

The Broadcast

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Message from the Principal

I am incredibly proud of everything that has been achieved by staff and students at Mulberry UTC this half term. Despite not being able to be together within the building, you have pulled together in a way which is a credit to our whole school community. Our teachers have been brilliant – teaching remotely, marking students' work online, sending emails, making phone-calls and doing home visits. Our non-teaching staff have also made a huge contribution – including the office and admin staff, our catering and cleaning teams and Ray, our Premises Assistant. Our students have been simply incredible. They have continued to work hard, to support each other and to make excellent progress in their



qualifications. Levels of focus and motivation amongst students remain high, despite all the challenges, and teachers often comment on how impressed they are with students' commitment to always doing their best regardless of the situation. Thank you to Ms Taylor and the student leadership team for creating this excellent newsletter. I hope you enjoy reading it – and I hope you have an enjoyable half term break.

Dr Vincent

CONGRATULATIONS

Nicholas Jaramillo Y10 ASH
Osroush Sabir Y10 ELM
Zack Lindgren-Mitte Y10 ELM
Nasreen-Ali Saleh Y12 OAK



We are very proud of the four UTC students who made it through a rigorous selection process to join the Mulberry STEM Academy! The Mulberry STEM Academy is a Saturday/holiday provision that provides a place of learning, inspiration and innovation for young people. It was set up in Autumn 2020 by the Mulberry Schools Trust (MST) in partnership with Mercedes-Benz Grand Prix Ltd – two high performing organisations in their respective fields of education and motorsports. The powerful supplementary provision provides a specialised track for children and young people aged 7 to 18 who have talent, passion and aptitude in STEM (science, technology, engineering and maths) education. To find out more about the stem academy, please visit:

www.mulberryschoolstrust.org/stemacademy



Remote Teaching & Learning



When the current lockdown measures were announced in early January, staff and students at MUTC had to very quickly adapt to remote learning. We have created a positive online learning environment in which students are enthusiastic and engaged. Teachers are creating opportunities to encourage student engagement, collaboration and discourse. Live lessons include the use of discussion boards, quizzes, surveys, chat functions to check understanding, as well as

assignments using shareable online documents. Students are able to have daily contact with their classmates and teachers. At MUTC, we are taking advantage of the great resources we have available by blending traditional learning approaches with newer, more collaborative audio and visual tools. We know it has not always been easy and we are all incredibly proud of how well our students have risen to this challenge.

Lockdown Days...

by Arifa Khanom



What I've been up to...

During the most recent lockdown I was part of a Zoom group called 'Just Bead It', which is a cancer organisation that brings together new or previous cancer patients and helps them to talk about their journey, what they have overcome since having cancer, what their future plans are and what life is like after cancer. We took part in a lot of activities, one of which was using different beads to represent our thoughts about our own and the other person's cancer journey. We all had a turn, and we had a lot of fun! A few weeks later, we were given our beads, and I just recently received mine.



I've also been involved with another cancer organisation called 'Teens Unite,' which is, as you can see from the title, a bunch of teens/adults/children and even parents participate, and we all do a number of activities like relaxing sessions, movie nights, quizzes, game nights, etc.

teens:) unite
FIGHTING CANCER

Find out more about Teens Unite here... <https://youtu.be/PXfieytf0Jc>

just bead it

I'm most looking forward to...



I'm most looking forward to talking to Miss Bruce as we were having a discussion about future plans to participate with several charitable organisations just before school ended, so that I could bring awareness of issues that I've realised are not being talked about enough and is something that I am very passionate about being involved with. I'm looking forward to seeing my friends and catching up and getting back on track with my studies! I'm really looking forward to seeing Ms Cassin. With everything which is going on right now that's impacting us all, Ms Cassin still tries to help us and makes sure that we know there is someone to talk to if we ever had any issues. She's always been level-headed and professional yet still helps us enjoy our lessons. I am extremely grateful to have such a wonderful teacher, and I appreciate all the work she has done for us, as I am sure my peers do too! I'm very appreciative of my classmates because we've recently made a group chat so that we can all support each other with school work as well as just be there for each other during these hard times.

