



The Broadcast



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Message from the Principal

As we come to the end of the Spring term, it is a good time to reflect on everything that has happened over the past year. As we pause to think about this, I hope you will feel proud of the things you have been able to achieve during this difficult period of time. It has been wonderful to watch you supporting each other as you find ways to overcome challenges and make the most of all the opportunities on offer to you. I am grateful for all the support that has been given to the school by parents and carers, and for the brilliant work of our school staff team. We are looking forward to lockdown measures being eased, so that we can see family and friends whom we have missed over the last year. Good luck to our Year 11 and Year 13 students, will be working hard over the Easter holidays to prepare for final assessments.

Dr Vincent

Student Leadership & House News

House Captains



**Mikey
Self**

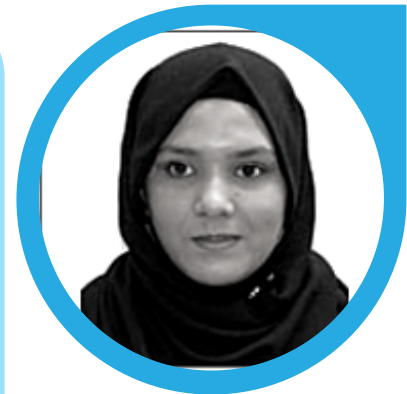


ASH

I hope everyone is holding up okay being back in school. Another change in routine is always stressful and it's still important to take time for yourself. Coming back to the building, for me, has meant I can cycle with a purpose and not cycle around the streets aimlessly, which was what I found myself doing most days during lockdown...usually accidentally ending up on the A12. Starting to think about the future and applying for university has been a huge motivator for me. As someone who has wanted to be a paramedic since the age of four, to finally be that one step closer to my dream job has felt amazing. Hopefully soon I won't need to cycle around east London to occupy myself, but instead be out on the road behind the wheel of an ambulance.

Another return to school, another change. Adjusting back to daily school life after months at home and staying on top of has been a challenge. Despite this, I think we've all done a great job at staying optimistic and developing new strategies to deal with the workloads of our new (old!) lives without burning ourselves out.

In the coming months, I am hoping to head off to university to study biotechnology or other applications of the life sciences I am hoping to use the newly built resilience we've all developed this last year, to deal with the demands of university and to edge into adulthood.



ELM

**Jalilah
Ahmed Jaha**

I am currently studying applied science extended diploma and have a future aspiration to attend university to study Psychology. I am a person who tends to focus on the outcome, sometimes forgetting that it is the process that really matters; its okay if the task is difficult because it make the endpoint worth it. Here an analogy - you have a small container and a large container you pour in 20cm³ of water into both. The small container is full, but the large container still requires more water in order to be full. It does not mean the water poured into the large container was pointless because now you are 20cm³ closer to filling the container up. The same goes with goals we have in life, sometimes we overlook that the effort we are putting in really matters. Although it is not enough to fulfil in one day or week you will soon reach that goal if you keep working for it. For every day spent working towards that goal is a step closer to you achieving it. It may get difficult at times but its all part of the process. Keeping a clear mind not and not giving up is what will help you get through it And remember you can always ask for help - there is no reason for you to struggle alone. So, I encourage you to try a little harder day by day and to be your own motivator because its often our own minds which fail to see the potential we have within ourselves. One day you will look back and be proud of what you accomplished due to hard work.



**Najamah
Jino**



OAK

**House
Captains'
Messages**

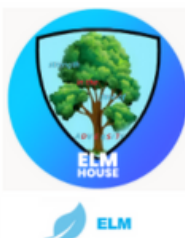
Student Leadership & House News



180 Nicholas Jaramillo ASH1 Year 10
261 Frankie Avey-Enever ASH1 Year 11
61 Ruqayya Khan ASH4 Year 12
43 Mikey Self ASH2 Year 13

As the term comes to an end, I feel as if the experience of returning to school had gradually been getting better. This is because teachers and my peers are always there for support and really made the current situation, which we all face, much better and enjoyable. Getting used to being in a classroom again was a bit difficult, however after a few days it was like we'd never left. The most challenging thing is getting ready for our exams, but our teachers make sure to always be there for us and help us when we need it and ensure we are confident in ourselves. Getting up in the morning has never been easier too. Now more than ever I strive to be on school every day and on time. I don't want to take this experience for granted, so I try my best to be give 100% every day. I've been focusing more in lessons than ever, because we are at a crucial time which requires my hardest work. It feels like the final intense moments of a long football game where motivation is rejuvenation. All these things have made my coming back to school experience much better and enjoyable, and I hope that others feel the same as well. Also please remember, there will always be someone you can talk to here at the UTC, whether it be myself, other student leaders, or your heads of houses and teachers.

