The clothes making course offered to parents of Mulberry School for Girls, in collaboration with New City College, has received great appreciation and enthusiasm. Following the success of the course last year, it was made available to parents again this year due to popular demand.

During the autumn term, more than 16 enthusiastic learners regularly attended the course. The course focuses on creating a body block pattern that fits individual sizes. Participants learn the correct method of taking body measurements and using them to create a pattern. They also gain knowledge about darts and how to incorporate them into garments. The course allows parents to personalize their garments by choosing different styles of necklines and sleeves.

The feedback from parents who participated in the course has been overwhelmingly positive. They have gained confidence in their sewing skills and some are even eager to use the garments they made as samples for future projects, including creating clothing for themselves, their families, and friends.

In addition to enhancing their garment-making abilities, parents have also developed numerical skills and further improved their social and interpersonal skills through the course.

The success of the clothes' making course has motivated some learners to pursue further education in this field. As a result, they have decided to attend New City College to undertake an advanced course in clothes making.
Coffee Mornings

Coffee mornings at Mulberry School for Girls have proven to be an effective platform for parents to connect with each other in a relaxed setting and gain more insight into the school’s offerings.

During the autumn term coffee mornings, the focus was on welcoming new Year 7 parents, introducing the schools home-school communication tool called Edulink, and initiating discussions on mental health. Parents were provided with a comprehensive overview of its features and benefits of Edulink and were encouraged to utilize Edulink to stay informed about their child’s progress.

The November coffee morning centered around mental health, acknowledging its fundamental importance in overall well-being. To address this topic, the school invited an NHS facilitator to meet and engage with parents, discussing mental health and well-being. The session covered different types of mental health concerns and how they can arise at any stage of life. Parents actively participated in the session, asking numerous questions that were documented and further discussed during the coffee morning. The session provided parents with a better understanding of various mental health issues and the associated symptoms. Parents expressed their satisfaction with the information received and showed enthusiasm for future sessions. As the summer exam season approached, the school conducted workshops on stress and anxiety, which was beneficial for parents in supporting their children during the challenging period of examination.

Coffee morning in December was a winter gathering party. It was organized to celebrate the hard work of parents and highlight the strong partnership between the school and its families. During the Winter Gathering Party, the atmosphere was festive and joyful. A total of 25 parents engaged in various activities and socialize with one another. Traditional dishes from different cultures, including Pakistani, Somali, Moroccan, and Bangladeshi, were served, showcasing the diversity and richness of the school community. As part of the celebration, a group of parents performed a choreographed dance, demonstrating their skills and the progress they had made from their Dance class which they attended as part of adult learning. The Winter Gathering Party coffee morning served as a reminder of the strong bond between the school and its parent community, fostering a positive and supportive environment for all involved.

We are pleased to share parent feedback below:

“The party has really built my confidence, and my anxiety and depression were so far away from me. This term I have really enjoyed dance, yoga and massage classes; they forced me to get out the house and I have seen a difference of my health, I feel happier at home and my relationship with my family has also improved. I suffered postpartum depression but after this term, I have seen a lot of positive change in myself. The confidence to even dance at the party was something else! This really means a lot to me and I really hope we can carry this on next year.”

During the spring half term, alongside the launch of Mulberry Production Arts Academy, a coffee morning was hosted to get parents’ perspective on current and future arts projects in the school and the trust. One of the key projects parents valued most was working together on plays and performing on stage. We are really pleased to have received all the feedback from parents and shall be taking this on board when planning future Arts projects at the school.

Spring saw the coffee morning which held the celebration of Eid. The anticipation and joy were palpable as everyone came together to mark this auspicious occasion. A highlight of the celebration was the delectable array of food brought in by both parents and carers. It was a delightful opportunity to savour the flavours of different cultures and experience the rich diversity within our community. Beyond the culinary delights, the Eid celebration fostered a sense of togetherness and warmth. Parents, learners, and staff alike came together to exchange greetings, share stories, and deepen connections. The atmosphere was filled with laughter, joy, and a shared sense of gratitude for the blessings of Eid.
The learners in our dance class had the exciting opportunity to showcase a selection of dance sequences they had learned during their classes. The performance proved to be a transformative experience for both the learners and their parents in attendance. As the learners took the stage, their confidence and self-esteem radiated through their movements, captivating the audience. The display of talent and dedication inspired many parents who had not previously considered enrolling their children in dance classes.

