

# **BOWDEN** *LIFE*



**APRIL 2023**

# It's Live LIVE!



View progress

Whyable Limited



The clocks have changed, the evenings are lighter, and the summer term is just around the corner. This is always an exciting and vibrant time at Bowden. New opportunities for activities open up as the weather (hopefully) improves, we start to meet and welcome new students, and those at the primary begin to focus on their progression to secondary school. Our older students in Y11 and those at the end of their post 16 placements prepare for the next steps in their lives.

This time of year is also the point at which exams become a focal point for thousands of 15 and 16-year-olds across the country. GCSE exams will begin in May, and all of our year 11 students will have the opportunity to earn the credit they deserve for the learning they have completed over their time with us. I know that for many young people, this can be a stressful and challenging time. I remember the summer of 1994 - the emotions, the pressure, and the excitement of reaching the point at which I sat my GCSEs. At the time, it felt like this period would be an overriding memory of my school experience; it turns out this was not the case.

Exams do hold importance; they can be used like keys to open doors, to access further learning and to grasp opportunities. But a school experience is not defined by a month at the end of Year 11 or solely by the results that come from this time. There are no exams that measure some of the qualities, skills, and growth that we see develop in the young people who attend Bowden House. Nobody is going to get a certificate in August that awards a Grade 9 for being a great friend or a distinction in helping others. There is no qualification to be gained in having learned how to make others laugh or for figuring out how to keep calm and level-headed when faced with a difficult situation. No newspapers will be reporting about a student having got 8 top grade GCSEs in kindness and caring for others. All of the things I have listed are bigger than any exam result.

We will celebrate the academic successes of our students, and rightly so. The hard work, resilience, and determination we have witnessed from this cohort throughout their time with us will undoubtedly deserve recognition. But it is the growth and development of our students that is to be most celebrated, and this happens throughout the entire school journey for all of our students. Growth and development are the very things that allow our students to achieve academic success, even if this isn't what the certificate says.

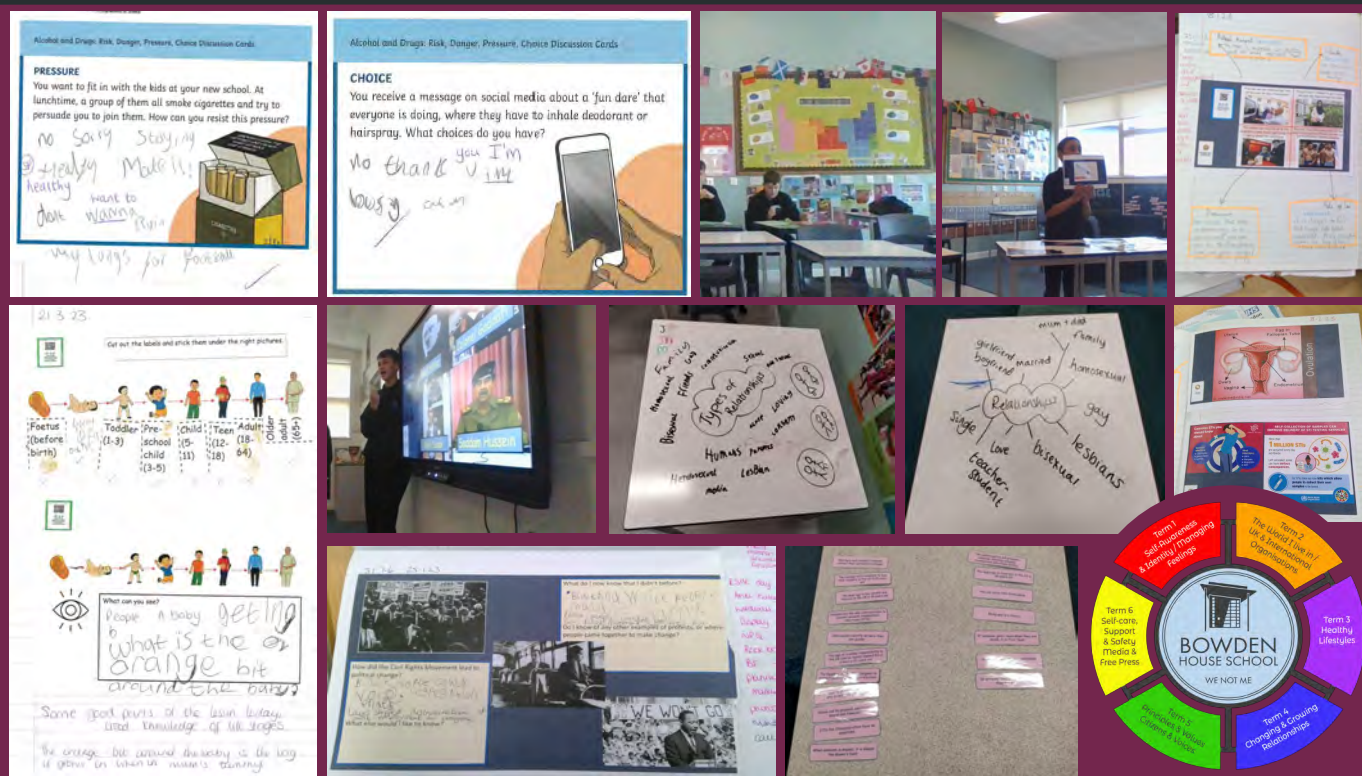
Over the last term at Bowden House, we have witnessed our older students mentoring and supporting their younger peers. We have seen our football players come together as formidable teams to win tournaments. Boys have conquered things they didn't believe they could do, climbed hills they thought were too high, rode cycle trails they thought were too steep, understood concepts they thought to be too complicated, and they have grown as human beings at times when they may have questioned whether they could.