134 Halima Moller ELM1 Year 10
207 Anisa Koka ELM1 Year 11
95 Mariana Embalo ELM3 Year 12
122 Wagd Abdelkhalig ELM5 Year 13



143 Paris Amooty OAK1 Year 10
214 Paul Ayomide OAK1 Year 11
62 Zannath Tasnia OAK5 Year 12
41 Ibtisam Yare OAK2 Year 13

Housepoint
Champions

Congratulations



Leaders' Messages

Ahmed Osman - Ash

My chosen subjects are Business and Health and Social Care. I am very grateful for picking these two subjects as I have gained a lot of knowledge.

At the beginning of year 10 I was doubting myself because I thought that I never be able to do Business as a subject. It looked very hard and confusing at the beginning, but later I figured out that for me it was the easiest subject out of all. Business is just common sense. I learned about what goes in to achieving a start-up business. The coursework took me a bit of time, but I enjoyed doing it.

My other specialism subject is Health and Social Care. The reason why I chose this subject was because in the future I want to work in a health care setting and this subject has helped me understand many things. I have learned how practitioners communicate effectively with customers or service users, the life stages, the development and protection of young children in early years settings and many more important skills that must be applied in Health and Social Care and Early years settings. I will never regret picking these subjects!

I thought returning to school after 2 months away from everyone would be difficult and uncomfortable but when we came back the teachers created an environment that helped to ease us being back here. An environment that was reassuring and helpful so that we can end the school year on a good note knowing that we tried our best to get the grades that we deserve. Also, rules never failed to make me feel safer within the school. In lessons, teachers always ensure that they are engaging lessons and are very interactive despite the coronavirus restraints. I am very happy that they still made the lessons nice and interactive because we get the opportunity to share lots of ideas with our class and learn many different things from our peers through all our contributions to each lesson. This is very important for me because after two months in Lockdown I was looking forward to seeing all my friends again and the way the teachers set up our lessons allowed us to express lots of different ideas and prepare fully for the end of our time in year 11. The supportive environment amongst Year 11 helped calm down any worries that I had prior to returning to school and the term is ending on a good note which makes me feel optimistic about the return after Easter.

Shokathia Islam

Anisa Koka

Messages from Heads of House



Mr Alam

I was excited to come back to school and see everyone (not just through a screen). It has been great to interact with pupils and staff. I really missed using my whiteboard and my whiteboard pen! I have finally written the date on the board for the year 2021! I am very proud to see all the MUTC students engaging with their learning and supporting each other. I am very excited for next term!

Hi all, this term started in quite an unpredictable way, back in January, but here we are at Easter and things are looking a lot brighter. Well done for returning so successfully back to school and adapting to the different changes to keep yourself and others safe.

We've seen some great work going on in classrooms, with students really focused and engaged in learning as well as brilliant effort being put into the internal assessment process.

I'd like to shout out the following Elm students who have achieved the highest number of House points in their year groups - Zack Lindgren-Mittee, Simra Ahmed, Mariana Faty Embalo and Ikem Alisigwe. You have been exceptionally positive role models.

I hope over the Easter break you are able to relax, spend some time doing things you are interested in and that when we return you feel invigorated for the Summer term. Have a lovely holiday.

Ms Akther



Ms Squire & Ms Taylor

WELCOME

Time has flown by since we came back to school on 8th March and already we have another holiday!

Week one made me sure of one thing: how keen our students are to learn and progress and the ability of our students to adjust and adapt to another "new normal". As soon as we were back and into a new routine it feels like we have never been away. So well done all of you it has been such a joy to work with you!

Have a great Easter break to get ready for the summer term of 2021! It is going to be a good one!

Ms Squire

It's been so fantastic to see you all back in school and finally getting to meet the students I had been teaching but hadn't actually met! Thank you all for adapting to yet another new situation so brilliantly - you have made us really proud. I can't wait for the next term to begin and start on the exciting things we have planned - the peer mentoring programme (Year 10 and Year 12 - and year 11s who are staying next year please apply!) and all the fun we are going to have in The Summer of Togetherness! Have a good break - see you soon!

