

Free Brain Fuel!

As you are all aware our hardworking Year 11 and Sixth Form students are extremely busy taking their final GCSE, and AS and A2 examinations. This year staff at Bushey Meads School are really going to the 'nth degree' to support them all right up until the exam itself and have organised special revision sessions (some during half term and on Saturdays), are giving up their free periods to offer even more support to students just before the exams themselves and are really *going the extra mile*. This type of support does not happen in every school and parents and students are quite rightly extremely thankful for their teachers' outstanding support.

As another small but not insignificant raising achievement strategy we are even offering **free** bananas to students just before the exams take place to boost their performance in the exam hall. (Do ask for them at the serving counter – there will be no charge). In addition free bottles of water are also being made available to students in the exam hall itself.

This is because research clearly shows that the two ingredients of bananas and water can give students the edge and we hope that this important gesture goes a little way to helping them even more after all their hard work.

Best wishes to you all for every success

Mr Turner
Executive Principal



Dates for the diary

18 May

GCSE and A Level Exams
Y10 Coca Cola Factory Visit
Y8 Girls HPV2 Vaccination

19 May

PI students – Demand Promotional Filming

20 May

Y9 Sexual Health Day
Y10 GCSE Drama Performance

21 May

Y11 GCSE Art Moderation

22 May

Y10 Fire Skills Course Session 10

KEY STAGE 3



Sajeethan – 9 Willow

This week's student of the week is Sajeethan, who has been nominated by his IT Teacher, Mr Besisira. Sajeethan has demonstrated an exceptional aptitude for IT and is constantly challenging himself to achieve above expectations. This excellent work ethic and attitude extends to his other subjects also. Keep up the excellent work Sajeethan!

KEY STAGE 4



Orran - 10 Ash

Orran is this week's KS4 student of the week. Orran recently volunteered to speak in the Ash house assembly. He gave a well-received speech on the importance of taking opportunities when they are presented to you. Orran spoke about when he learnt to Scuba Dive and achieve his official open water diver award which now means he can dive anywhere in the world!

KEY STAGE 5



James - 13 Maple

Our KS5 student of the week this week is James who is currently in Year 13. He has been awarded this for excellent effort in all his lessons and for his positive attitude. James is currently studying English, Government & Politics and History

Theme of the Week – OPPORTUNITY

By Mrs Ash, Assistant Headteacher

The Heads of House led House assemblies this week on the theme of Opportunity. A big focus was on seizing opportunities when they come along, saying yes rather than automatically saying no and stepping outside of your comfort zone to face new challenges.

Many students shared their experiences of how they have seized opportunities with the rest of their House.

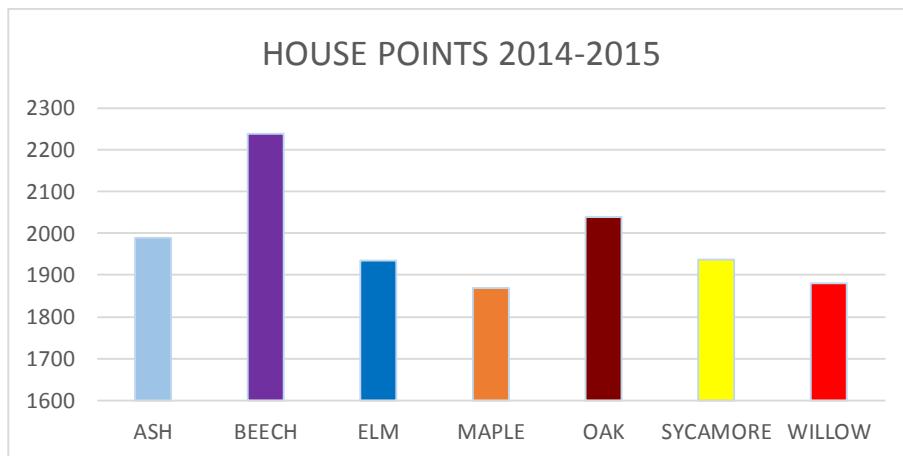


Eleanor, 12Elm, discussed how she had taken the opportunity to take part in a Mock Trial in Year 9 which gave her more confidence to speak in public. Eleanor has also assisted with the Reach for the Stars programme with Year 11 students. This gave her skills in communication, coaching and team work. Eleanor then seized the opportunity to accompany the group to Oxford university to learn about university life and what it can offer, helping to raise aspirations.