This event not only celebrated the learners’ accomplishments but also highlighted the positive impact of arts education on personal growth, self-expression, and self-confidence. By providing a platform for learners to showcase their talents and for parents to witness the transformative effects of dance, we fostered a sense of community and promoted the importance of arts education in nurturing the holistic development of children.

Moving forward, we anticipate continued interest and growth in our dance class, as more parents recognize the value of providing their children with the opportunity to explore and express themselves through dance. The showcase served as a testament to the power of the arts in enhancing self-esteem, fostering creativity, and creating a supportive and inclusive environment for children to thrive.

One parent said:

“I cannot thank Mulberry enough for the various activities they offer to our families as this really helps us with our wellbeing, many of are going through different issues at home and Mulberry is the outlet for us to be ourself.”

Overall, the Eid celebration was a vibrant and heart-warming event that embraced the diversity of our community and emphasized the shared values of unity and togetherness. It served as a reminder of the beauty of different cultures coming together to create a harmonious and inclusive environment.

Families attend England Vs India cricket match

On September 24, 2022, Mulberry School for Girls organized a family trip to Lords Cricket Ground, to watch a women’s cricket match between England and India. A total of 25 pupils and parents participated in this trip, and for many, it was their first experience of witnessing live cricket. The event provided an opportunity for families to engage with each other, enjoy the match, and learn about the sport’s rules.

The atmosphere at the arena was incredible, characterized by liveliness and fun. Various activities were available for families to enjoy, including face painting, henna painting, and interactive games. These activities encouraged interaction and participation among families, fostering a sense of camaraderie and enjoyment. The start of the game was marked by a grand entrance featuring five women playing Indian drums. This vibrant display created a buzz in the arena, further enhancing the energetic atmosphere. The music and excitement inspired both the crowd and Mulberry School’s families to dance and immerse themselves in the ecstatic vibe of the event. The family trip to Lords provided a memorable experience for the attendees, giving them the chance to bond, learn, and enjoy a live cricket match together. Such outings contribute to the school’s commitment to fostering a strong partnership with families and creating opportunities for shared experiences that extend beyond the classroom.

Below are some quotes from parents about their experience:

“My daughter and I had a fantastic time at the women’s cricket over the weekend. It was our first time at Lord’s and first watching a proper cricket match – we really enjoyed the experience. Who knew it would be so exciting and nail-biting experience!”
Cake decorating has reached new heights among our parents this term. Not only have they learned to bake and decorate cakes, but they have also acquired intricate techniques such as icing, embossing, lace icing, and food colouring painting. The results they have achieved are truly astonishing, as evidenced by the amazing designs, cupcakes, and biscuits showcased in the picture below. The level of artistic creativity displayed by our parents is worthy of recognition and celebration. Each piece they produce is a testament to their care, attention to detail, and sheer talent, elevating them to the realm of art.

We are delighted to share that a few of our parents are now launching online businesses, specializing in selling biscuits, cakes, and savoury food. It brings us immense joy to see how the skills they developed through our workshops are proving invaluable for their future ventures. Their dedication to honing their craft has not only enriched their artistic abilities but has also equipped them with the tools to embark on this exciting new chapter.

The Aerobics classes have always been immensely popular among our parents, and once again, they proved to be a hit during the autumn term. The women’s aerobics classes were scheduled separately on different days, accommodating the busy schedules of our participants. With a total of 38 parents in attendance, the classes were led by a dedicated instructor who guided them through invigorating workouts. These classes have not only encouraged our parents to become more physically active but have also fostered a sense of camaraderie and motivation. Our instructor’s unwavering commitment to uplifting and empowering everyone is truly commendable. She consistently transmits positive energy, inspiring each participant to push their boundaries and achieve their personal best.

Through a combination of regular exercise and dietary improvements, parents and carers have witnessed significant improvements in their overall health. This transformation has not only positively affected them but has also influenced their family members, creating a ripple effect of well-being and healthy lifestyle choices.
Essential digital IT – Basic Level

Our Essential Digital IT class has achieved remarkable success this year. Throughout the previous academic year, the majority of our participants successfully passed Level 1 IT course and subsequently embarked on further qualifications in IT at New City College.

