



FREDERICK BREMER NEWS

Autumn Term 2023

Dear Parents and Carers,

It is the end of an amazing term at Frederick Bremer. As you will see from this newsletter, there has been so much happening in the school, and your child will have had some amazing experiences. Thank you all so much for your support and appreciation. We have talked a lot this term about 'High Challenge, Low Threat'. This is the culture we want to develop to support everyone in the school to try their best, and not give up when things get hard. We are trying a range of strategies to help pupils work through difficult work and feel confident to have a go. Our best learning happens when we try, but don't succeed, at the first attempt.

As Michael Jordan (former Basketball legend), once said: 'I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.'

This philosophy is inspired by the idea that we all like to do really hard stuff in private - from learning an instrument, gaming or doing puzzles, however we don't like to do it in public. Therefore, we need to create a culture in schools where we feel confident to have a go and try our best, and support each other to try their best, and this is what we are working on at Bremer.

On behalf of everyone at Frederick Bremer School, we wish you a lovely break and a very happy Christmas to everyone who is celebrating. We will see you all in 2024 for more exciting opportunities at FB!

Happy holidays!

Jenny Smith Headteacher



Headteachers Tea

On the 24th November 2023 select pupils from each year group were invited to tea with our headteacher Jenny Smith.

This was a part of our cultivation of high challenge low threat culture in the school.

Pupils who challenged themselves in lessons were given an achievement point and those who had the most of these types of achievements were invited to the tea party.



@frederickbemersch

www.bremer.org.uk

FUNDRAISING NEWS



Supporting those in North Africa

To help those affected by the natural disasters in North Africa, we held a number of fundraising opportunities for our pupils to take part in this September. We had a cake sale, a Fifa tournament and a basketball match. Staff also had the opportunity to get their cars washed.

A huge thank you to everyone who donated. We raised over £1000!



Festive Hampers

Our students have been very busy in Year 7 collecting for our Festive Hampers to benefit families facing Hardship this December. Children have donated food, clothing and toys to support our school community.



MacMillian Coffee

Morning

Earlier this year the staff at Frederick Bremer hosted a heartwarming Macmillan Coffee Morning, bringing our school community together for a delightful cause. Staff members showcased their baking talents, offering an array of goodies, with all proceeds contributed to Macmillan Cancer Support. It was a fantastic opportunity to enjoy good company while supporting a meaningful cause!



Remembrance Day Fundraising

On Friday 10th November we came together to remember all those who have suffered as a result of conflict around the world - past and present.

We also had a group of volunteers get involved and help raise £613 for Unicef through a bake sale to support all of those people who are suffering right now as a result of conflict.



COMMUNITY FRIDGE



This term marks the successful relaunch of our Community Fridge initiative! We're thrilled to report that we've established connections with over 30 families per week, and our goal is to see this number grow in the upcoming terms.

Our success this term is owed in large part to the valuable partnerships we've formed with InfraRed, Food Cycle, and 3Food4U, which has built upon the hard work over previous years. Their support, coupled with the dedication of our staff in both maintaining the community fridge space and actively engaging with families during their visits, has been instrumental to our achievements. We're excited about the positive impact we're making in fostering community connections and addressing food accessibility.



This is the inside of our community fridge before we received a delivery - with our consistent stock items like tea and coffee!



Beyond our engagement with local communities through the Community Fridge, we extend our outreach efforts by donating surplus food to Branches and YMCA on Forest Road each week to support their causes and contribute to the reduction of food waste.

A noteworthy recent initiative involved the donation of bread and oranges to the William Morris Big Local's Community Market. The combination of our contributions with soup from Christian Kitchen was well-received and undoubtedly made a positive impact.

We're proud to share some visual highlights of our food drops and local connections in the photos above (and to the left).



Opening Times

Mondays 12:30pm- 3:00pm
Wednesdays 9:00am-12:30pm

KS3 SHERoes project

24 KS3 students had their artwork chosen to be printed onto banners for the Waltham Forest Twinning Association's celebration of a selection of 'SHERoes' as part of black history month.

Most of the selected students were able to attend the trip to see their work in situ at Leyton Library where it had been moved to after being displayed in the Town Hall.

Here are a couple of links to our project:

[BHM 2023 - Waltham Forest Twinning Association](#)
[WFTA #BHM23 SHERO BIOS](#)



Year 11 Negative Space Portraits

The Year 11 art students have been challenging themselves to produce portraits using only negative space – charcoal and an eraser, as part of their portraiture project.