Activities in tutor time focused on setting new challenges and deciding which opportunities to say yes to or to chase, either within lessons, taking part in extracurricular activities or outside of school.

House Points Update



Current house points totals:

BEECH	2237
OAK	2039
ASH	1988
SYCAMORE	1936
ELM	1935
WILLOW	1881
MAPLE	1870

The House points totals have been steadily increasing with the use of the new rewards system. There has been no change in the top three houses but Sycamore House have moved from 6th to 4th position following their successful evening at House Music.

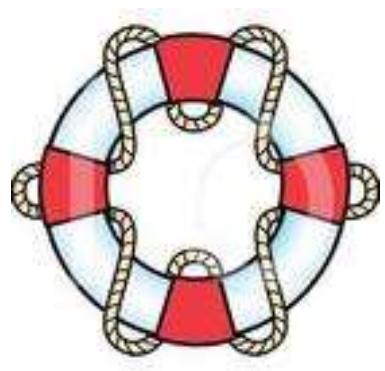
With the points very close and more and more rewards being issued it is still possible for any of the Houses to win the House Cup at the end of the year. **Watch this space!**

Lifeguard Training Course

Aspire Leisure Centre in Stanmore are running their next Lifeguard training course at the end of May and are currently recruiting for places.

- Become a Qualified Lifeguard and work for Aspire over the Summer!
- RLSS NPLQ Lifeguard course 25th-29th May 2015
- Aspire Leisure Centre
- Email beth.malin@aspire.org.uk for an application form
- Course cost £270

Hannah Bladon
Centre Manager



History Saturday Revision



On Saturday 9th May, a group of Year 12 & 13 students came in for a Saturday revision day, led by Miss Bevan-Davies. The students focused on revising the AS History course 'Democracy & Dictatorship in Germany 1919-1963' and began the day with fun and effective interactive learning games.

Students then worked as a whole group to identify areas of strength & weakness in their knowledge and understanding, and worked together to produce useful revision presentations. In the afternoon, with teacher guidance, students looked closely at past papers, identifying core source analysis skills, applying their knowledge and practicing their exam timing.

All students enjoyed the supportive group work, the fun revision games and the opportunity to focus on refining their individual exam technique. The students supported and helped each other to develop their historical thinking, with teacher expert guidance, rather like a university seminar session and group debate and discussion enabled them to analyse, evaluate and discuss historical interpretations and views.

The students are now prepared and ready for the challenge of the final AS History examination paper



Maple Charity Cinema Event

Lee Cox – Head of Maple House



Last week Maple House held their first charity event in the hall. Students in years 7 & 8 were given the opportunity to miss their period 5 lesson and watch a film instead. It was clearly a popular idea as more than 250 Students paid the £1 entry fee and packed into the hall for the screening of 'The LEGO Movie'.

In addition to this, small cups of popcorn were also put on sale and proved so popular that eventually the stock ran out! It was brilliant to see such an amazing turnout and we managed to raise a whopping £314.13 for our friends over in Nepal who are still rebuilding their lives after a devastating earthquake.

The idea for the event came from our very own Head Prefect and Maple Charity Rep Elizabeth Fernandes (*13Maple*) and her determination for it to be a success even saw her leaving the school site in search for more popcorn. A big thank you and congratulations go to her for giving our house its first charity event. We are very glad that it was a huge hit.

Special thanks also goes to Hashim Minhas (*10Ash*) and Jamie Rogerson (*10Ash*) who both did a superb job in keeping things running smoothly. Not to mention all of the members of staff who also gave up their time and got stuck in with selling popcorn, fetching cups of water and general crowd control. It was clear that everyone was working very hard and it was a big help having you all there. I hope that this is just the beginning for our house in terms of fun and memorable charity events. We have certainly got off to a flying start!

Well done to all.