We witnessed dedicated learners who attended the IT class regularly each week, eagerly acquire new skills in the Microsoft Office package, encompassing word processing software, online search techniques, as well as secure online shopping practices. Our program also emphasizes the importance of online safety, and equips parents with the knowledge to navigate potential risks.

The dedication and commitment demonstrated by our parents in their pursuit of IT proficiency are truly commendable. We remain steadfast in our support, fostering an environment that encourages growth, skill development, and academic advancement. We look forward to witnessing the continued success of our parents as they embrace further studies and unlock new opportunities in the field of IT.

Emotional First Aid

Mulberry School for Girls offers an invaluable course called Emotional First Aid to our parents. Every term, this course is made available to all parents, and we also extend invitations to those who may benefit from additional support. The primary aim of this course is to promote emotional health and well-being among parents by providing them with essential tools and insights.

Through the Emotional First Aid course, parents gain a deeper understanding of how their own emotions and stress levels can impact their family life and parenting journey. They learn to recognize the symptoms of anxiety within themselves and explore effective strategies to manage and support their own mental health, as well as that of their family members.

One of the key focuses of the course is equipping parents with the knowledge and skills to identify the factors that can contribute to anxiety or distress in children and young people. Armed with this understanding, parents are empowered to implement strategies and provide vital support both at home and within the school environment.

At Mulberry School for Girls, we recognize the importance of promoting emotional health and well-being among our parents. Through initiatives such as the Emotional First Aid course, we aim to provide valuable support and empower parents to create a positive and nurturing environment for their families.

Feedback from a parent:

“Thank you, Mulberry, for arranging this course, it’s a great course which I feel everyone can benefit from, the facilitator was excellent”.

Badminton for men

We take great pride in the continuous growth of fathers participating in our program.

Among the various activities offered, badminton has gained significant popularity among fathers and male family members of our students. Throughout the year, we provided weekly badminton sessions exclusively for fathers. It brings us immense joy to witness the consistent attendance of fathers in these classes, as they prioritize their physical well-being and establish new connections within their social circles.
On October 17, 2022, a group of parents visited the Museum of London Docklands to commemorate Black History Month.

We were enthralled by the museum’s dedicated floor exploring black history, which provided a captivating and educational experience. The opportunity to learn from each other further enriched our visit, and we were particularly grateful for the insights shared by some of our Somali parents regarding their homeland. Their stories offered a deeper understanding of Somali culture and history, adding to the richness of our collective knowledge.

Healthy Family Programme

During the autumn term, a select group of parents actively participated in a five-week course known as the “Healthy Family Programme.” The primary objective of this program is to provide families with valuable insights into healthy meals, balanced portions, and physical fitness. By emphasizing the connection between healthy living and its impact on medical health, the programme aims to promote a healthier lifestyle overall.

Mulberry School for Girls successfully initiated this project for the first time and plans to continue running it in the upcoming term. The programme equips parents with knowledge that benefits the entire family. As part of the course, parents had the opportunity to hold replicas representing kilos of fat, which significantly enhanced their understanding of the relationship between fat, weight, and overall well-being.

Some feedback from our parents have been:

“Learning about portion sizes, 5 a day of fruit and veg, oral health, cooking a healthy meal, emotional well-being and learning about healthy swaps.”

“I have started walking everyday now, at least 30 minutes a day. I feel fitter and happier too! Learning about taking care of my emotional needs and Me time! & Quality family time with my family, I feel we have benefited in being a calmer and happier family”
In November 2022, during the Bangla season festival, Sabina Khan, Parent Liaison Officer and along with a group of parents, visited the Kobi Nazrul Centre in Brick Lane to attend an exhibition in which parents actively participated. This exhibition was curated by Loughborough University London as part of their Migrant Memory and the Postcolonial Imagination (MMPI) research project. The project aimed to explore the impact of the 1947 Partition of British India on South Asian communities in the UK, delving into their memories and post-memories of migration.

The MMPI project has maintained a close working relationship with Mulberry School for Girls over the past five years, particularly with Sabina Khan. Sabina, alongside MMPI doctoral researcher Julia Giese, organized numerous dance workshops for parents in collaboration with Dance Artist and Choreographer Kesha Raithatha. As part of this remarkable project, our parents enthusiastically participated in a ten-week Kathak Dance program and a five-week art class. During the art class, parents openly shared stories and memories related to the Partition events of 1947 and 1971. The project concluded with a “Food and Memory” segment, which later became an integral part of the exhibition.