Ms Taylor



Student Leadership & House News



"London in Winter"
Photographers



Congratulations

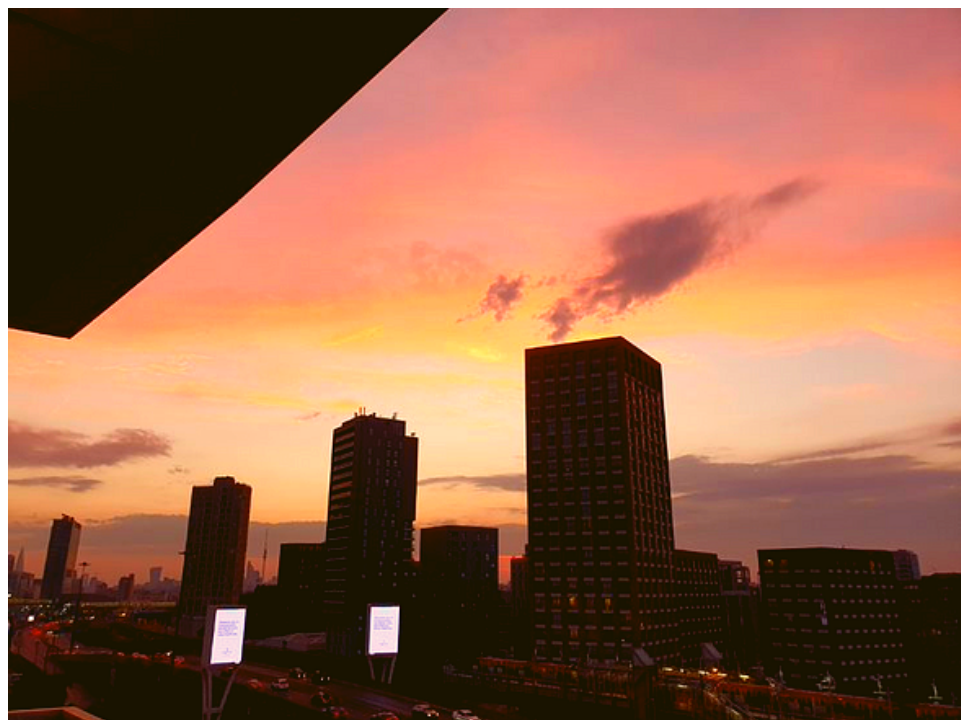
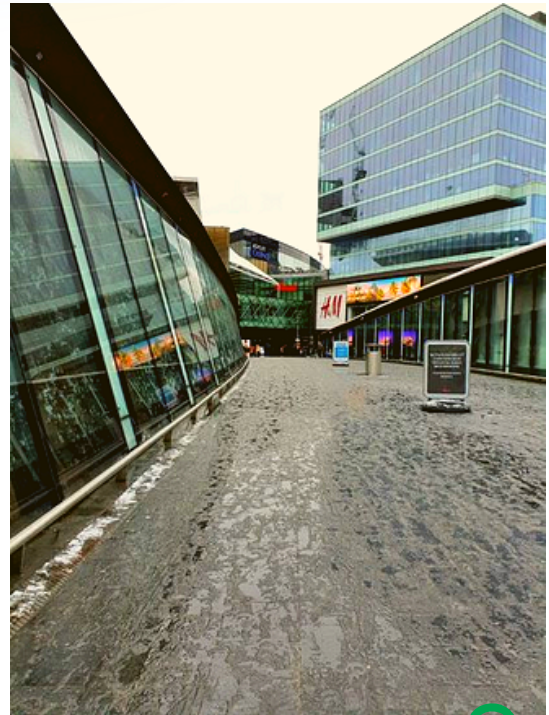
Student Leadership & House News



"London in Winter"