BMS Year 9 Rugby Cup Final

It was a real privilege to watch our hugely talented Year 9 rugby team play in the Watford and District League Final last Friday after school at Fullerians Rugby Club in Watford. Beating many of the teams in the local area this season saw them up against the very strong Rickmansworth side in the final – a team that boasts a number of exceptionally talented county players.



For much of the match – despite going two converted tries down in the first half, the boys held their own against the very tough opposition. The team demonstrated a real flair in their ball handling and some tenacious tackling allowing for some great rugby to be played.



The team spirit was very high and credit must go to Mr O'Kelly and his inspirational leadership and coaching throughout what has been a very successful season – clearly recognised by the number of parents who spoke to me about their appreciation for him and the opportunities that have been given to their boys this year.

Here's to another successful season in 2015/16!

Jeremy Turner
Executive Principal

The General Election Comes To Bushey Meads!

Bushey Meads marked the General Election by giving all students the opportunity to cast their vote for the party of their choice. The back of the hall was converted into a polling station complete with ballot papers and ballot boxes. Student "tellers" and election officials ensured that all proceeded smoothly and calmly.



Voting took place before school, during break and lunchtime and after school. Breaktime was particularly busy with students queuing out of the back of the hall into the quad. 276 students voted and when the votes were counted it turned out that Labour had won unlike in the real General Election where the Conservative candidate Oliver Dowden was elected as M.P. Here, the results were as follows;



Conservatives- 43 votes; **Green Party**- 18 votes;
Labour 84 votes; **Liberal Democrats** - 18 votes;
UKIP - 55 votes.

Unfortunately several ballot papers were spoilt as students ticked their choice rather than putting a cross. Take care to follow the instructions... especially now the exams are here!



A big thank you to the following students for helping: Kevin Tailor, Dylan Kelly, Dominic Sumpter, Matt Hale, Hannah Lynch, Aaron Goldsmith, Joshua Davis, Max Hamilton, Muhammad Sarwar, Anya Murray, Emily Charalambous, Darsh Patel, Daniel lynch.

Rounders Results: 05/05 - 11/05/15

S.Cooper – PE Teacher

SENIORS

Date: Tuesday 5th May v Bushey Academy

Result: Won 18 - 9.5

Team: E.Jarman, A.Leech, E.Charalambous, S.Wright, A.Francis, S.Hurst, B.Leech, S.Yelland, E.Steele



Player of Match: E.Steele - fantastic fielding as backstop and 'loads' of rounders

Year 9

Date: Tuesday 12th May v St.Margarets

Result: Lost 16.5 - 9

Team: K.Phillimore, V.Woolmer, C.Baldry, A.O'Reilly, L.Parr, G.Monfared, L.Campbell, R.Langhi, R.Patel

Player of Match: R.Patel - great catching to get opposition out.

LOST PROPERTY

Just a reminder that all lost property will be displayed in the restaurant during break on Wednesday of this week,

ie: the last Wednesday of the half term period. If your child has lost any article please do encourage him/her to come and check whether it is being held, awaiting collection.

For your information, any named lost property is always returned to the child. Our collection of lost property only consists of unnamed articles and this tends to be predominately coats through the winter period. Please do ensure that all your child's uniform items, especially coats, are clearly named so that we can return the article to its rightful owner.

Please note, unclaimed lost property is given to the local Mencap charity shop in Bushey High Street, providing a second-hand uniform option for parents. NB – we are not yet passing on any of the new uniform items to Mencap.

Continuing Professional Development at BMS

By Jeremy Turner, Executive Principal

We continue to place the development of our staff as a high priority and this year have seen some exemplary sharing of ideas and strategies across all curriculum areas to enhance teaching and learning, promote greater efficiency with our administration systems and share good practice across the Associate Staff.



One example of this is pictured above and depicts Ms Smallwood, our superb Head of Sixth, showcasing some excellent ideas with all staff to fully prepare all our students as they approach their GCSE and A level examinations. She delivered a **Friday Faculty Focus** in the newly re-furbished staffroom, now equipped with a state of the art Smartscreen helping to support the strong school improvement agenda at Bushey Meads School.



Banana Benefits!

- Improve your brain power
- Gain energy
- Calm yourself down
- Reduce Stress
- Stay cool!