Recently, I've downloaded a workout app, and I've been following it for the past week, which has helped both my mental health and physical health! I've bought a planner that has been very beneficial since I write down everything I do in my everyday life. I finished a really good book that helped me to strengthen my faith, called 'Reclaim Your Heart,' and I started a new one called 'Secrets of Divine Love.' One thing I really love doing is word searches - for some reason it calms my mind and makes a perfect break from being on my phone for too long. I've reconnected with my faith, I've been doing my school work, and I've had a healthy routine lately.



Lockdown Days... how students have been spending their time and their tips for keeping motivated

I have been doing a lot of Zoom sessions with Spotlight - they are amazing! There is a girls group, the Spotlight Sisterhood, they carry out baking sessions, make up sessions and many more. They provide us with everything we need including much needed connection with others... I think girls from the UTC would love to be part of this club so I encourage you to join up! I have also signed up to do the Duke of Edinburgh award which also keeps me going during this pandemic.

Be safe

<https://wearespotlight.com/>

Sumaya Rahman

SPOTLIGHT ONLINE



GET CREATIVE

Mr. Checkin • Make the Mallow • Sock Club • Youth Theatre • Dill Theatre • Photography Studio • Our Zone • Our Story

GET ACTIVE

Happy Fit Club • Hip Hop Dance Program

GET SUPPORTED

Fit Your Purpose • Spotlight Quiz • Fun and Games • Wellbeing • Academic Support • Spotlight Sisterhood

GET INSPIRED

Wellness Wednesday • RolePlay • Youth AG • Youth Committee • Spotlight Sisterhood • GUIDES

Spaces limited - booking essential wearespotlight.com

Spotlight is an award-winning creative youth service in Tower Hamlets, designed to inspire. AND it's all FREE! For 11 - 19s.



I really do enjoy drawing. It keeps me in my zone when things get tough. It is my own little coping mechanism. Madison Divine-Rowland



Lockdown Tips

- **Stay active- bike, walk, run**
- **Try new skills - art, baking, writing**
- **Eat & sleep well**
- **Read some great books and watch some great films**
- **Stay positive - this won't last forever**



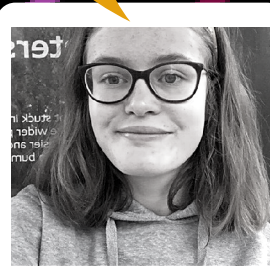
I've been keeping busy during lockdown and I managed to get a distinction in my Grade 8 LAMDA examination

My tips for lockdown:

1. Get outside everyday - go for a walk, run or bike ride
2. Make sure you're eating properly - fresh fruit and veg - but have some treats too!
3. Do some fun activities to keep you occupied such reading or baking.

When we get back to school, I'm most looking forward to seeing my friends but also once Covid is all over getting an opportunity to explore the school more and meet more people in my year group.

Ellie Tobin



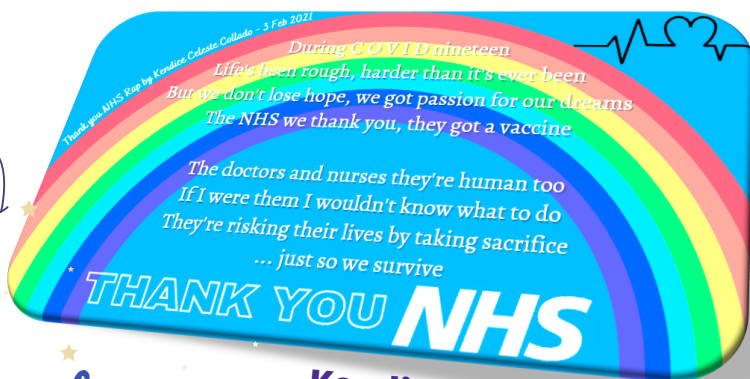


Key Stage 4 students took part in a creative arts project expressing their gratitude to the NHS

Ozzie Sabir

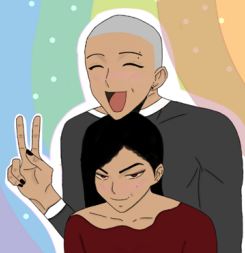
Thank You NHS!