Year 11 Art Trip to Kew Gardens

In September 2023, our Year 10 art students embarked on an enriching journey to Kew Gardens. Despite the lengthy commute of 5 hours, their spirits remained high as they eagerly anticipated the two hours they would spend at Kew.

The trip was a source of inspiration for their ongoing natural forms project, offering students the opportunity to participate in some still-life drawing focusing on everything from the intricate patterns found in nature to the vibrant colours of the flowers and plants.

As our Year 10 artists returned to the classroom, they introduced aspects of their newfound inspiration into their work- a testament to the valuable impact that hands-on experiences can have on the creative process.



Year 11 Street art trip Simmons & Simmons

The Year 11's had a very successful trip to Simmons & Simmons where they saw YBA artwork up close and then to Brick Lane to be suitably impressed by the amount, quality and SS variety of street art as well as witnessing an original SS artwork in progress.



Year 10 Mussels

We were 1 of 250 lucky schools in the UK to have been given 8kg of fresh UK rope grown mussels, which were cooked by our Year 10 GCSE food group.

The mussels were rope grown by Off Shore Shellfish and freshly harvested a few days before we cooked them. We were so lucky to be given this opportunity by Fish Heroes.

Students were allowed to bring their own herbs and spices. Some used chilli flakes for a kick!

Linguine with mussels, beurre blanc and parsley

Ingredients


400g linguine
2kg rope-grown mussels, cleaned
4 tbsp Apple Juice
50g very finely chopped shallots
2 tbsp double cream
175g chilled unsalted butter, cut into 1cm pieces
2 tbsp chopped fresh parsley

Method

1. Bring 4 litres water to the boil in a large saucepan. Add plenty of salt and the linguine and cook for 10 minutes or until al dente.
2. Meanwhile put a very large pan over a high heat. Add the mussels and 100ml cold water, then cover and cook for about 3-4 minutes, stirring once, until all the mussels have just opened. Tip into a large colander set over a bowl to catch the mussel juices. Set aside a dozen or so of the smaller, prettier mussels in their shells and remove the meat from the remainder.
3. Put the apple juice, shallots and 6 tbsp of the reserved mussel juices into a small pan, bring to the boil and simmer vigorously until the liquid has reduced to about 2 tbsp. Stir in the cream, then simmer for a little longer until reduced back to 2 tbsp.
4. Lower the heat slightly and, using a small horseshoe sauce whisk, gradually whisk in the cold butter, a few pieces at a time, until the sauce is smooth and thick. Season to taste with a little salt (not too much as the mussel juices can be salty) and some black pepper, then remove from the heat.
5. Drain the cooked linguine well and return it to the pan. Add the beurre blanc, cooked mussels and parsley, then toss together well. Divide among warmed bowls and serve straightaway.



Year 10 Christmas Mingle



Xmas Munch & Mingle Menu

Poultry & Meat

Stuffed Chicken Breast Wrapped in Bacon
Sweet and Sticky Chicken Drum Sticks
Spiced CocaCola Ham
Pigs in Blankets

Accompaniments

Crispy Roast Potatoes
Cauliflower Cheese
Yorkshire Puddings

Vegetables

Honey Glazed Carrots and Parsnips
Garlic Parmesan Brussels Sprouts
Festive Buttered Red Cabbage

Sauces

Chicken Gravy
Onion Gravy
Cranberry Sauce
Bramley Apple Sauce

To Drink

Mulled Apple Juice

Cooked & Presented By Our Year 10 Chefs

Cooking a Christmas dinner in under two hours proved to be a challenge, but the students rose to the occasion, preparing delicious stuffed chicken breasts wrapped in bacon (or halal turkey bacon) along with roast potatoes infused with fresh rosemary. They plated up their creations around the table and added various extras, creating a festive feast. Mulled apple juice complemented the meal, and the students invited a friend to join for a late lunch, resulting in a joyful Christmas celebration.

Special thanks to Ms. Piercey, Ms. Binns, and Ms. McInerney for their contributions and support, turning this culinary challenge into a memorable event. Kudos to our talented chefs: Maia, Imtayaz, Karmen, Eden, Aisha, Treyvaun, Alexandro, Jaydon, Yassir, Sonny, and Leo, who not only cooked their own food but also assisted throughout the process. Hosting this mingle marked our first successful event, and we look forward to more in the future, providing valuable practice for the upcoming GCSE practical cooking exam next year!