- Bananas can boost brain power - the potassium-packed fruit can assist learning by making pupils more alert.
- Bananas consist mainly of sugars (glucose, fructose and sucrose), which makes them ideal for an immediate and slightly prolonged source of energy
- Bananas are high in B vitamins that help calm the nervous system.
- Bananas are high in potassium, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. (When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.)
- Temperature control: Many cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of the body



Water Benefits!

- Increase your energy
- Oxygenate your brain
- Feed your body
- Stay cool!



- Water leads to increased energy levels. The most common cause of daytime fatigue is actually mild dehydration.
- Water is the main constituent of blood and helps to carry oxygen from the lungs around your body
- Water ensures that the essential food is carried around your body to your vital organs
- Water helps to regulate your body temperature

To help you in your exams we are providing **free** bananas $\frac{1}{2}$ hour before each exam in the School Restaurant (ask for them at the serving counter). Free bottles of water will also be available in the Exam Hall.

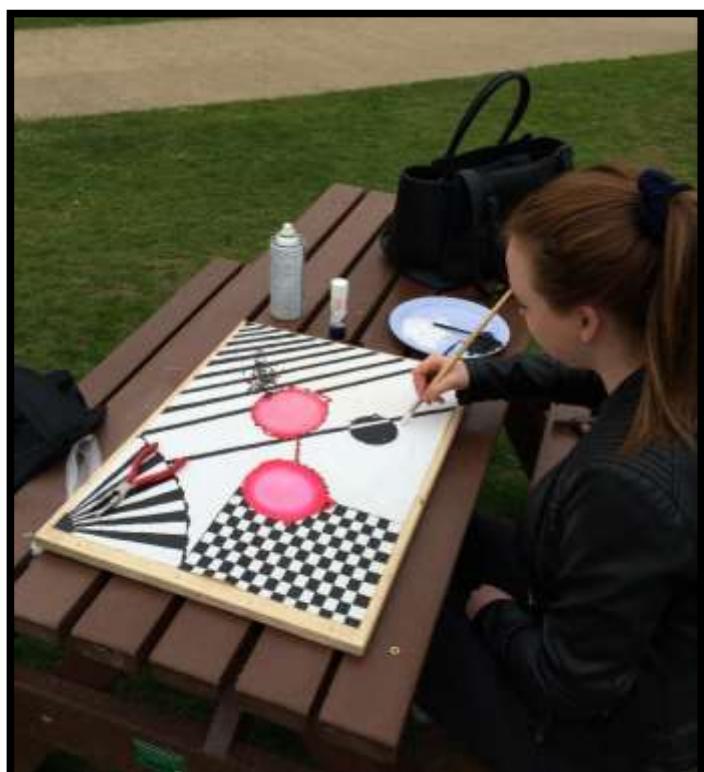
GCSE Art Exam 2015

By Jeremy Turner, Executive Principal

Last week was a very important week in the life of the Art Department at Bushey Meads School with the GCSE practical Art Exams taking place.



Students have to spend 10 hours in exam conditions preparing their final piece which significantly contributes towards their final grade and, as the pictures show, they were all very focussed and working hard to maximise their chances of success.





I would like to thank our hardworking Head of Art, Mr Heywood and all the dedicated and inspirational Art Teachers for their hard work in preparing the students throughout Key Stage 4 for what we hope will be some stunning results in August.



I would also like to congratulate all the students for doing so well over the intensive two days of the examination.



Regional Showcase Opportunity

By Jeremy Turner, Executive Principal

It was a real privilege to represent Bushey Meads School at the annual SSAT (School Student and Teacher Network) Celebration Evening for the London and South East Region on Tuesday of this week. Schools recognised for their achievements for progress and attainment shared outstanding practice in a series of table discussions and, with the theme of 'Principled Approaches to Curriculum and Teaching and Learning in a Time of Rapid Change,' there was much for our school to share in terms of the recent journey of school improvement at BMS.



As a school community, with much to offer in terms of excellent practice across all areas, I am confident that, as we build on our recent success, further opportunities for many BMS staff to present their work on an increasing number of regional and national stages will promote our superb learning community across the local and indeed national arena.