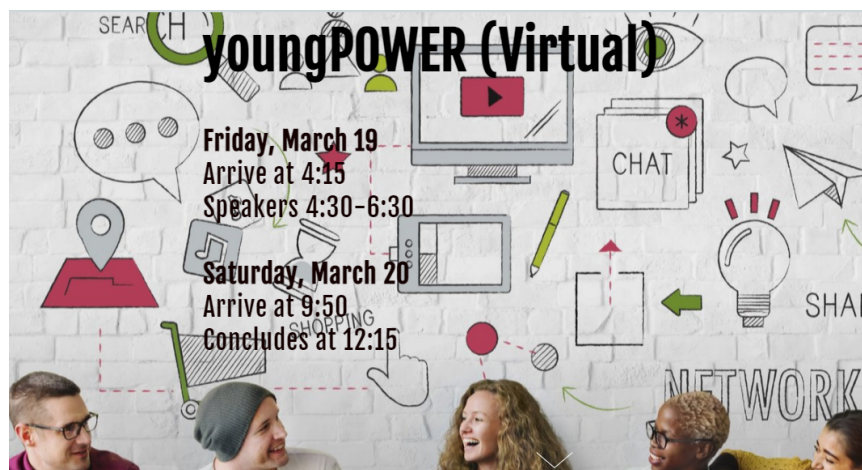


Photographers



Congratulations

Shakil Chowdhury
Darbie Veness
Anisa Koka
Zeinab Hirsi
Sumaya Rahman



youngPOWER

brings together secondary and FE students from across London to break down stereotypes, explore issues of power, prejudice and privilege, and identify paths for taking action in our communities.

Featuring amazing speakers, powerful spoken word artists, and transformative workshops, it's a day you will never forget.



Young Power Conference 2021

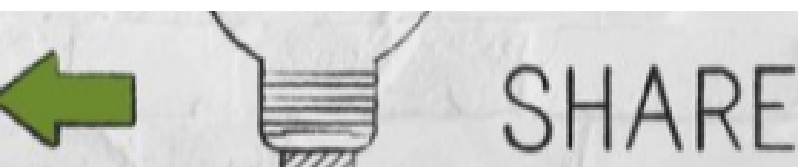
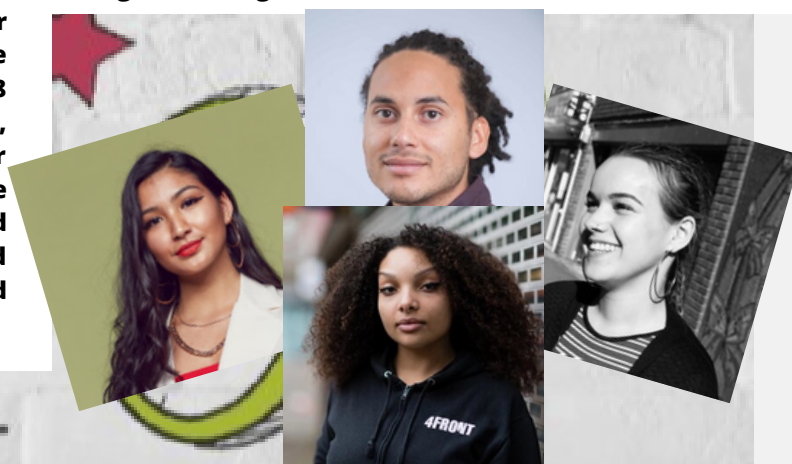
by Ellie Tobin

On the weekend of the 19th and 20th March, I was given the pleasure of participating in the Young Power Conference 2021 through the school. The conference was held for students of schools across London bringing people of different cultures, race, religions and backgrounds together, to not only share our stories and experiences, but to come together to discuss topics that are impacting and shaping our society.

Most importantly with the current affairs of the BlackLivesMatter movement and the Stop Violence Against Women movement, with the deaths of both George Floyd and Sarah Everard, we have seen how Gen Z has responded by using social media as a platform to spread awareness, and how we as a society are finally making changes and getting our voices heard on a scale like never before. As a young woman I have found it empowering to be able to have the platform to speak against injustice. In particular about the current affairs regarding women's harassment and sexual assault. I found it a way to truly have my voice heard and spark and start conversations with others so were able to educate the next generation of society to make everybody equal. For me the way our generation has responded to issues with such care and urgency to make change happen it gives me hope that we are finally moving in the right direction.

During the conference we had motivational speakers speak about their experiences, this was insightful as we were able listen to other stories and really grasp other people's perspectives and what's important to them. We could see when choosing which one of the big 8 identifiers, ability, age, SES/ class, gender, ethnicity, race, gender orientation and religion were important to us. For me my gender identity as a woman plays a massive impact on my life as I am empowered by strong and influential women in the media that encourage and inspire young girls to strive to achieve their goals and ambitions.