Year 9: Pizza making

This term in their Food Technology lesson Year 9 made pizza from scratch! They made the dough, kneading and proved it, knocked it out and added their own homemade pizza sauce and cheese.



Year 10: Mincemeat

Year 10 students crafted a delightful batch of mincemeat, transforming it into scrumptious mince pies, while Ms. Turville expertly crafted Christmas cakes. The surplus mincemeat didn't go to waste—it was distributed for students to take home and create even more festive treats. The delectable concoction included a medley of dried mixed fruit, raisins, dried cranberries, apricots, and plums, complemented by the zest of orange and lime peel, glace cherries, brown sugar, grated apple, apple juice, and a blend of aromatic spices including cinnamon, nutmeg, and ginger.



Eggcellent work from Year 10

Join us in celebrating the culinary journey of our Year 10 GCSE Food students as they delved into the exploration of food commodities, with a special focus on the incredible world of eggs. In this enriching topic, students showcased their skills, creativity, and nutritional understanding through a series of hands-on experiences. Have a look at the delicious creations to the right which provide valuable insights into the versatile role of eggs in cooking!

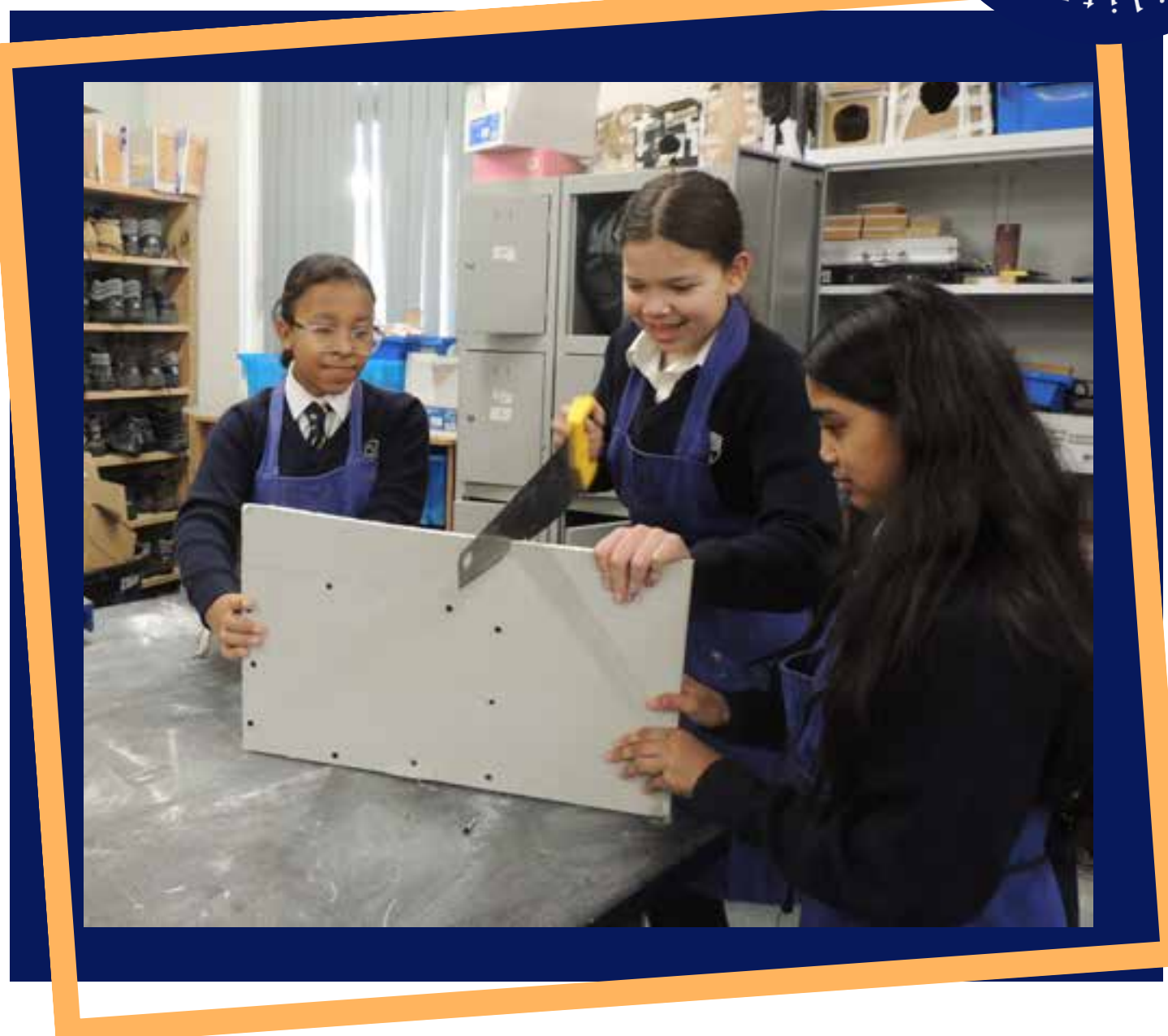


Join us on Instagram: @BremerFood and follow our students on their exciting culinary journeys!

Year 7 Construction

The Year 7 Construction groups have grown in confidence over this year and are now building a mini studwall and applying a plasterboard covering which they will paint with rollers.

They are using edged tools and power drills in a competent and confident way. The responsibility for working out the dimensions is totally theirs. It is a team building exercise designed to expand their confidence toolbox.



Year 8 Construction

These Year 8 students are measuring their wood with tri-squares before cutting. They are using the two main saws used in carpentry.

The rip saw which cuts parallel to the grain and the cross cutting Tenon saw.





Year 11 Construction: Final Practical Assessment

At the moment our Year 11 construction students are working on their final practical assessment. They have to produce a metre square stud wall which will be painted, plastered and tiled. This displays three key skills which are essential in the construction industry today. They must also record the task and display understanding of all the tools and materials they have used along the way.



Year 9 Stem Careers Day



We hosted a STEM careers day to bring together professionals, teachers and students to engage in a day of exploration, learning and inspiration.



Students participated in interactive workshops to gain some hands-on experience that provided an insight into STEM careers ranging from traditional roles to emerging and interdisciplinary fields. We hope this has positively influenced year 9 before they choose their options.