The parents thoroughly enjoyed their involvement in this project as it resurfaced memories that had long been buried. It provided them with a platform to share stories they had not previously spoken about, boosting their confidence to share further narratives with their families, thereby shedding light on that significant period of history.

As an additional part of this project, parents also came together to prepare recipes that held significant personal connections to their memories of Bangladesh, childhood, migration, and family gatherings. The act of cooking and sharing these dishes, engaging the senses of taste and smell, played a vital role in evoking memories of Bangladesh and expressing the British Bangladeshi community’s identity through the culinary experience. Notably, images from these workshops are currently showcased at the Kobi Nazrul Centre as part of the Creative Memory exhibition.
ESOL Conversation

This year, we offered ESOL classes to our parents, aiming to foster their English language and literature skills.

We firmly believe that when parents are able to communicate confidently and engage in conversations in English, their self-assurance grows significantly. This initiative has become an integral part of our parents’ development journey, empowering them to gain confidence and flourish.

The course spanned ten weeks and witnessed maximum enrolment, with classes operating at full capacity. Many of our parents have experienced a noticeable improvement in their English-speaking abilities, allowing them to engage in dialogue with others more confidently than ever before. Furthermore, their writing skills have also shown remarkable progress. Upon completion of the ESOL course, our parents underwent an assessment, and those who successfully passed the Basic ESOL class were placed in an accredited course at the Entry Level 1. We are immensely proud of our learners’ unwavering dedication to learning and acknowledge the significant strides they have made in developing this vital skill.

Massage class

Throughout the year, and by popular demand, we offered massage class for our parents. One particular massage technique taught in the class was the Indian head massage. Originating from India, this beautifully traditional practice has garnered significant recognition and appeal in Western cultures. Its simplicity and portability make it accessible to anyone, allowing relaxation and holistic wellness to be experienced anytime and anywhere.

The parents enthusiastically embraced the opportunity to learn this new skill. Throughout the massage class, they acquired the knowledge and techniques to provide Indian head massages to one another, honing their skills and perfecting their techniques. The sense of excitement and fulfilment among the parents was palpable as they expanded their repertoire of therapeutic abilities.

“I gave my daughter the head massage as she was stressed with exam, it really helped to relax her, she was surprised how we were able to learn these technique”

“I gave my mum a massage, she said it was so good she offered me money”

Bag decorating

In the autumn term, in order to support parents of our new Year 7 students, we set up a bag decorating class which was only open to the parents of Year 7 students. This unique opportunity enabled parents to come together, get to know each other whilst learning a new skill. This course was exclusively designed for them to not only introduce them to our school’s ethos and values but also foster a sense of community among them.

Throughout the course, parents had the chance to learn various textiles embroidery techniques, involving both hand and machine stitching. Furthermore, they actively engaged in meaningful discussions with one another and our dedicated Parent Liaison Officer, Sabina Khan. Sabina’s regular presence in the course ensured that parents felt comfortable and had access to additional support tailored to the needs of our new Year 7 students’ parents. Responding to their requests, Sabina arranged a special tour and coffee morning, where parents had the opportunity to meet the Year Learning Coordinator, Transition Coordinator, and the Senior Leader in charge of Year 7. During this interactive session, parents connected with the pastoral team, asked questions, and gained a deeper understanding of the school’s functioning.

Here are some feedbacks from the bag decoration class:

“I have extremely enjoyed creating my bag, it was such pleasure to meet other parents. I have signed myself into many other courses and feel happy to come to them”
Wicked Theatre Trip

On Friday, December 2nd, the Family Learning team organized a memorable theatre trip to the Apollo Theatre in Victoria to watch the renowned musical, Wicked. A total of 11 families, comprising of mothers, fathers, sisters, and aunties, eagerly joined the group for an unforgettable night out in the dazzling world of West End theatre. The families included students from Year 7 to 10, and for many of them, this was their first experience of attending a West End production.

The musical, Wicked, received outstanding reviews from our parents, who thoroughly enjoyed the performance and the overall theatre experience. They were captivated by the exceptional lighting, sound, and the stellar performances on stage. The trip not only provided an opportunity to appreciate the magic of the musical, but also allowed our parents to create cherished memories with their loved ones.