With rates as high as ever,
The chaos is unprecedented.
Hospitals crowded, people suffering,
But the nurses are relentless.
Covid-19, Corona Virus,
It's all people hear.
But the virus is real, people are dying,
Keep your loved ones near.
But we still have to social distance?
The place is a mess.
All because of a virus...
Causing so much distress.



Kendice Celeste Collado

THANK YOU NHS



Fiza Zahid

Fiza Zahid



Harry Constantine



Chloe Bruce



Shokathia Islam



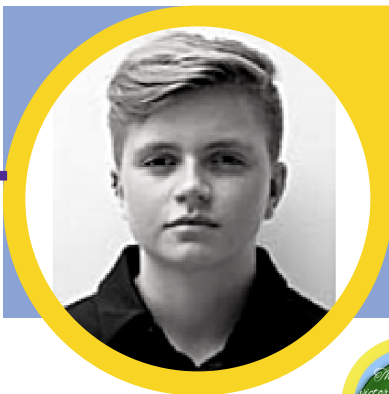
Madison Divine-Rowland



Paris Amooty

Student Leadership & House News

House Captains



Mikey Self

Vice Captains: Ahmed Osman, Frankie Avery-Enever

House Ambassadors: Kyrah Islam, Mahammed Aden. Yusuf Ahmed, Daniella Aderinto, Bushra Ahmed, Ruqayya Khan

Jalilah Ahmed Jaha

Vice Captains: Anisa Koka, Amirah Khanom

House Ambassadors: Oshroush Sabir, Fabiha Anbar, Halima Moller, Anton Forbes, Mariana Embalo, Jaabir El Gallaf

Najamah Jino

Vice Captains: Shokathia Islam, Jamal Mohammed

House Ambassadors: Harry Constantine, Zack Moore, Tasnia Zannath, Sumaya Rahman, Ellie Tobin

The Student Leadership Team held their first full meeting of the year and discussed their plans for 2021. These include:

- Developing a democratic student council in which all MUTC students have the chance to have their voices heard
- Developing a peer support system in which students are assigned a mentor. Mentors will take part in full training and learn the best ways to support their mentees, both academically and with their wellbeing
- Producing the Broadcast newsletter with help from the whole school community

February House Competition

'London in Winter' Photography Challenge
The theme for this challenge is 'London in Winter' – how you interpret this is up to you! You may submit a single photo, or a series of photos. Think about how your subject is lit, backgrounds and foregrounds, framing (where it is in the picture), what else surrounds it.

Creative Writing
Use the title below as your starting point for a piece of creative writing. This could be a short story, a poem or a play: 'Bye 2020... Hello 2021'

Baking competition
Our school caterers, Accent, have developed a "Lockdown Bake Off" challenge, so that you can show off your amazing baking skills! Over the next few weeks you can download a set of simple base recipes to use at home to develop new skills or simply have some fun in the kitchen. Look out for the posts from your head of house in your house channel with the recipe packs. Have fun baking and upload pictures of what you have made!

How to enter
Your head of house has set the February house competition as an assignment on your house team! Upload any entries before the deadline of February 22nd 2021. If you have any questions then email your head of house. Lots of fun prizes to be won!

How can I earn House Points while learning remotely?



A good piece of work handed in on time



Consistently good presentation of work



Consistently submitting work on time



A detailed piece of work handed in on time



Taking part in House activities online

Congratulations

House Logo Competition Winners!



Amani Rahman



Jamie Stevenson



Madiha Begum

Messages from Heads of House



I just wanted to say thank you to all my students who have continuously been working hard. You have inspired and motivated me to work to the best of my ability. We are all learners and teachers!

I have enjoyed see you being creative and engaging in the online lessons such as using the class notes, the chat function and even some memes to encourage each other.

My top tips with coping with lockdown are: always give yourself "me" time during the day - take a walk outside, send a quick positive message to someone and find someone to talk to. We are in this together.

I can't wait to come back to school, this is because I am looking forward to completing all my science practicals, walking around my classroom, seeing all my pupils' faces and the amazing views from my classroom.

Mr Alam

Hello everyone, I know this a challenging time for all of us but I'm so impressed with the motivation, resilience and hard work you've all been demonstrating.