My school memories aren't overwhelmed by the summer of '94 when I sat those exams; they are dominated by all of the things that led to that point, the types of experiences and development I have talked about in this letter to you. School is a journey of growth; exams at the end of Year 11 are a part of this journey, but they do not exclusively define it. As you read through this newsletter, think about all of the experiences and opportunities it describes, along with the countless other examples you will be aware of that have not made it to print. So much is achieved, so much development and progress happens each and every day by students in every year group. The exams at the end of Year 11 are a part of this journey, but they will never be able to fully and truly define it.

# MESSAGE FROM MR WELLS



# RSHE & CITIZENSHIP



So far this year, students have worked hard to learn lots about a huge range of topics.

The Bobcats have looked at the differences between facts and beliefs and have learnt about some major world religions. They have then moved on to how to stay safe, by looking at safe and harmful products in the home, before discussing some impacts of legal and illegal drugs. They are now beginning a topic on relationships and will learn about different types of relationships (family, friends, acquaintances, romantic, sexual, platonic) and some of the ways to make sure relationships are healthy. As always, the Bobcats have been keen to gain their SIs and claim their E-Praise points!

The Tigers began this year by learning what is meant by democracy and how it works in the UK, as well as how citizens can challenge things they disagree with. They have now begun to learn about types of relationships, consent and how to stay healthy, as well as learning about types of contraception. I have been extremely impressed by how much they have remembered since we learnt about this briefly last year and how well they have applied what they know to our discussions.

The Leopards have learnt some basic facts about major world religions and also what is meant by Fundamental / Shared Values, as well as discussing some examples of when these values are not upheld. They have now moved on to learn about types of relationships, consent, and signs of healthy / unhealthy relationships, both sexual / romantic and platonic. They have also discussed various types of contraception and how effective each is at preventing pregnancy / STIS.