One speaker that really stood out to me was Deja Foxx, Deja found herself homeless at 15 and was staying at her boyfriend's house at the time. During this time, it came to her attention how the sex education legislation in her school hadn't been updated since the 1980s and hardly covered topics such as consent and protection. This inspired Deja to challenge this within her school by sharing her story and express how important it is that young people are educated around consenting in sexual activity and how to stay safe. She felt that the current legislation was telling young people not to partake in sexual activity and made it a topic that shouldn't be discussed, when in reality we should be educating young people about sexual activity in order to keep them safe. At the age of 20 she is now the founder of Gen Z Girlgang which targets everyone of any age, gender and identity in particular Gen Z women and femmes. The organisation aim is to redefine sisterhood they hope to do this by bridging generational gaps, creating and sharing opportunities and learning from and teaching others. Her aim is that Gen Z Girlgang can become a community and safe space where women can come together. She is also a digital creator with ford models who got her advocating for reproductive rights after her experiences as a teenager, and at the age of 19 she began one of the youngest presentational campaign staffers in modern history working for Kamala Harris as the influencer and surrogate strategist.



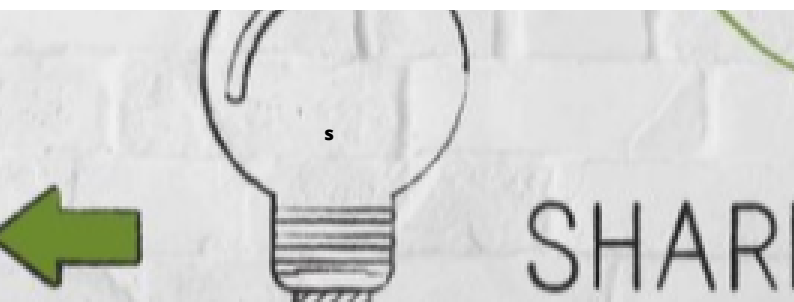
Young Power Conference 2021

On the second day we had an interactive panel with the topic surrounding BLM in the UK. During this we had 3 speakers speak about their experiences and we were also given an opportunity to ask questions throughout the interactive panel. Someone that really stood out to me was one of the speakers Azekel, who has created community spaces which foster an environment of safety and acceptance to those with intersecting marginalised identities, they spoke about intersexuality as they felt as a black non-binary individual who is also queer, their experiences are different to a cis black male. I think this really highlighted to me how people often hold multiple identities that make them who they are and often meaning people's experiences aren't all the same depending on those identifiers, and just how difficult and challenging intersexuality can be for an individual. I also found this event extremely educational as especially with the current affairs of the rise of the BlackLivesMatter movement we were given resources in which we can better educate ourselves which will hopefully enable us to educate others around us.



Later on that day, I participated in a workshop The4FrontProject - a manifesto for peace, who was hosted by Temi Mwale, after one of her childhood friends was murdered Temi formed the 4frontproject a youth led social enterprise to empower young people and communities to live free from violence. During this workshop we were able to see first-hand the effects on police brutality and the injustice system has had on young individuals. One thing that really stood out to me was hearing first-hand how someone's life has been affected by their social class and ethnic and racial background as they were put on to the matrix police database without having any previous criminal record but were just seen as a potential threat to society. For this individual this impacted their future as their school was told by police that they shouldn't let him continue his education and he was a risk to the school community. By having this matrix database, we are taking away individuals' right to an education and respect within society.

