Dear Families,

I do hope you had a very enjoyable half term break and that everyone is ready for a very busy few weeks ahead.

By the time we finish for the spring break, several of the GCSE practical exams will have been completed. It’s really important that all GCSE students are following a revision timetable as the next few weeks will pass very quickly. Families can be a real help at this time, by making sure that the girls have regular breaks, that they eat sensibly, drink lots of water and get plenty of sleep. Taking regular exercise, a brisk walk in fresh air for example, can also help them to cope with stress.

‘Rock Challenge’, the national dance competition which we enter each year, took place just before the half term break. There is more information in this week’s newsletter about EGA’s spectacular performance, but I’d like to say a huge well done to all the girls who took part and many thanks to the staff who supported them.

Yours sincerely,

Ms. Silva.

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**London Youth Games 2018 - Badminton**

On Friday 2nd February EGA represented Islington at the National Schools’ Badminton Championship at Harrow Leisure Centre. There were 2 year 11 and 2 year 10 students taking part in the competition and in group C they played against Claremont High School from Brent and The North London Collegiate School from Harrow. The matches consisted of 2 singles and 3 doubles games. All the games were really close, and there were wins and losses, but overall the girls played really well.

Unfortunately, they will not make the finals but they gave it a good go! Congratulations to the following girls for putting in hours of training, and demonstrating great commitment and dedication over the years: Saskia Brown, Dea Bozhani, Sophia Sergides and Fahida Islam. Well done girls!

Ms. Silva.

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**EGA Girls at Trampolining Competition**

This year was Islington schools’ first trampolining competition and the EGA participants were fantastic. Our team members have been attending extra sessions to ensure that they memorised their routines and practised their execution, ensuring it was at the best standard possible. The girls felt nervous when we arrived at Holloway School, but felt more relaxed when they found out it was EGA vs Holloway.

The girls performed their warm-up and then the competition began. The EGA students showed great sportsmanship by clapping for each performance and being very respectful, remaining quiet whilst any performers were on the trampoline.

There were 13 girls competing in total, and we’d like to say congratulations to Amanda Filipi and Nyle Scott, who came 1st with an impressive 8.5/10 score! Rosa Brennan and Isabel Hammond were the runners-up with a score of 8/10. Congratulations to all the other students who were part of the trampolining team: Leah Lipsey Swarbrick, Juliana Florez Cardona, Hewan Abel, and Mariam Cisse! Ms Collen.

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**Islington Netball Tournament**

This half term, a team of Year 7 students competed in a Netball tournament against other schools in the Borough. They worked extremely hard throughout the tournament and went on to be the WINNERS of the tournament.

A huge congratulations to these girls as their commitment and dedication to training and the games was outstanding.

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**EGA Make it to the Grand Final of Rock Challenge 2018!**

Congratulations to the 2018 Rock Challenge team for winning this year’s event and earning a well deserved place in the grand final! On Wednesday 7th February we were up against 9 other schools from around the South East. The stage crew did a fantastic job and the dancers gave a memorable and emotional performance. A big thank you to Alice Angus for volunteering to help run the stage crew team and club and thank you to Ms Collen and Ms Ndona for your support on the day. Well done to all the girls involved this year - another great experience for us all - from a very proud Mrs Wells!

The theme of our piece this year: Taboo. Mental health is often a taboo subject that affects so many people emotionally, psychologically and socially. Many cultures and societies won’t even utter the words mental health in a sentence. Sometimes when we do have a discussion the words we choose can label or stigmatise. If our words are so powerful, let’s choose them wisely and start the conversation.

More pictures to follow next week so stay tuned!
On Tuesday 30th January, me and six students brought our extended Old Harry projects along the canal to EGA’s partner school, Copenhagen Primary School. Old Harry is a stack of chalk rock that is located in Dorset and we used him to tell the story of erosion in a fictional way, including his long lost wife who was eroded until she fell into the sea.

We each got a group of children and showed them our projects and did activities, explaining coastal erosion. They asked questions such as “how is a chalk cliff formed?” and one of the activities I did was a word search with key words about Old Harry’s story. I really enjoyed the trip. The students were very interested, kind and polite. The Geography project itself was very fun to create and so it was great to share it with them!

By Sadie Boyce C3

Holocaust Memorial Day event

A group of EGA girls had the opportunity to visit the Holocaust and Other Genocide Memorial Day at the Islington Town Hall last half term. The event was a moving and informative occasion. Sarah Abukar has kindly shared her reflections on the day and poetry they read at the event.

REFLECTION - By Sarah Abukar

I found the Holocaust Memorial Day event at Islington Town Hall very informative and an amazing learning experience. I was able to learn about all the genocides that took place since WW2 and how it will take a new generation of informed and proactive leaders to be able to help put an end to it. We were even able to see the point of view of a survivor which only added to the value of the entire experience. Overall, I believe the event was a great opportunity and helped me learn a lot more about genocide and how I can help stop it. The following is a poem by Sarah Abukar,

A Lever
So what will it take? The lever hangs drearily. My life... a mistake? The lever creaks eerily.
Do I wear no mortality? The lever moves softly.
Do I bear no morality? The lever descends slowly.
So now you’ll cleanse my soul. The lever jerks and faults.
The smell of death swallows me whole. The lever quickly halts.

Our final smiles, Some are tears of joy, That dear lever, Has ended our pain.

Staying Safe Online

In a fast-evolving world in which digital and social media plays an increasingly significant role in our lives, we always strive to educate our students about how to make the best use of the Internet. As a school, EGA makes use of lots of online resources and we encourage girls to develop their independent learning using such tools.

Whilst these resources are incredibly powerful, we also educate our students about the potential dangers of online activity, especially with regards to social media. We advise parents to closely monitor their daughter’s use of social media apps, like Snapchat, having open conversations about who they communicate with and how they stay safe online.

Advice from our Safer Schools Police Officer, PC Ahmed, is to monitor your daughter’s use of Snapchat (and other social media sites) closely and alert the school/police immediately if you have any concerns. In particular, chat rooms containing the phrase “baitout” are a particular risk at this time.

Year 7 Artist of the Week - Aysha Chowdhury

This is a piece of observational drawing by Aysha in year 7. The students were creating a sense of space by decreasing the scale of an object as it gets closer to the horizon line.

The colours are bold in the front and the object appears detailed, whereas the object in the background becomes duller and loses detail. Ms Ali.