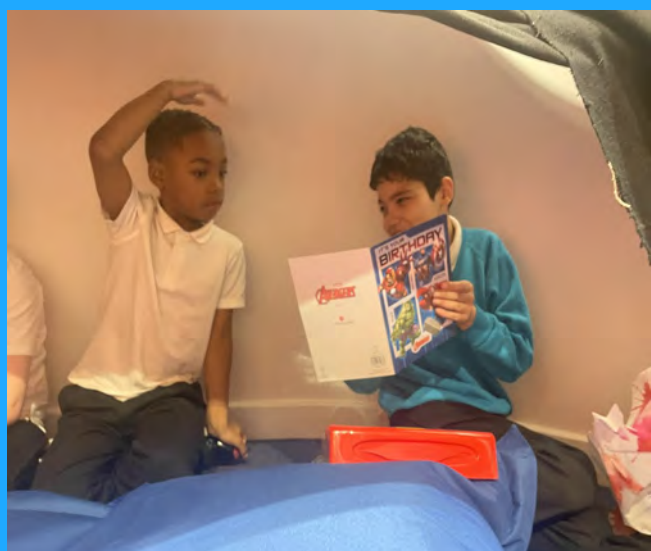
The Lynx began this year by looking at differences and links between physical and mental health and then moved on to learn about healthy relationships and consent. They have recapped what they learnt last year about contraception and have given advice to fictional scenarios regarding types of contraception. They have recently discussed how people's actions can affect others and where people can access help for various problems.

The Pumas have learnt about democracy in the UK and compared this to dictatorships in other parts of the world. They have since moved on to look at healthy / unhealthy relationship behaviours and the importance of consent. Members of the Pumas have been working hard to get on as a group and I have been very happy to see them helping each other more in lessons. Some of this group have also begun to study harder for their upcoming GCSE in Citizenship and will be completing an Active Citizenship project.

Lastly, but by no means least, the Lions group have been working hard towards their Citizenship GCSE. In January they learnt about the history and geography of the UK and how migration has had an impact on the country. They have since begun to plan their Active Citizenship project, ready to develop something to help their local community, which they will evaluate during their GCSE exam in May.



# BOWDEN PRIMARY



Sapphire class visited the Natural History Museum to further their learning of this half term's topic, 'Extreme Earth'. They learnt about what grows and lives in and around volcanoes, and what it feels like to experience an earthquake. In school, Akeem in Ruby class made a volcano and used vinegar and baking soda to make it erupt!

Things have stepped up a gear at the farm; the pupils have been given the responsibility of completing health checks on some of the animals. So far they have checked chickens and ferrets and can confirm they all had a full bill of health! They've also demonstrated their communication skills when working alongside other farm volunteers.

# WE CAN DO HARD THINGS

# LIME

Lime Group have enjoyed a fun-filled term full of different activities! As the nights have slowly started to get lighter, the boys have taken advantage of playing football on the field – a fab activity that sees boys from all groups join together to play a great game of football.

Lime Group have also enjoyed after school clubs like cooking and yoga. Scouts continues to be popular – along with our current Scouts, a couple of boys joined at the beginning of the year and they have been thoroughly enjoying their time there.

This term Lime Group enjoyed a trip to Pizza Pilgrims, a new experience for all. The boys loved playing football on the indoor pitch, and eating pizza – all in one place! The boys have seen several new film releases at the cinema and had fun bowling and playing laser quest. Swimming at The Triangle continues to be one of the Lime Group favourites and Jumpin Inflatable Park was a fun and exciting activity that all the boys enjoyed!

Lime Group have welcomed a new student this term – Luca. Luca has started to settle in well and made a great start to his Bowden House journey. The current Lime boys have been very welcoming and friendly.

During the industrial action that took place this term, the boys enjoyed a couple of days out in London with the staff. They watched 65 at the cinema, took part in an Ikea Treasure Hunt and bounced around Jumpin Inflatable Park.

Lime Group staff wish all the boys a wonderful Easter break, and we look forward to welcoming everyone back after the holiday!

## RESIDENTIAL LIFE....



# ACE, ADVENTURE & SPORT



The 'cabin' fire



Don't let it go out...