The companies that attended were: Royal Air Force, Aston group, Everfi data, Affinity water, Queen Mary University, Bouygues. Some very lucky students were also able to experience the lab in a lorry from Kingston University!



Year 9 Trip to BayLabs

Our Year 9 science pupils had an amazing experience during their recent field trip to Baylabs. The trip was an enriching and engaging opportunity for our young scientists to delve into the fascinating world of enzymes through hands-on experiments.

At Baylabs, our pupils were actively involved in various experiments that brought the theoretical concepts of enzymes to life. From exploring the intricacies of enzyme reactions to understanding their vital role in various biological processes, our students embraced the chance to apply classroom knowledge in a real-world setting.

Not only did our pupils gain valuable practical insights into the world of enzymes, but they also had a blast doing so! The interactive and dynamic nature of the experiments made learning enjoyable, fostering a positive attitude towards science.



Year 10 Trip to BayLabs

On Friday 13th October thirty Year 10's travelled all the way to Reading to visit BayLabs to take part in an exciting revision workshop. Throughout the day they learnt about problems facing the planet, and how scientists are working to resolve these issues.

They learnt a lot about chlorophyll in plants – testing it with indicators and UV light, doing chromatography and looking at plants under special microscopes they wouldn't find at school. It was also a chance to find out different career options in Science. Year 10's loved the experience and are hoping for another visit!



Jack Petchey Awards Evening

On Wednesday 22nd November, last year's Jack Petchey Award winners were invited to an awards evening held at Leyton Great Hall. It was a brilliant evening, where each of our winners got the recognition they deserved for being role models and doing work within the community amongst other reasons. Each winner is allocated a £300 grant to be used on something of their choice to benefit the school. For example, the MFL department was able to buy some new dictionaries because of one of our worthy award nominees. Well done to each of our winners.



Jack Petchey SpeakOut Waltham Forest Regional Final 2023-24

On Tuesday 28th November, Frederick Bremer was host to the Waltham Forest final of the Jack Petchey Speak Out Competition. Speakers from schools across the borough came together, delivering speeches on a range of topics, from potatoes to social media!

The event was MC'd by Ruby (Year 11), and we were represented well by Eleri (with a speech titled 'Speaking for my Father') and Elijah (with a speech titled 'Remember Me') from Year 10. Furthermore, we had beautiful musical performances from Melba (Year 10) and our school rock band, as well as expert support with audio visuals by Ben (Year 9). Although Frederick Bremer did not win the top prize this year, it was a night to remember: Frederick Bremer students shone bright!