I would like to congratulate all staff and students for their hard work and continued commitment to the school improvement agenda - we have so much to be proud of at Bushey Meads and a great deal of outstanding practice and numerous innovative ideas to share with other many other schools.

Inspiring House Assemblies

By Jeremy Turner, Executive Principal

This week's Theme of the Week of 'Opportunity' has been delivered through some exceptionally inspiring assemblies led by our dedicated Heads of House as well as the Theme of the Week reflection and discussion opportunities in Form Tutor time each morning. Many of the assemblies saw students from different year groups from within the vertical House sharing their thoughts and ideas, as well as staff also sharing their inspiring experiences with all the students. Pictured here is Ash's House Assembly which took place last Friday morning.



It has been a real privilege to attend all of the House Assemblies this week and see and hear the powerful contribution that all the Heads of House and many students across our school community are making to further embed and strengthen our Bushey Meads family atmosphere.



Many of the older students and indeed some of the staff linked to the Houses have been sharing powerfully about their own experiences and pictured above are the members of 12 Elm all talking about how they had each taken an opportunity and how it had impact positively upon their lives. This powerfully modelled to all the younger students listening and encouraged them to say yes to new opportunities (both in and out of school and really benefit from them – on an academic and also personal level.



With the encouragement of their Head of House Ms Ansari, Beech House decided to take an opportunity earlier in the year to raise money for poor and needy children in Mexico. The £200 they raised has helped to sponsor eight children through school for a whole year.

Here on the screen is those children's personal thank you to the fabulous efforts of Beech House students.

A huge thank you to all the Heads of House for their major contribution to the school community.

'Happy's Circus' at Little Reddings School

Our partner school within our multi academy Trust, Little Reddings, is offering an exciting opportunity for students and their families at the end of half term. Please see the poster on opposite page.

HAPPY'S CIRCUS

at Little Reddings
SCHOOL FIELD!

SUNDAY
31st [2pm]
MAY
Doors open at 12 noon

MONDAY
1st [6pm]
JUNE
Doors open at 5pm

Little Reddings Primary School,
Harcourt Road, Bushey, WD23 3PR

Tickets: £8 each or Family of 4 for £28

Please contact Sam Mitchell on 07984 182903
or fir@littlereddings.herts.sch.uk for tickets



AFRICA DAY

By Mrs Davies and Mr Bessisra

Muli mutya,

With all the excitement with Africa Day and colouring flags during form time students were raring to go and looking forward to an African experience. Students had the opportunity to partake in African drumming where they got to learn how to use a drum and making beats together as a group. They also got the chance to lead the group and instruct others to follow their lead. Both teachers and students thoroughly enjoyed the session and at some points during the day we were wondering who was having more fun the teachers or the students.



The Batik and Adinkra printing sessions which took place in C1 and C12 allowed students to create their own African styled Batiks and Adinkra designs. Students learnt that this is how traditional art from some African countries is created this way. They were encouraged to think about particular animals, landmarks and objects which are synonymous with Africa and include them in their design. There were an array of ideas from lions and elephants to pictures of villages and the Savanna. The Adinkra prints taught the students how to create images whilst using

traditional symbols. It was great to see students take into consideration artistic ideas from an African perspective.



Students had a Video Link session where they got to choose one of the 54 countries using <http://www.our-africa.org/>. From their choice they could look at different areas of a person's life such as tourism and communications, map of the country, education, people and culture etc. They had to collate all of their findings and put them into a presentation which they would need for the evaluation section in the final period of the day. It was interesting to see the different countries which students chose such as South Africa, Kenya, Nigeria and how much the learnt about them as pairs.



The final session involved students reflecting on all of the different sessions which they have participated in. In some sessions they were able to create posters about what they have learnt being as artistic as possible. There were some really good posters which have been completed and you can see them up on the display boards in school. In the other session students were able to create a video about what they have learnt.

Overall, students had a great time and thoroughly enjoyed the day as a whole. It was great to see students learning about some of the different countries in Africa and what makes them unique. This would range from where these countries are to what they produce as their main export. Students also included the colour of the flag and the animals which you would find in these countries as well.

We would like to take this opportunity to thank all staff who were involved in Africa Day and made the day a success.

Kale and see you next year