The perfect hot chocolate



What!



How high?



Woodfired Pizza!



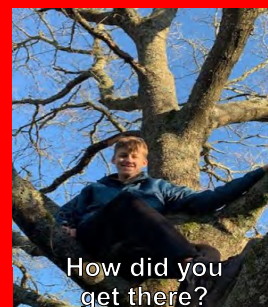
Fun takes many forms!



Outdoor cooking



Helping the environment



How did you get there?



Peak challenge - No problem!



Top of the World!



Faster than it looks!



The Adventure Centre for Education (ACE) team would like to congratulate all students that have successfully completed a huge range of SIs this term. The adventures you had (in wintery conditions) showed clear development in team building, mountain biking, hill walking, orienteering, beach school and swimming survival. ACE SI's are all now all on 'View' so parents can see the progress you are making on each adventure!

The ACE team would like to congratulate the 25 students (yes 25- you are reading this correctly) on completing the accredited AQA Swimming Survival course. To complete this course, students needed to demonstrate a range of skills including the retrieval of sunken objects, treading water, safe entry, underwater swimming and a 50 meter stamina swim. A special mention to Casper who treaded water for 6 minutes (a new school record) and also to Frankie who showed excellent determination during the stamina swim!

It is worth recognising that students completing this course would not have done so without a 'can do' attitude and putting into practice what they have already learnt from previous ACE swimming lessons. Your certificates are in the post!

Another mention to Rhys and Bret who completed a 35km bike ride from Seaford to Lewes. Again, achievements like this can only be done with the correct attitude so very well done!

On a final note for our students, please have a look at our careers poster that shows you just how many career opportunities there are in a subject that you clearly all enjoy! The ACE team are happy to personally discuss any of these careers with you and point you in the right direction.

Another great term with lots of smiles and clear progression. On behalf of the ACE team, have a great Easter and see you for more adventures.... hopefully in the sun!

# EXPRESSIVE ARTS



**AN EXCITING  
NEW MULTIMEDIA EXPERIENCE  
IS BEING CREATED BY OUR STUDENTS  
IN THEIR EXPRESSIVE ARTS LESSONS  
KEEP YOUR EYES AND EARS PEELED  
AS BOW MEDIA IS JUST  
A FEW CLICKS AWAY!**

# FOOD TECHNOLOGY



Not a day goes by without students or staff chasing the delicious scent of cooking around the school corridors! We've had a wonderful term in Food Technology with students preparing a wide variety of dishes.

We've seen lots of the 'old favourites' - cookies, cakes, pancakes, chicken wings and the like. Some of the students have been putting their increasing skills to the test by being a little more adventurous and creating their own dishes.

As always students have been very generous in sharing their creations with their peers and staff. The students attitude to learning has been exemplary in Food Tech and this has been reflected in the number of students who have been awarded their 'prize' Personalised Chef Jackets - Well done everyone.

We look forward to welcoming you back after the Easter break when we will be cooking around the world.

## YOGA

Yoga club has been popular this term with many boys coming after school on Thursdays to practise with Jane. If you haven't already tried it why not come along next term?

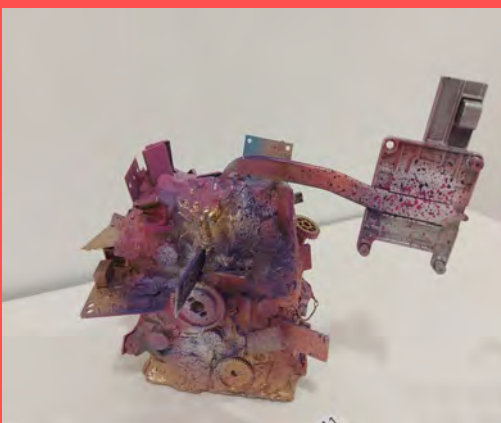
Yoga can help to:

- Develop your strength, balance and flexibility
- Help reduce your anxiety and stress
- Help you to control your emotions and behaviour
- Improve your academic performance?



