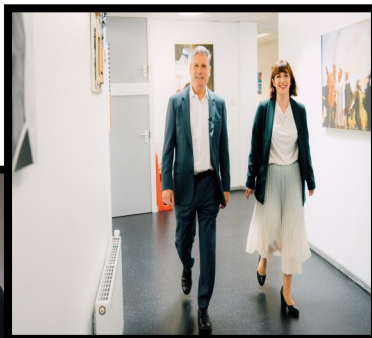
Christmas lunch on 14 December



Snow time – week commencing 12 December



News and events



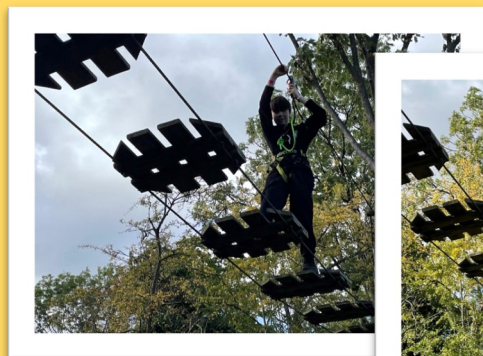
On 5 September we had Sir Keir Starmer and Bridget Phillips visit Friern Barnet School, where they met with some of our staff and students.

Click on the link to view the tweet on Twitter:

Link to Twitter: [Keir Starmer on Twitter: "Yesterday, I spoke to staff and pupils at Friern Barnet School about what matters to them. The impact of soaring bills is devastating. Labour would act by freezing energy bills with a windfall tax on oil and gas profits. Labour is on the side of working people. https://t.co/McC9iIRz3w" / Twitter](https://t.co/McC9iIRz3w)

Trips

Some of the trips students have been on this term.

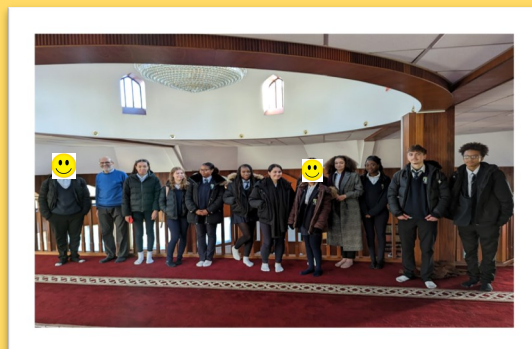


Year 7 team building trip to Go Ape and the park on 6 October.

A wonderful time was had by all!

Some of our Year 11s went to visit the Finsbury Park Mosque on 5 and 8 December.

They had a guided tour and learnt the importance of the mosque to the local community



Year 10 media trip to an advertising agency in London on 23 November



Some of our students went to see Matthew Bourne's Sleeping Beauty at Sadler's Wells on 15 December

News and events

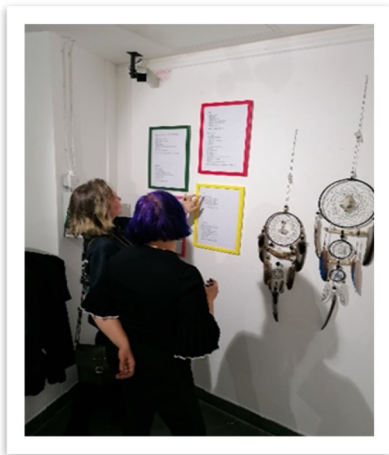
Spoken Word Hub Project

For the last 10 weeks we've had the privilege of having Paul Lyalls as our 'Poet in Residence' to work with a group of students in our Inclusion Hub.

The spoken word project culminated in students presenting at The artsdepot, North Finchley in an Arts and Crafts showcase as well as a presentation to staff and families at school.

Here's what Paul said about his work with us, "I had the brilliant fun of working with a very talented group of students at Friern Barnet School's Inclusion Hub. We worked towards creating a poetry anthology, that reflected their likes, lives and how they see the world. I will miss their sense of humour, their way with words and my Tuesday mornings with them. It's been a pleasure to write together."

Here are four poems chosen from the anthology that the students have produced:



Time

Always runs out,
But never goes. never dies,
But still gets reborn every day.
Never changes just resets.
Never changes but changes us.
Never speeds up or slows down.
Makes everything go round.

Imaani



A good mood

Your happiness is in flow, like h2O.
Every chemical within, is buzzing.
The stove of your soul
Has found its goal.
A connection like pen to paper,
Or blades to an ice skater.
The shopping centre of your mind,
Is full of bargains of every kind.
That moment,
When you are in a good mood.