Do make sure you're taking time for yourself to just chill out and do something that brings you happiness. For me food is one of my love languages and I've been busy doing some cooking and baking, which I don't usually get much time to do. I even had a go at that Tiktok pasta!

Remember it's okay to feel the different emotions that I'm sure you're all experiencing but try and focus on the good. For me my faith brings me a lot of solace but so does watching K-dramas and spending time with family online.

Stay safe and positive.



Ms Akther



You're Amazing



Hi everyone, I can't quite believe we've reached half-term already! We are so impressed with how hard you've been working in what is a very strange and disconcerting time. I am looking forward to actually meeting my classes in real life and working with the student leadership team. My tips for lockdown - take regular screen breaks, get some exercise, stay away from the news and get outside! See you all soon...

Ms Taylor

Hello Oak House,

Lockdown? A chance to reflect. Be frustrated. Learn new things. Try new things. Be frustrated. Be sad. All of it is new to us and we are all treading through the mud. But- I feel good things are on the horizon. Science and medicine is amazing! What I have loved most about lockdown? The chance to actually be alone for a while. To be free from the chatter. To cosy up with a book. To reboot. To dream and to plan for a future. A future bright and starry with small things - like blue sky, like snowy streets, like not having to go out on cold shivery mornings.

No tips- just enjoy the small things😊...Ms Squire



Ms Squire & Ms Taylor

Wellbeing

If you are worried about your own or someone else's mental health, please reach out to the organisations below. They specialise in young people's mental health and are fully trained to know how to support you.



TOP TIPS

YOUNG MINDS

ABOUT US TRAINING RESOURCES SHOP BLOG CONTACT US MY BASKET

Find Help Get Involved For Professionals SEARCH Parents Helpline Donate

Coronavirus advice and mental health support

Visit our advice page if you are struggling with self-isolation, coronavirus, and the impact it has on your mental health.

[Read More](#)

The coronavirus pandemic is the most difficult time we have collectively ever had to face. Many thousands of people have died and their loved ones are grieving. All of us have had our normal lives taken away from us. It is entirely understandable if we are struggling with our mental wellbeing. Most of us have felt worried, anxious or depressed at times. You might be concerned about someone else and not sure what to do. You don't need to be an expert on mental health to support them. Think about using our three top tips:

kooth

Kooth is an online **mental wellbeing** community for young people

Here are some of the features young people can access on Kooth:

- Magazine**
The Kooth magazine shares personal experiences and tips from young people and our Kooth team
- Discussion Boards**
Young people can start or join a conversation with our friendly Kooth community, with lots of topics to choose from
- Chat**
Young people can chat with our helpful team about anything that's on their mind
- Daily Journal**
Young people can view their daily journal to track feelings or emotions and reflect on how they're doing



For ages: 11-25

Sign up for free at [Kooth.com](#)

1

Check in

Picking up the phone, having a video call, starting a group chat or messaging someone on social media lets them know you are there to talk and ready to listen. Some people find it really hard to ask for help, but will respond if you talk to them directly

2

Listen and reflect

Whether you have a mental health problem or not, this is a challenging time for us all. If someone opens up to you, remember that you don't need to fix things or offer advice. Often just listening, and showing you take them seriously, can help someone to manage.

3

Ask questions

Ask how people are managing, and ask again if you're worried they aren't sharing the full picture. Asking again, with interest, can help someone to open up and explore what they're feeling. People who find it difficult to open up are much more likely to on the second asking

time to change

let's end mental health discrimination

About us Resources Hubs Global

Search this site...

About mental health Personal stories Change makers Get involved

Supporting someone during Covid-19

Checking in on your family, friends and colleagues during the coronavirus outbreak is more important than ever.

[Helpful tips](#)

Home > About mental health > Mental health help and support services

Mental health help and support services

If you're experiencing mental health problems or need urgent support, there are lots of places you can go to for help.

At Time to Change, we focus on challenging stigma and discrimination in society, so we're not able to provide individual or emergency support for people in crisis. But there are lots of

> Be there for your mate

> Take the mental health quiz

> Types of problems

10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH



We are Time to Change, a growing movement of people changing how we all think and act about mental health problems.