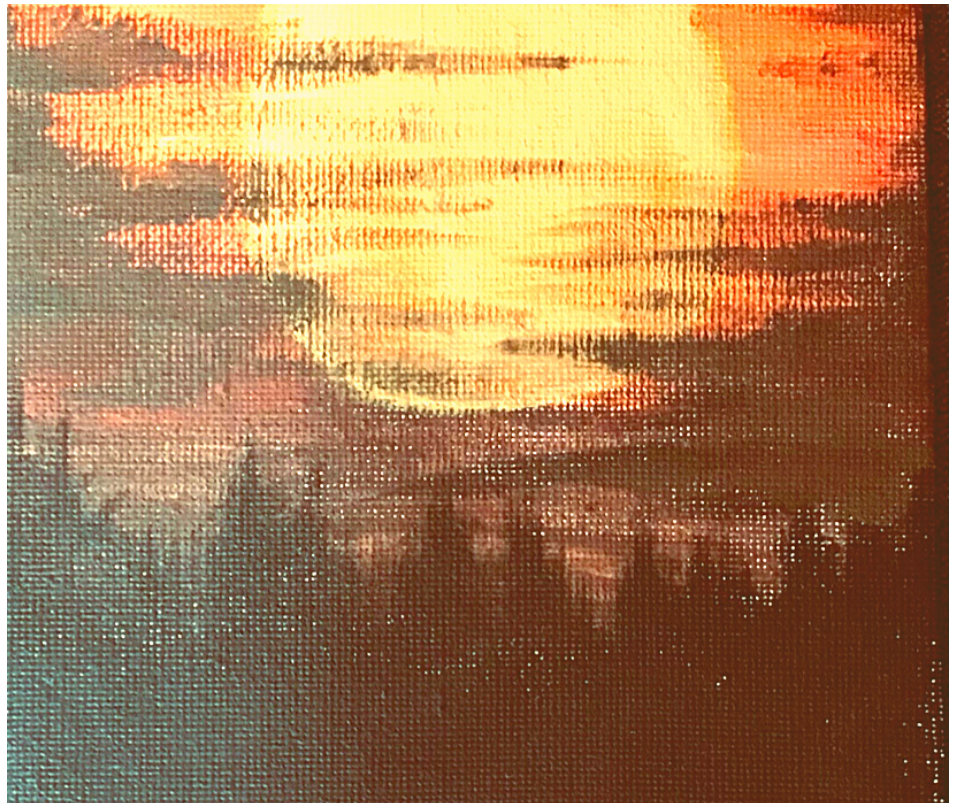
I found the Young Powers Conference a truly inspiring and eye-opening event that has made me think more deeply in ways that I am able to bring about change within my local community and educate myself further to be able to be truly understanding of everyone's experiences and best bring about change within society.



New Beginnings

At the end of this term, we have been reflecting over the past year. Assemblies have focussed on the theme of 'New Beginnings' With Spring in the air, we feel optimistic for the future, but will not forget the past. We will move forward together, as a school community which supports and cares for each other, while trying to be the best we can be.

Madison Divine-Rowland's beautiful sunrise symbolises the darkness we have been through and the light we can now see at the end of the tunnel.



Darbie Veness's Music Reviews



LIAM GALLAGHER
AS YOU WERE

Paper Crown - Liam Gallagher

The song 'Paper Crown' by Liam Gallagher is a very catchy and memorable song in my opinion. Despite the beat being very common within this genre, it still has a sense of individuality. Combined with this quality, it also allows a personal interpretation to be made from the lyrics while allowing the listener to almost imagine the description through the lyrics.

★★★★★



All I want to hear you say - Sea Girls

The song 'All I Want To Hear You Say' by Sea Girls is of the indie rock genre and is in my opinion, an incredible song. This is not only due to the fact that it is memorable but also because it has a good beat and the lyrics are relatable, meaning ordinary people can feel a connection to the song and so it becomes more personal than most songs.

★★★★★



MIX TAPE 90'S

Lockdown Art



by Jubaida Begum



Summer of Togetherness



SUMMER OF *Togetherness*

After spending so long apart, the aim of the Summer of Togetherness is to unite the school community, create a share sense of belonging amongst all students across all specialisms and year groups, through a range of activities designed to be fun, collaborative, and creative and to equip students with both the social skills and specialist skills that will support them to thrive for the rest of their time at MUTC and beyond'. Watch this space!

Goodbye, Mr Thomas!

We are all very sad to see Mr Thomas, (our brilliant SEND co-ordinator) go. He has been a great support to all the students he has worked with, being a calm and positive influence throughout. We will miss you!

Dear Students,
Thank you for inspiring me with your dedication and strength. Your kindness to each other and your consciousness to the world around us sets you apart as an exceptional generation of young people. I have been proud to know you and look forward to seeing you continue to rise throughout your lives and careers. Be kind to yourselves as much as you continually express kindness to those around you. I hope our paths cross again in the future.



JOIN US

“ This school gives us so many opportunities. ”

Apply now on our website!

Year 10
Places Available for September 2021

Do you know of any current year 9 students who might like to join our wonderful school community?

If you do, please let them know that we have a limited number of spaces available for this September and would love them to get in touch!