Waltham Forest Panathlon

On Thursday 14th December, some Year 10 students attended a Panathlon run by the borough at Peter May Sports Centre.

The students thoroughly enjoyed themselves and the activities available.

Volley bat
Boccia Blast
New Age Kurling
Floor Tennis
Precision Bean Bag



Year 11 PIE Evening

On Wednesday 6th December we hosted our Year 11 PIE where the pupils got their Mock results back. The red carpet was out to celebrate the pupils who've made great Progress or Attainment. The evening was a tremendous success and there was a special buzz throughout!



New Books

New books have arrived in the LRC - check out the new arrivals fixture for some great new titles including the Amulet series of graphic novels, Does my head look big in this, Such a good liar and Simon vs the homo sapiens agenda as well as many more!



Victories of the Term

The Year 10 girls football team won their first match of the season on Monday 11th September winning 6-1 against George Mitchell. A massive well done to the team!



The Year 7's football team played against Heathcote in late September where they were 3-1 down at half time but came back to win the game after some brilliant individual performances. The final score: Frederick Bremer 6-3 Heathcote.



A massive well done to our Year 9 Boys Football team. They played fantastically against South Chingford School this September. The final score was 7-0, we can't wait to see how well they do the rest of the season!



The Year 10 basketball team secured a victory against Holy Family this December with a final score of 35-27. They demonstrated exceptional skill and teamwork throughout the game. This win reflects their dedication and effort in the competition.





Despite being outsized by the opposition, with South Chingford boasting four players taller than our tallest, Michael, the Year 8 basketball team demonstrated remarkable valor, leading at halftime with a score of 19-18. Unfortunately, despite a great effort from all the boys, we fell slightly short in the end, and South Chingford emerged victorious with a final score of 30-27.



On December 5th, the Year 9 Basketball Team secured a victory against Chingford Foundation with a notable score of 46-28. This achievement marked their second consecutive win, building on their initial success against South Chingford in the first match of the season, showcasing the team's strong start and collaborative efforts.



Bremer Basketball Community Club

Many pupils struggle to afford membership to clubs or teams due the excessive charges to run these clubs. We've established a community team, requiring fundraising efforts to support our grassroots club, driven by a shared passion for basketball. It allows pupils to learn transferable skills and provides a sense of ownership when engaging in community events.

The first session of our Community Basketball team started on the 28th November and 15 students turned up to our first session. Students did interviews of how this will help them within their regular school schedule, and how it can improve their life skills. We will hopefully be looking to partner with a major London team in 2024 and fundraise at their games.

Training from AFC Leyton

A coach from AFC Leyton came in to train 20 of our female footballers from Years 7-10. This was a 60 minute session, and he came in with the hope of attracting players to the team AFC Leyton.

The session were very useful and engaging, and we are hoping to book another session with them soon.





Homework Club

Reminder that there is Homework Club on Mondays, Tuesdays and Thursdays in G14 and in AND 3:00pm-3:45pm

In AND there is TA support.

At Homework Club students can use chromebooks and get rewarded with achievement points for attending and doing homework!