Get involved today
@timetochange
#timetochange
time-to-change.org.uk

Share your story
Just being there means a lot.

Listen
Listening is important. So is a friendly ear.

Be yourself
Talking about everyday things helps. You don't have to be this.

Be patient
Good days and bad days happen.

Support
Remember, professional support options are out there.

Mental health problems affect 1 in 4 of us in any year.

Surprisingly common, isn't it?
Yet too many people are still made to feel isolated, ashamed and worthless.

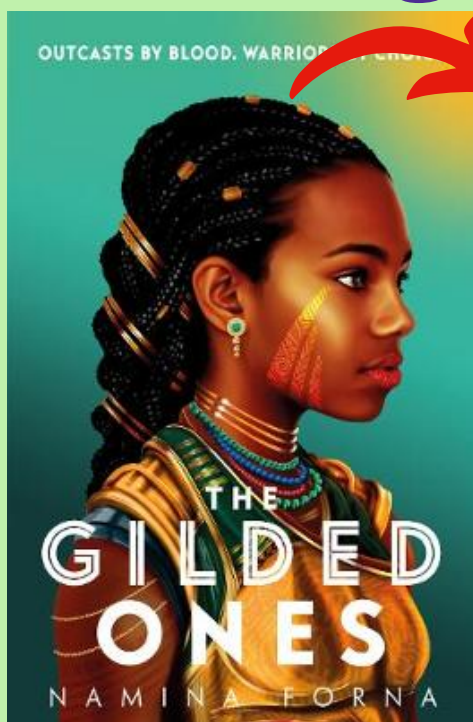
Being open to mental health problems is good for all of us.
And it's easier than you might think.

Your conversation matters.
Any time, any place. You don't need all the answers.

Conversations change lives

mentalhealth.org.uk

Reading Recommendations



Thought-provoking dystopian thriller about gender roles and abuses of power.

It tackles traditional gender roles and the dynamics of power head on. In fact, it flips the status quo on its head to create an absolute page-turner that's both gripping and inventive, with shades of an alternate *The Handmaid's Tale* running through its pounding heart.

An exploration of what it is to be feminist in a deeply patriarchal kingdom

Forna has taken her own experiences of sexism and racism that she experienced as a woman from Sierra Leone living in the US on which to base this novel. This has created a powerful depiction of the oppression and cruelty meted out to women who are different from a society's accepted roles.



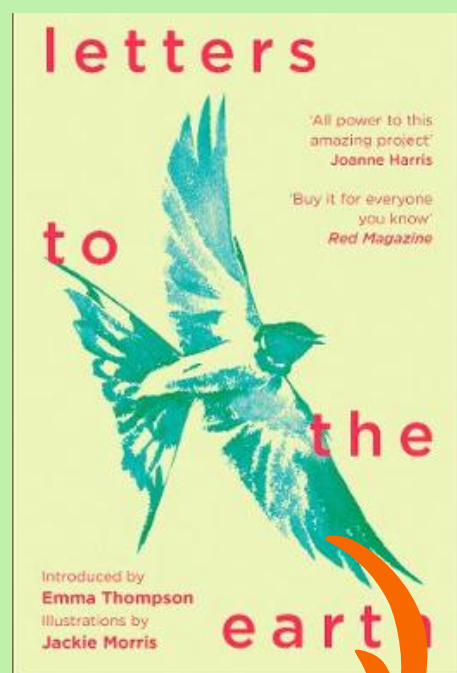
Loveable teen boy battles the burdens of masculinity

Niftily navigating the tricky tightrope between exploring big issues (divorce, toxic masculinity, turning to alcohol when the going gets tough) and delivering a humorous, heartfelt story, Andy Robb's *Smashed* achieves what YA fiction does best. It's thought-provoking, informative and never talks down, with a relatable main character readers will root for.



Funny and emotional

From New York Times bestselling author Mary H.K. Choi comes a funny and emotional story about two estranged sisters and how far they'll go to save one of their lives - even if it means swapping identities.



Climate Crisis

A profound, powerful and moving collection of 100 letters from around the world responding to the climate crisis, introduced by Emma Thompson