During the journey to and from the theatre, our parents relished the breath-taking views of the city of London at night. The festive season added to the enchantment, with Christmas decorations adorning the streets, contributing to the joyous ambiance.

Celebrating 10 Years of Mulberry Bigland Green Centre: Reflecting on a Decade of Achievements

On Tuesday, 21st February, we joyfully celebrated the 10th anniversary of Mulberry Bigland Green Centre (MBGC). This milestone marked a decade of MBGC’s significant contributions to the success of our Family Learning service, which aims to support the families in our community and work together to enhance social mobility through education and shared experiences.

Mulberry’s journey into adult learning classes began 15 years ago, and with the establishment of MBGC, we were able to expand our offerings and provide a wider range of classes for families. Over the years, we have offered various creative courses, including production and performance of plays, as well as engaging projects in collaboration with the English National Opera. Moreover, MBGC has played a vital role in delivering childcare courses for over five years, empowering many attendees who are now gainfully employed.

To commemorate this remarkable journey, parents and learners were cordially invited to the 10 Year Celebration Tea Party. The event welcomed external providers and cherished friends of Mulberry, serving as a platform to showcase the accomplishments of our Family Learning service over the years. During the tea party, we delighted our guests with images highlighting the courses conducted before and after the establishment of MBGC.

Notably, our parents exhibited their exceptional baking and decorating skills by creating a professionally crafted cake for the tea party. The feedback received from other guests was not only uplifting but also incredibly motivational for our talented parents. It is gratifying to share that some of these parents have already launched their baking companies online, while others have gained confidence in pursuing similar endeavours. We wholeheartedly support their aspirations and applaud their achievements.
We are thrilled to share the success of the Brick Lane 1978 Exhibition, organized by the Four Corners Arts Centre in collaboration with Mulberry Bigland Green Centre (MBGC) which took place in the spring term. The primary aim of this exhibition was to educate our community, especially the younger generation, about the horrific racial events that occurred in the past and their impact on the BAME community, particularly the Bangladeshi community of Tower Hamlets (TH).

We are immensely grateful to Sabina Khan, who contributed to this project as a passionate volunteer for an impressive two and half years. Working closely with the Ethnic Minority Parent Association (EPA), Sabina played a pivotal role in bringing the exhibition to our school, trust, and wider community. We also extend our gratitude to Parul Hussain, a former Mulberry student and teacher of Mulberry School for Girls, who provided valuable support in delivering the exhibition. Both Sabina and Parul shared their personal experiences of that time, shedding light on the activism and advocacy work carried out by their fathers for equality and justice.

Every year group in the school (except Year 7), had the opportunity to visit the exhibition and gain insights into the historical events. Remarkably, some students even recognized their grandparents in the exhibited images. With a total of over 1,200 student visitors, along with 80 external visitors, including parents, and numerous school staff members, the exhibition made a profound impact on everyone involved. The students were deeply affected by witnessing the history of our beloved area, fostering a deeper understanding of its heritage.
Back to the future

We are delighted to announce that we successfully provided tickets to eleven families for a viewing of “Back to the Future” on March 15th at the Adelphi Theatre in Strand.

This captivating play was adapted from an 80s film, a favourite among many of our families who have enjoyed watching it with their children. The live stage production proved to be a special treat for them. The elaborate set design, along with the stunning props and lighting, created a truly mesmerizing experience. It was a memorable outing for our families, and for some, it marked their inaugural visit to a theatre. Mulberry is committed to offering these opportunities so that a wide range of our families can partake in and appreciate the arts.

Here is some feedback received from parents that attended:

“Thank you, Mulberry School and Sabina for organising the trip to watch ‘Back to the Future’ musical, it was an amazing experience! My daughter and I thoroughly enjoyed it as it was our first time to the theatre, so really appreciate Sabina for organising this. We had a great night out with the other parents and their daughters.”

“A Massive thanks to Mulberry from me and my daughter for asking us to come along, we had a fantastic time”

“My niece and I had an amazing time watching back to the Future at the theatres, the whole stage came to life and the experience was electrifying.”

Mental well-being workshop

On Tuesday May 16th, we conducted a mental well-being workshop that attracted a total of ten parents. The overarching goal of this particular workshop was to facilitate the identification and understanding of various feelings in children. By exploring thoughts, emotions, and behaviours, parents gained valuable insights into their children’s inner world. Equipped with this knowledge, they can now offer appropriate support and guidance in their children’s emotional journeys.