Lilly B

'The connection between yesterday and tomorrow'

An anthology of poems by students at Friern Barnet School

Taking a photo

An idea, possibilities of mind.
Connecting phone to image.
Focus on image.
Selecting filters, keeping steady.
Choosing the perfect image moment.
Focussing the capture.
Save to gallery.
To watch, to keep,
Forever.

Hanif

Losing a football match in the last minute.

We could be christening a victory,
If we were faithful we could have.
But we lose, I kmt (*kiss my teeth*)!
The 453 grams of leather has other ideas.
Whisking around the players with a force
for victory.
The green of the pitch
Like the green in my pocket.
The end result,
We couldn't stop it.

Jayden



The world is

The world is
Funny and sometimes not.

The world is
The connection of humanity.

The world is
A good future.

The world is
A green and fragile place,
That changes with the seasons.

The world is
Acting, playing a part.

The world is
The blood of stories.

The world is
Depressing, if you don't add something too it.

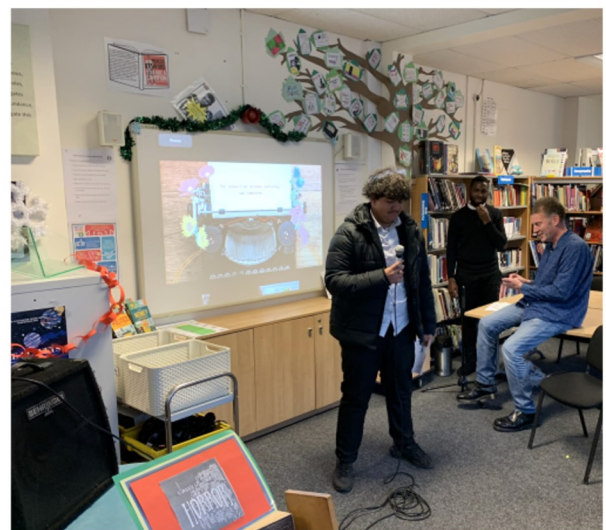
The world is
The centre of your strength.

The world is
The hope, that gets you what you need.

Written by all



Huge thanks to Paul and Creative Futures for partnering Paul with us and also to Mr Davies, Director of the Inclusion Hub for supporting the students on their poetry journey.



A big thank you from Friern Barnet School

Thank you to everyone who so generously contributed for the Magnolia tree and bench in memory of Sonu Tiwari, our Head of Technology who sadly passed away in October. The bench will always be somewhere to sit and remember Sonu, a proud mum, great teacher and lovely colleague. It will help us cherish our memories of her and value the precious time that we have on this earth.

So far we have raised over £900 for the bench and tree.



Thank you for all your donations for the
Muswell Hill Foodbank.

[Muswell Hill Foodbank - The Trussell Trust](#)

On Wednesday 14 December, Mrs Josif dropped off a cheque from the money raised from our Carnival day in October and all the items you donated over the last month



We have raised money for 'Save the Children' charity by supporting Christmas Jumper Day and the 'Winston's Wish' charity with stars for the Christmas Tree and our non school uniform day. Thank you for your donations and we will update you soon on how much we have raised.



[Winston's Wish - giving hope to grieving children \(winstonswish.org\)](http://winstonswish.org)



[Save the Children UK | International Children's Charity](#)

We would like to say thank you to Minka from Florika florists for her continued support at Friern Barnet School.

A tribute to Queen Elizabeth II

Key Stage 3 students help create a wonderful tribute to the Queen who sadly passed away in September.



Black History Month

'The British Library' by Yinka Shonibare CBE is a celebration of the diversity of the British population. It consists of an installation of thousands of books covered in the artist's signature Dutch wax printed cotton textile. On the spines of many of these books are printed the names of notable first and second-generation immigrants and incoming migrants to Britain who have moved here throughout history. These immigrants and incoming migrants have all made a significant contribution to aspects of British life and culture, from science to music, art, cinema, and literature.

In response we have created our very own FBS Community Library. Students created their own printed patterns which were inspired by a range of studied cultural patterns. They then used each of these to cover a book before writing their name on the binder. Each book represents a year 7 student's place within our school community.

