Information Sessions

Parent Information Sessions
On Thursday 18th November we had a very successful session on Health and Wellbeing where parents were able to discuss health issues such as chronic illnesses caused by one’s diet. They were made aware of the importance of eating well balanced meals and how to encourage their children to become healthy eaters.

Year 7 Transition Workshops
During October our Year 7 parents were invited to a number of Transition workshops run by the LBTH Parental Engagement Team. These focused on giving information about the school day, planners, protocol around who to contact at school. They met the form teachers, the Head, the Attendance Welfare Officer, P. L. Nichols, the School Nurse, the social worker and learning mentors.

Year 10/11 GCSE
The whole of Year 10 and 11 parents were invited to a number of sessions where they were given information on how to support their daughters throughout their GCSE courses. They were empowered to support their daughters to succeed and discussed various intervention processes, coursework calendars were also distributed.

The Future
The following Adult Learning classes will continue in the New Year week beginning 4th January 2010:
- Keep Fit
- ICT
- Confidence Building / Interviewing Skills through Drama
- Yoga
- Cooking
- Men’s Badminton
- Men’s Football, Arabic (after school)
- Fruit Carving (after school)
- Food Hygiene
- Strengthening Families, Strengthening Communities.

Please complete the enclosed enrolment form if you would like to join any of the above courses. Forms should be returned to Mulberry School main reception as soon as possible.

New Courses
- KSUUL “Black to Work” classes will be every Wednesday and Friday starting on 20th January 2010. Also Numeracy and Literacy courses for women will start in February 2010. A course in Managing Money will also take place. In addition there will be a men only Maths class leading to GCSE Maths every Monday 2.00 – 3.00 pm.

Contact us:
Please contact Sabina Khan
skhan@mulberry.towerhamlets.sch.uk
07983666730
penncyc@mulberry.towerhamlets.sch.uk
kstevenson@mulberry.towerhamlets.sch.uk
School: 020 7790 6327
Richard Street
Commercial Road
London E1 2JP

Mulberry School for Girls is committed to working with parents and the local community. We recognise how important you are in the life of the school and the success of our students.

The purpose of our newsletter is to let you know about the Community activities which took place at Mulberry School between September and December 2009 and to give you information regarding the adult classes taking place from January 2010.

Lantern Parade
The four schools in the ELC collaboration, St Paul’s, Chapla, Bigland and Mulberry, joined forces to make special lanterns through Family Learning classes. These were then wired and lit on Friday 20th November when all the families involved got together creating a wonderful procession starting from Mulberry and culminating at Swedenborg Park where an exciting firework display took place. We were accompanied by a group of musicians and escorted by the police. It was a wonderful experience and particularly moving to see the community unite in this celebration.
Celebrations and Trips

Eid Celebration
We had our very first Mulberry Community Eid Party on Wednesday 2nd December 2009. This was a great success. Even though it was raining more than 140 people turned up to celebrate this very special event. Mothers with their Mulberry daughters and other children as well as our staff attended. The face painter kept the youngsters happily entertained with delightful designs; while Jahanara Isegum kept us all enthralled with her beautiful singing. One mother, Sahra Ibrahim and two Year 11 pupils, Afshan Khatun and Rujina Yasmin, shared their experiences and views about what Eid means to them. The families enjoyed the delicious food and refreshments which were provided by Tesco.

English Literature Theatre trip
A group of A level Literature students and their mothers attended the acclaimed Othello play at Trafalgar Studios on 12th November where they saw Lenny Henry take on the leading role. Although the Shakespearean language was difficult to understand for some mothers, they persevered, got inside the storyline and enjoyed the whole experience.

GCSE Dance trips
During this autumn term the parents together with the students of the GCSE Dance groups were invited to attend two very special performances at Sadlers Wells Theatre. The first was on 25th September to see Akram Khan while the second on 8th October was to see Usfiet Kambert. Both were spectacular performances. Shaha Jamal Ali who accompanied his daughter in Year 10 said “It was a very special and enjoyable experience attending with my daughter. It was comforting to know what kind of dance she is performing at school.”

Residential trip for Mothers and Daughters
A group of Year 11 students and their mothers were invited to attend a weekend at Arethusa Outdoor Activity centre in Kent on Friday 9th to Sunday 11th October. They all joined in various activities, such as team building, archery, rock climbing, raft making and boat riding. On the last night everyone gathered round a bonfire telling stories and enjoying each other’s company.

Adult Learning Activities
This autumn we have had a number of self expression and Creative Adult Learning classes. These were Embroidery, Silk and Glass Painting, Cooking and Fruit carving classes. These enabled our parents to discover their creative skills and produce beautiful pieces.

Five parents whose skills in jewellery making have developed over the last year under the guidance of Claire Hart, have produced many high quality items which have been sold in aid of Children in Need. They have raised over £300. We are hoping that they will be able to start their business enterprise in the New Year. Other classes that continued were Arabic, Food Hygiene, ICT, Keep Fit, Yoga and Men’s Badminton.

Strengthening Families, Strengthening Communities, a 13 week accredited course, run by our very own Sabina Khan and Sudha Solaiman. The course aimed to address the needs of our parents through five curriculum areas: Cultural/Spiritual; Enhancing Relationships/ Violence Prevention; Positive Discipline; Rites of Passage; and Community Involvement. These enable our parents and their children to develop strong ethnic/cultural roots, life skills and positive parent-child relationships. Hukhsana Amer said “I have enjoyed this very much. It has helped me to understand children and teenagers and become a better parent through listening, creating boundaries and dealing with temperamental children. I wish I had done this many years ago. Thank you Mulberry for such a great opportunity.”

Signe Henriot-Larkins has been delivering a 6 week course on Confidence Building and Interviewing Skills through Drama. The mothers have enjoyed these sessions and have grown in confidence. They now feel that they know how to present themselves and communicate with the outside agencies. One said that “It has taught me to present myself in a confident manner and project my voice in order to be heard. This has helped me through an interview at the Koyal London Hospital where I have been offered a job as a volunteer in the outpatient department. I want to thank Mulberry school for providing such opportunities for us.”

Volunteering in your Child’s School is a ten week accredited course run by the Parental Engagement team which has been very successful. Ten mothers have been attending regularly learning different skills culminating in ten hours of Work Experience within our school. Huhul Zannat said “The course is very enjoyable. It has given me the opportunity to meet other mothers and share experiences. It has provided an insight into school life enabling me to learn about the curriculum. I highly recommend it. Thank you.”

Nabeela Islam 11L said “We had a thoroughly productive and enjoyable weekend. I enjoyed spending quality time with my mum which is normally quite difficult as I have many brothers and sisters. I particularly enjoyed being with all the other parents and the place had a warm and welcoming atmosphere.”