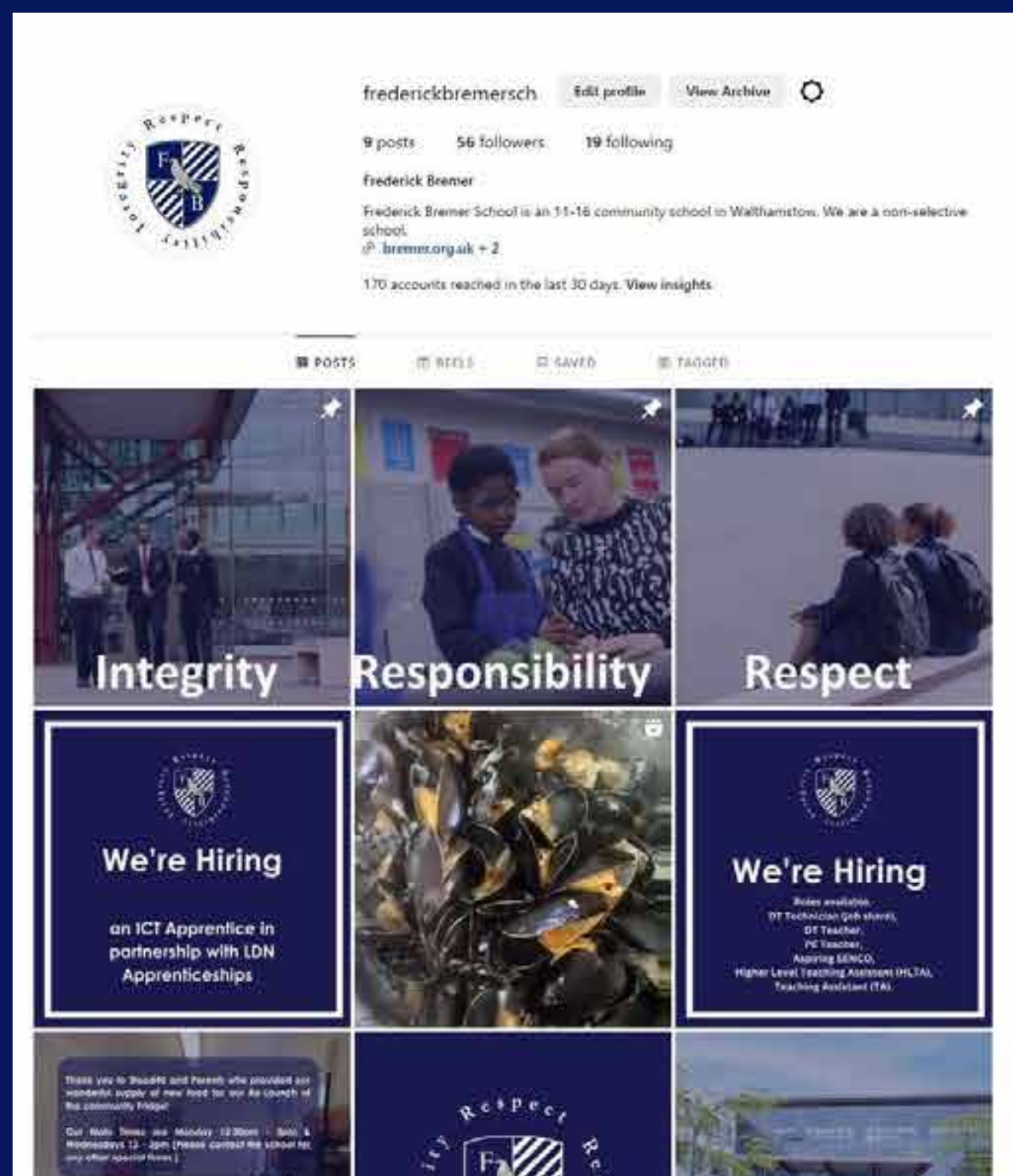
Frederick Bremer School Instagram

This term we have started a School Instagram account which will provide updates about what is going on at Frederick Bremer school !

We also have a new Food tech Instagram account too.

@frederickbrowsersch

@BremerFood



THE MAKING IT MINDFUL

Christmas PARTY

DISCO, SNOW MACHINE, ENTERTAINERS, GIANT
SLIDE, BOUNCY CASTLES, CRAFTS,
SENSORY PLAY, FACEPAINTING,
GINGERBREAD DECORATION AND
A DESSERT WITH EVERY TICKET.



FRIDAY 29TH DECEMBER
11AM - 1.30PM & 3PM 5.30PM
GEORGE MITCHELL SCHOOL
E10 5ND

£10 CHILD
£6 ADULT
UNDER 3'S,
FREE



TO BOOK, HEAD TO
WWW.MAKINGITMINDFUL.CO.UK

FREE TICKETS FOR CHILDREN AGED 5 - 11 YEARS WHO RECEIVE BENEFIT RELATED FREE
SCHOOL MEALS AND LIVE IN WALTHAM FOREST.

THE MAKING IT MINDFUL *New years* PARTY

DISCO, SNOW MACHINE,
ENTERTAINERS, GIANT SLIDE,
BOUNCY CASTLES, CRAFTS,
SENSORY PLAY, FACEPAINTING,
SNACK MAKING WORKSHOPS AND A
DESSERT WITH EVERY TICKET.



Thursday 4th January



10.30am - 1pm & 2pm - 4.30pm



FREDERICK BREMER SCHOOL
E17 4EY



TO BOOK, HEAD TO
WWW.MAKINGITMINDFUL.CO.UK

FREE TICKETS FOR CHILDREN AGED 5 - 11 YEARS WHO RECEIVE BENEFIT RELATED FREE SCHOOL MEALS AND LOW INCOME FAMILIES.