# ART & DESIGN SHOW 2023





# PURPLE

Life in Purple Group started off with a bang this term. Why? Because all their hard work before Christmas break paid off and won them the House Trophy! And the Purple Team are incredibly proud! What an amazing start to 2023 and for the new term. With this incredibly positive start only came more great evenings, all the boys hard work to get that trophy earned them a new games corner with a fancy PS5 as a reward for how well they are doing.

The boys have enjoyed a multitude of activities this term. Some were old favourites like football in the sports hall which our boys are showing incredible talent in, as well as this they have been swimming, bowling, rock climbing, 'Jumpin' and ice skating so they've been a very busy bunch. Some of the new activities included; Raceways: Electric toy car-racing arcade in Brighton, and Pizza Pilgrims - indoor football pitch, which has definitely become a firm favourite.

This term we welcomed a new student, Tommy, into the group who has settled in well, and it's no surprise that the boys in Purple have made his transition into a new group and a new school nice and welcoming.

In addition to all the positive things that have been happening in Purple this term, we've also had a few of our boys doing us proud in the community who have joined outside clubs. Jonathan and Blake have been doing exceptionally well in Scouts and we love hearing about all the progress that they are making. Furthermore Bradley has just re-joined Cadets and we look forward to hearing about all the amazing accomplishments he's going to achieve.

If this term is anything to go by then we are sure that the rest of the year is going to be amazing! We hope that the boys enjoy Their well-earned time off and we look forward to seeing them again after the break.

Purple Group Staff

## RESIDENTIAL LIFE....



# ART & DESIGN



As the clocks change and the evenings lengthen, the sun is streaming through the Art room windows to reveal a treasure trove of artistic majesty!

The Bobcats have been creating wonderful 'Pop Art'. The Leopards and Tigers are basing their work on the theme of 'Street Art' including some wonderful graffiti.

The Lynxes have been focussing on Animal art using different media and the Pumas have been creating wonderful sculptures.

Our year 11 groups have been finalising their GCSE portfolios, with Lenney producing textiles, Karter working on landscapes, Cameron using computers for inspiration, Johnie with a basketball theme, Jayden looking at fashion brand 'Under Armour', Joshua considering War and finally Kian working with Layers!

# PHYSICAL EDUCATION



This term at Bowden house school in PE students have focused on Parkour, volleyball and cricket. Alongside this students have been working on team building exercises and individual leadership targets. As a school we competed in three Brighton and Hove Albion football tournaments, winning two!

Students have achieved a range of SIs this term based on tactics and leadership roles. All the learning is differentiated to allow students the maximum opportunity to achieve.

In Key Stage 4 the students are working towards their GCSE knowledge so we have been focusing on theory exam preparation and skill specific areas. Our year 11 group completed their practical PE moderation in mid March. The boys were observed by an external examiner, across a range of sports. For the final football moderation the year 11s were supported by students from years 9 and 10 to facilitate a competitive match. All students preformed brilliantly and the year 11 group exceeded our expectations - Well done Boys!



In topic this term we have been learning about natural disasters, focusing on the 2004 Boxing Day tsunami and earthquake and how earthquakes form. We have also investigated why volcanos erupt and the layers of the earth.

The Bobcats had a lovely time creating the biggest explosion they could with the volcano.



# TOPIC

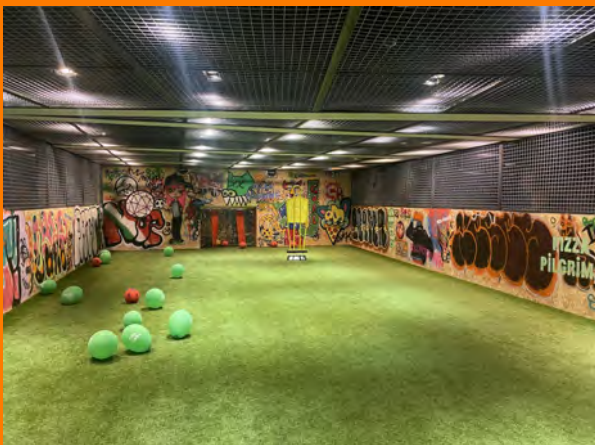
# BLUE

Students have enjoyed an array of activities including a local escape room, various cinema trips, swimming and playing football in Pizza Pilgrims Brighton underground basement. A trip to watch the Guildford Flames, Ice Hockey team take on the Coventry Blaze and another trip to see the London Lions. This time playing a Eurocup game against Greek team, Promitheas Patras.

We are all looking forward to a well earned Easter Break, and look forward to the boys returning in a few weeks when we will continue with a refreshed programme of events and are looking forward to spending more time outdoors as the weather (hopefully improves)

Team Blue.

## RESIDENTIAL LIFE....



# ENGLISH

It might just be because I'm getting old(!) but it seems like this term has flown by, in the blink of an ageing eye?! The Bowden boys have risen above the challenges of repeated and unavoidable disruption to produce some excellent work in their English lessons; there have been some incredible highlights worth sharing.

The Tigers, led by Miss Grace, learned all about the plot of Macbeth. They enthusiastically participated in "costumed re-enactments" before progressing to analysing extracts from the text (taking some of the challenges that Shakespearean language can bring in their stride!)

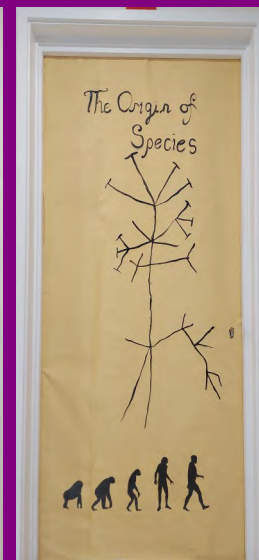
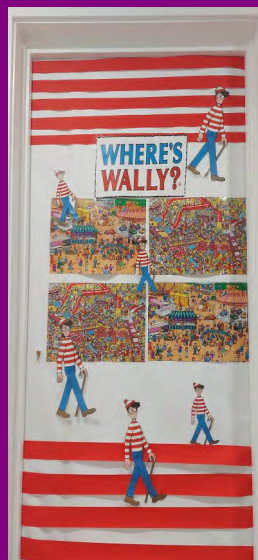
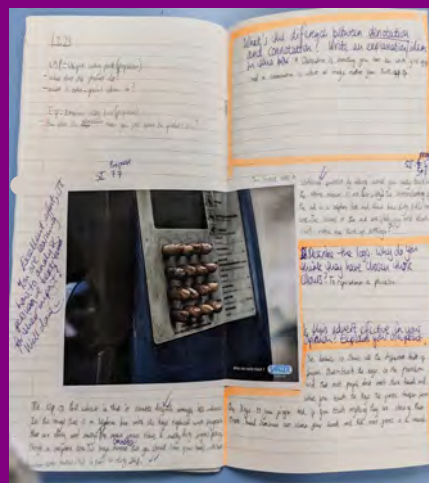
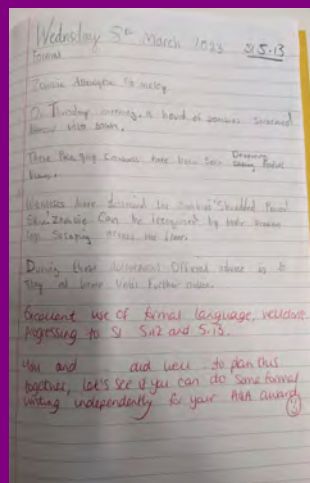
The Leopards (and Tigers) have begun to explore different types of media, focusing in particular on how print ads are written and organised. Students are becoming adept at recognising particular persuasive language techniques and discussing their potential impact on target audiences. We are looking forward to moving onto being able to create our own examples.