Peer Mentoring Programme

We are very excited to be starting our Peer Mentoring Programme after the Easter break. If you are someone who gets on well with others and think you will be able to help them to achieve their goals, please apply (via the form you will find on your House Team). Applications are open to year 10 and year 12 (and year 11s who will be with us in year 12). Full training will be given so you will know how to become the best mentor you can be. It's really great thing to do and will make you feel good too!

APPLY NOW!

Calling year 10 and 12 students

COULD YOU BE A PEER MENTOR?

Would you like to:

- help others?
- be a strong role model?
- learn coaching skills?
- improve your own wellbeing?
- have a great experience to put on your UCAS application/CV?

Are you:

- positive?
- enthusiastic?
- patient?
- resilient?
- a good listener?
- resourceful?

Full training given

Wellbeing Transition Academic

MENTORS NEEDED

WE WANT YOU! APPLY NOW

- To find out more, get in touch with your Heads of House
- Application (see link to form on house teams) deadline: **Friday 23rd April**

Mulberry UTC
Where learning works

What's on at Spotlight?



EASTER HOLIDAYS

GET CREATIVE

Graphic Design Workshop 7 Photography 7 3D Design Workshop 7 Filmmaking 7
Open Air Open Mic 7 Poetry & Creative Writing 7 Theatre Workshop 7
Dance Workshop 7 Fashion & Textiles 7 Camera Phone Photography 7
Arts & Gams 7 Sound Workshop 7 Street Talk 7 Zine Making Workshop 7

Spaces limited – booking essential
wearespotlight.com





EASTER HOLIDAYS

GET INSPIRED

Role:Play! 7 Talkaoke 7

Spaces limited – booking essential
wearespotlight.com





EASTER HOLIDAYS

GET SUPPORTED

Health Spot 7 HealthSpot Consultation 7

Spaces limited – booking essential
wearespotlight.com





EASTER HOLIDAYS

GET ACTIVE

Table Tennis Tournament 7 Football 7
Flag Football 7 Circuit Training 7

Spaces limited – booking essential
wearespotlight.com



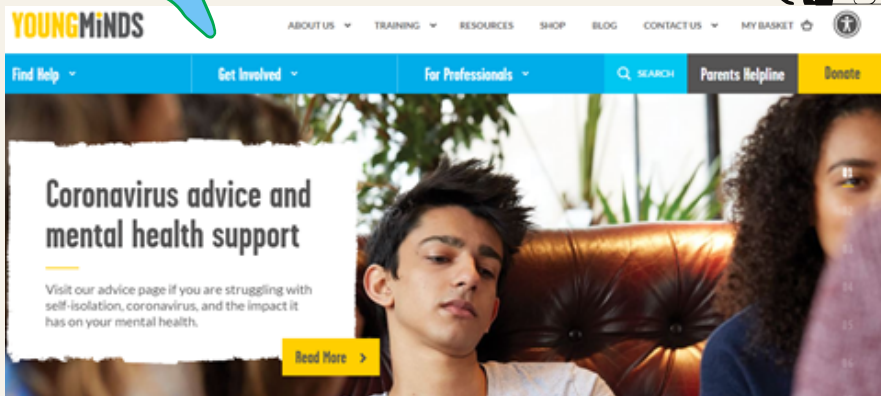


Wellbeing

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



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](https://www.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

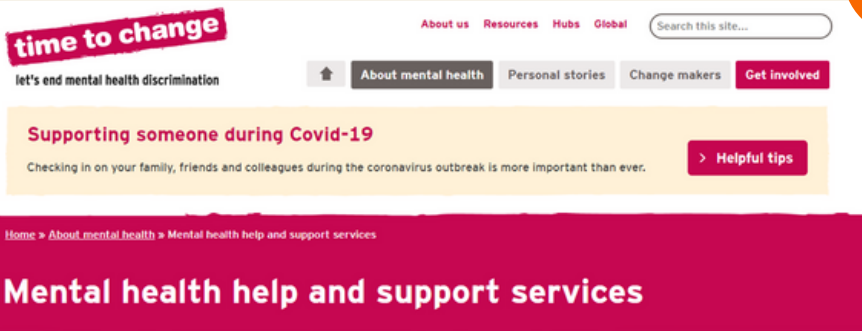
Listen and reflect

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



10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH