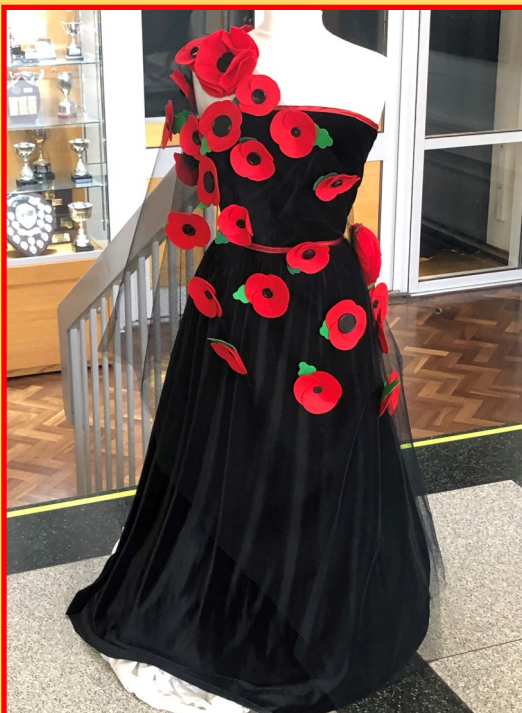


For Remembrance Day, our Year 7 students produced some wonderful work that is on display in the main reception.

They made poppies in Textiles to put onto a beautiful dress created by Mrs Snowball.

In art they created poppies in the colours of different flags from around the world.

Well done Year 7 for their exemplary work for Remembrance Day.



Reminders and notices

Dates to Remember

16 December	Last day of the autumn term
3 January	Staff Development Day
	SEND outcome review day
4 January	First day of spring term
11 January	Year 11 Parents' Evening
1 February	Year 10 Parents' Evening
13 - 17 February	Half term holiday
8, 9, 10 March	School show - Hairspray
15 March	Year 8 Parents' Evening
27 March	HPV vaccinations for years 8 and 9
31 March	Last day of spring term

Please click on the link for term dates: [link](#)

For a more comprehensive list of dates, please visit the school website: www.friern.barnet.sch.uk

From Student Services

Absence

Please report your child's absence each day by 8.45am, clearly stating their name, form class and reason for absence. You can either call 020 8368 2777 and press Option 1 'To report your child absent' or email: attendance@friern.barnet.sch.uk

For medical or other appointments during the school day, notification is required **in advance**. Routine appointments/check-ups should be made out of school hours wherever possible.

Non-medical absences

Permission for all non-medical absences must be authorised by Mr Robinson, Assistant Head Teacher. Please fill in a leave of absence form and email it, in advance, to school@friern.barnet.sch.uk <https://www.friern.barnet.sch.uk/>

Hemington Avenue

Reminder if you are dropping off or collecting your child by car please use the back entrance on Crescent Road. Only use Hemington Avenue if you are on foot.

Mobile Phones

A reminder that students are not allowed to use their mobile phones whilst at school. Thank you for your support with this clear school rule.

Contact Details

Please let us know by emailing school@friern.barnet.sch.uk if you have changed any contact details or moved house as soon as possible.

ParentPay contact details

If your mobile number or email address has changed, please update your details on ParentPay so you do not miss out on any important information.

Follow FBS on Twitter and Instagram



Wishing you a restful break.

Merry Christmas and Happy New Year.



Activities for the winter holidays

BACE Holidays stands for Barnet. Active. Creative. Engaging. Holidays!

Click on the link to view their brochure: [Barnet 0-19 Early Help Service - BACE Holidays](https://www.barnetyouth.uk/BACEHolidays)



Barnet Active Creative Engaging holidays

BACE HOLIDAYS

Free holiday club activities are available for eligible children in Barnet – from Reception to Year 11!

have fun **get active** **learn new skills**

Winter 2022 Visit [barnetyouth.uk/BACEHolidays](https://www.barnetyouth.uk/BACEHolidays)

FAMILY FRIENDLY BARNET **Department for Education** **YOUNG BARNET FOUNDATION** **BARNET LONDON BOROUGH**

FREE!

To purchase a locker for the rest of the school year, please click the link: www.locker.rentals



Secure LOCKER.RENTALS

Book today and save 15% on a new locker for this academic year.

SIMPLE. SAFE. SECURE.

Kids these days carry a lot of expensive equipment, from trainers and clothing, to books and sportswear. So, it's scary to think that the average student loses 7 items per month.

Having a school locker can help to reduce these numbers. Creating a constant, secure location for students to store possessions safely. With the added advantage of keeping books dry and promoting better back health.

And, when you consider prices start from just 12p per day, the decision is simple.

STUDENTS LOSE AN AVERAGE OF 7 ITEMS PER MONTH

Visit [locker.rentals](https://www.locker.rentals) and book your locker today.

enquiries@locker.rentals www.locker.rentals