The workshop began with an engaging activity centred around thoughts, emotions, feelings, behaviour, and physical symptoms. Each group actively participated in this activity, providing answers and insights to thought-provoking quotes. These answers were then shared with the entire group, leading to further enriching discussions. Following this, the facilitator introduced a scenario-based activity. Various thoughts were written on pieces of paper and distributed among the groups, who were tasked with identifying associated feelings and providing solutions to effectively deal with those thoughts. This activity aimed to equip parents with the necessary tools to recognize and address the emotions experienced by their children, ultimately supporting their mental well-being.

It is worth noting that this workshop marked the third in a series of mental well-being workshops, each focusing on different issues. By offering a range of topics and strategies, we ensure that parents are equipped with a comprehensive set of tools to navigate daily life challenges. The workshops serve as a resource to empower parents, enabling them to provide vital support to their children’s mental health.

Here is a what a parent had to say after the workshop:

“The workshop helped me with tips and strategy to support my daughter at home with her exams and also how to deal with financial problems like bills and etc.”

“I will be sharing what I have learnt with my family and friends”.

We are pleased to share that the mental well-being workshop successfully provided parents with practical tools and insights to effectively recognize and address their children’s emotions. By continuing to offer such workshops, we empower parents to create an environment that prioritizes mental well-being and ensures the emotional growth and resilience of their children.
Trip to Leeds Castle

On May 25th, a group of parent learners from Mulberry School for Girls’ visited a historical castle. It was a delightful experience for the parents as they enjoyed immersing themselves in the castle’s rich history and exploring its beautiful grounds.

The highlight of the day was undoubtedly the maze, where everyone enthusiastically attempted to navigate its twists and turns. The challenge of finding the way out brought a sense of accomplishment when we finally succeeded. We also had the opportunity to observe a fascinating collection of owls in cages and witness an impressive bird show, which added to the excitement of the visit.

To add some extra fun to the day, both parents and Learners participated in an obstacle course in the playground. Divided into two teams, they engaged in friendly competition, fostering a sense of camaraderie and forming new friendships.

Overall, the attendees had an amazing day filled with enjoyable activities and memorable experiences.
Supporting Students Through Exams

The Parental Engagement team organized a workshop titled “Supporting Students Through Exams” with the aim of providing guidance to parents on how to effectively assist their children during the exam period. During the workshop, a comprehensive PowerPoint presentation was delivered, covering various aspects of exam preparation and techniques.

The team fostered an interactive environment where parents actively participated in discussions, sharing their own experiences and exchanging valuable tips and tools. The focus was on equipping parents with the knowledge and skills necessary to support their children’s learning, specifically in terms of effective revision strategies and exam techniques.

Through the workshop, parents gained insights into the importance of structured study schedules, creating conducive learning environments at home, and utilizing various learning resources. They also learned about effective time management techniques, stress management strategies, and ways to encourage healthy study habits in their children.

Furthermore, the workshop addressed the emotional support required by students during the exam period. The Parental Engagement team provided guidance on how parents can offer encouragement, reduce anxiety, and create a supportive atmosphere that fosters confidence and resilience in their children.

By facilitating this workshop, the Parental Engagement team aimed to empower parents with the necessary tools and knowledge to play an active role in their children’s academic success. The workshop not only provided practical advice but also served as a platform for parents to connect and learn from each other, fostering a sense of community and shared responsibility in supporting students through exams.

Frozen Musical

In the summer term, a group of 11 families, accompanied by three staff members, embarked on a family learning trip to the renowned “Theatre Royal Drury Lane” to watch the spectacular performance of “Frozen” at the West End. The play captivated everyone with its mesmerizing stage setup and enchanting costumes, intensifying the overall dramatic experience. Both the pupils and their families were thoroughly enthralled by the production, as it transported them to a magical world of imagination.

Attending a live theatre performance offers a unique and immersive experience that cannot be replicated elsewhere. It allows families to share a memorable outing together, creating lasting memories and fostering deeper connections. The shared excitement, laughter, and emotions experienced during the play create moments of shared joy and wonder that strengthen the parent-child relationship. Furthermore, these trips also provide a platform for families to engage in conversations about the performance, encouraging dialogue and the exchange of ideas.