The Lynxes (with Miss Bastock) have begun to immerse themselves in the horror of apocalypse! They are reading Darren Shan's gripping "Zom-B" alongside learning how to write examples of informal and formal texts.

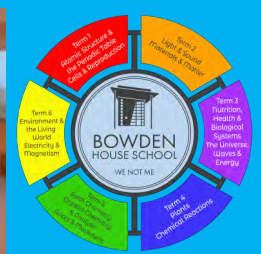
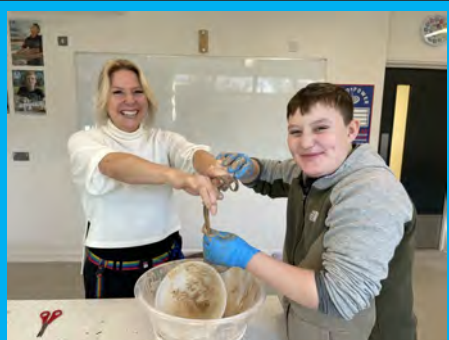
As the prospect of exams loom large on the horizon, Year 11 preparations are fully underway – at times, I have been very impressed by their resilience and determination.

The last week of term saw the annual 'Bowden House Art Show' - and provided an opportunity to add a dash of English by way of a Book Fayre. In homage to World Book Day, we artistically decorated our classroom doors with images from our favourite books!

The Bowden English Team wish you a restful Easter break.



# SCIENCE



It has been an exciting couple of months in the science department. Students have been learning about nutrition, health, biological systems, the universe, waves and energy, plants and chemical reactions.

We have been able to celebrate many students achieving value added stickers (learning above their target levels).

The year 11s have been working hard in preparation for their upcoming exams, practicing exam questions and surprising themselves with their ability to do some advanced work in chemistry.

As ever in science, there have been lots of reactions, explosions and discoveries, from making fake poo to model the digestive system to writing chemical equations for the reactions of metals and finding out that some metals make a big bang when you mix them with water.

## Science quiz:

Which of the following metals would not be a suitable material to make a water bottle from?

- A) Steel
- B) Sodium
- C) Copper

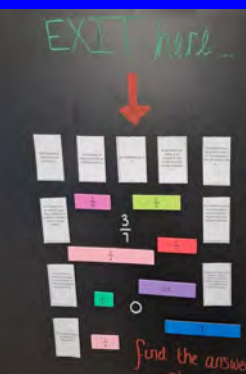
The first 5 students who find Mr Wells or Ms Tuppen and give the correct answer with an explanation will each receive 100 bonus epraise points

	Girls	Boys	Total
Adults	13	32	45
Children	6	9	15
total	19	41	60

	Girls	Boys	Total
Adults	19	15	34
Children	18	20	38
total	37	35	72

	Girls	Boys	Total
Adults	13	32	45
Children	6	9	15
total	19	41	60

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This term the Year 8 to 11s have been looking at Statistics, different types of graphs; how to read and interpret them, use information from the graphs to solve problems and creating our own. This topic has required students to draw knowledge from other topic areas to help them with their graph work. The graphs we have been looking at this term have allowed the students to access stage 10 (GCSE level) learning.

The Bobcats have completed lots SIs this term. They have covered tally charts, pictograms and Co-ordinates as well as telling the time and converting between analogue and digital.

The maths department is very proud of all the hard work the students have put in this term!

# MATHS

# HELP & SUPPORT

Please see below for details of help and support services. Sometimes we may need help, support or guidance from a range of services or professionals. If you do need support and are not quite sure where to go or who to ask, the services below may be able to help. If you are unsure please contact us at school and we may be able to advise or direct you to the appropriate support.