These family learning trips have gained immense popularity among our school community. These trips not only provide entertainment and cultural enrichment but also play a crucial role in strengthening the bond between parents and children.

Overall, the combination of witnessing a spectacular play, the subsidization of tickets, and the opportunity for families to come together creates a truly enriching experience. These family learning trips not only ignite a sense of wonder and awe but also strengthen family relationships and cultivate a deeper appreciation for the arts.
On Monday 15th May, a one-off session called ‘Keeping children safe online’ was delivered to parents and careers. This session offered insights into the advantages and disadvantages of apps, social media, and the internet and covered a range of online issues that impact teenagers today. Topics such as inappropriate content, cyberbullying with statistics, online grooming, online pornography, and gaming were covered, which, although shocking to some parents, proved to be eye-opening and necessary for their understanding.

The facilitator offered practical suggestions on how parents could provide assistance, emphasizing the importance of fostering a strong parent-child relationship and establishing family agreements.

This knowledge empowered parents to take proactive measures to protect their children and guide them through the potential challenges they may encounter. Parents expressed their gratitude for the opportunity to learn about these issues, as it enabled them to better support their children in navigating the online world.

Overall, the session provided parents with vital knowledge and practical strategies to support their children in the digital age. By equipping them with a deeper understanding of online issues and the tools to address them, the session promoted a proactive and collaborative approach to parenting in the digital era.
**Strengthening Family Strengthening community**

During the summer term, Strengthening Families Strengthening Communities (SFSC) course took place. SFSC, is an inclusive evidence based parenting programme aimed to promote protective factors associated with good parenting and better outcomes for children.

Throughout the 13-week course, parents were given the opportunity to talk to trained professionals and learn practical tips and techniques to practice at home. These tips included ways to create a positive relationship between parents and their children. After completing the course, parents were awarded a certificate to acknowledge their achievement.

The course has been a great success, as it has provided parents with valuable knowledge and skills that they can use to improve their relationships with their children and strengthen their family unit. By doing so, it has also helped to strengthen the local community as a whole.

**Thames Barrier Park**

We are excited to share the wonderful experiences we had during an outing on 22 June, to Thames Barrier Park. A group of 20 enthusiastic parents joined us for a delightful day filled with picnics, exploration, and new adventures.

Thanks to the generous support of the Dockland Light Railway (DLR), we were provided with complimentary DLR tickets. The day began with a relaxing picnic at Thames Barrier Park, where parents shared stories about their journey with Mulberry adult learning and the positive impact it has had on their lives. It was truly heart-warming to hear how Mulberry has helped each individual build confidence, self-esteem, and pursue employment opportunities. The atmosphere was filled with encouragement and support as they celebrated their achievements and newfound ability to express themselves in public forums.

Food was shared among the group, fostering a sense of togetherness, while activities such as playing badminton and exploring the park created lasting memories. The picturesque lavender fields provided the perfect backdrop for capturing beautiful moments with friends.

One of the highlights of the day was the cable cart experience. For some parents, it was their first-time riding on the cable cart, and they absolutely loved it. They expressed their gratitude to Mulberry for introducing them to such a unique and exhilarating experience. Without Mulberry’s support, they would have never had the opportunity to try something so exciting.

We would like to extend a special thank you to all the parents who participated in this outing and shared their experiences. Your presence and positive energy made the day truly memorable. We appreciate your continued support and involvement in the Mulberry community.

As we move forward, to another year, we want to remember and cherish the power of unity and the strength we gain from supporting one another. Together, we can achieve great things.

**Attendance and Punctuality**

Throughout the year, we have successfully been able to maintain and attendance figure which has been significantly above the national average. However, Mulberry aims high, and in order to ensure students receive the world class education that is available to them, we wanted to ensure all students had as high attendance and punctuality as possible. We also wanted to highlight to parents the importance of both attendance and punctuality and the impact this has on overall outcome of students.

During the workshop, we presented statistical data that clearly illustrates the detrimental effects of irregular attendance on children’s academic development, as well as the impact of poor punctuality. We are pleased that parents who attended this workshop received this information and had the opportunity to ask questions on anything they had relating to attendance and punctuality.

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Contact us
If you would like information about our Community Learning Programme or more information about how you can get involved contact Sabina Khan.

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