## Drinkaware

[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

UK charity with information about alcohol and effects

## NHS Choices

[www.nhs.uk](http://www.nhs.uk)

Factual information about lots of medical conditions.  
111 is a helpline to speak to a medical professional

## Family Planning Association (FPA)

[www.fpa.org.uk](http://www.fpa.org.uk)

Information about sexual health and contraception

## Shelter

[www.shelter.org.uk](http://www.shelter.org.uk)

Advice about homelessness and housing issues. Phoneline  
0808 800 4444.

## Frank

[www.talktofrank.com](http://www.talktofrank.com)

Confidential advice about drugs. Phoneline open 24 hours  
0800 776 600

## TheSite

[www.thesite.org](http://www.thesite.org)

Online guide for 16-25 years olds. Support for everything  
from exam stress to debt and drugs.

## Get Connected

[www.getconnected.org.uk](http://www.getconnected.org.uk)

Helpline for lots of different problems

## BeatBullying

[www.beatbullying.org](http://www.beatbullying.org)

Help and support from other young people if you are  
being bullied

## Childline

[www.childline.org.uk](http://www.childline.org.uk)

Private and confidential support for young people up to  
age 19. Phoneline 0800 1111

## CALM

<https://www.thecalmzone.net/>

Campaign against living miserably gives support to prevent  
male suicide. Anonymous and confidential.  
Phoneline 0800 58 58 58

## The Hideout

[www.thehideout.org.uk](http://www.thehideout.org.uk)

Help to understand more about  
domestic abuse

## EACH

<https://each.education/>

Each is a charity for people affected by  
homophobia and transphobia

## CEOP

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

The Child Exploitation and Online Protection Centre - help for  
young people who have been made to take part in sexual activity

## Samaritans

<https://www.samaritans.org/>

The Samaritans have people you can speak to to talk  
about any problems you want to discuss. Phoneline 116 123

## UK Safer Internet Centre

<https://saferinternet.org.uk/>

Help and advice to stay safe online

## Crimestoppers

<https://crimestoppers-uk.org/>

You can anonymously report a crime online or by phone  
0800 555 111.

The **EASTER Break** is from  
**Monday 3rd April to Friday 14th April 2023**

**Students will return on Monday 17th April 2023**

**London Students will be collected at Southern Gorge  
at approximately 9.00am**

**Local students and out of borough taxi students  
are required to arrive at school at 11.00am**

All details of return pick up times / transport will be  
communicated via School Ping and by letter or phone call.



# KEY DATES AND NUMBERS

**Main Office - 01323 893138**  
**8.30am - 5.00pm Monday**  
**Thursday / 8.30am - 4.00pm Friday**

**Evening Care Contact Numbers**

**Seniors Emergency Contact - 01323 875209**  
**Lime Group – 01323 875202 / 875205 (Evenings only)**  
**Purple – 01323 875201 / 875207 (Evenings only)**  
**Blue – 01323 875204 / 875208 (Evenings only)**  
**Post 16 - 01323 875206 (Evenings only)**

**\*\*Please note you will hear an engaged tone if these phones are in use\*\***

## **Escort Contacts**

**Escort phones are on Monday's 6am-9am / Friday's 12pm- 3.30pm**

**Escort Mobile Numbers: 07395 832999 or 07850 773780 or 07803 147443**

## **Email Contacts**

**Main Office - [office@bowdenhouse.towerhamlets.sch.uk](mailto:office@bowdenhouse.towerhamlets.sch.uk)**

**Student and Family Co-ordinator - [eanderton@bowdenhouse.towerhamlets.sch.uk](mailto:eanderton@bowdenhouse.towerhamlets.sch.uk)**

WORK FOR A CAUSE  
NOT FOR APPLAUSE  
LIVE LIFE TO EXPRESS  
NOT IMPRESS  
DON'T STRIVE  
TO MAKE YOUR  
PRESENCE NOTICED  
JUST MAKE YOUR  
ABSENCE FELT



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[ADMIN@BOWDENHOUSE.TOWERHAMLETS.SCH.UK](mailto:ADMIN@BOWDENHOUSE.TOWERHAMLETS.SCH.UK)