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Legendary winger**
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East End boy West End food

Budding chef Brandon learns the ropes at Michelin starred kitchen

By our reporter

» YEAR 11 Brandon Walsh has won an once-in-a-lifetime opportunity apprenticeship to work in the kitchen of a Michelin starred restaurant.

The 16-year-old will start work at Gauithers in September after impressing while doing work experience at the Soho restaurant.

The youngster will work shoulder-to-shoulder with boss and

former MasterChef judge Alexis Gauthier having won a MasterChef style competition in his Home Economics lessons this year.

Brandon said: "I'm extremely happy about the opportunity I am being given.

"It's a once in a life time thing and I'm lucky to have this opportunity.

"Support from my loved ones, friends and a day as a chef has left me to conclude that being a chef is

what I want to do.

"This is such a great chance that I've been given.

"It only furthers my interest I can only hope I gained enough experience to become a proper chef."

Home Economics teacher Nick Shapland said: "When Brandon started to cook he was lacking in confidence but showed real promise.

"I think the best advice I offer is that mistakes don't matter, as

long as you learn from them.

"Following this advice, Brandon pushed the boundaries far more than his classmates."

He added: "A real highlight was making pasta from scratch, to accompany seared scallops with a mornay sauce.

"It looked and tasted fantastic. This is what clinched his victory and got him to where he is today."

It is not yet clear whether Brandon will do a stint in the school kitchens.

Year Nine pupils impress boffins

YEAR NINE pupils impressed while working with on research projects with PHD graduates at a top London university.

Tanvir Ahmed, Momitha Ahmed Choudhury, Nadia Craven, Martine Crick, Maya Ochieng, Sufian Uddin, Issy Williams took part in the four week scheme- organised by Inspire Newham.

Dionne Pryce, Newham Sixth Form College School said: "The UCL ambassadors, organisers, parents and I were very impressed with the variety of topics and quality of presentations on the night. I look forward to working with them again in Year 10."

Health warning

PUBLIC Health England has urged parents going abroad during the summer to seek advice before travelling

A spokesman said: "Many infections picked up overseas can be particularly serious in children and some infections, such as hepatitis A, typhoid and paratyphoid may need for a child to be excluded from school for a significant period of time to prevent transmission to other children."

For more information visit www.nathnac.org/travel/

Job skills learnt

YEAR nine pupils are primed for success after taking part in a project aimed developing employment skills.

The youngster learnt things like teamwork, problem solving and financial literacy over a period of 18 months for Young Enterprise - Route to Success programme.

Pupil Alfie Firmin said: "I learnt that getting good qualifications is best way to prepare to prepare you for the future career".

Brandon Raper added: "The part I liked the most was that it required every team member to participate which meant that no one was left out."



Forest Gate pupil Brandon Walsh with teacher Nick Shapland at Taste London

Praise for mercurial Giggs

Look back at Manchester Utd winger's remarkable career

By Daniel Mahmood and Ali Abbas, year 10

Ryan Giggs has been injured just seven times in his whole career with hamstring, thumb and groin injury. Giggs is the son of former rugby union and rugby league player and former Wales international Danny Wilson. He was christened Ryan Joseph Wilson but as a teenager changed his surname to that of his mother after his parents separated. Giggs is said to have inherited his balance and athleticism from his father.

He is the most decorated player in English football history, Manchester United's record appearance holder and has scored more goals for the Red Devils than Mark Hughes, Paul Scholes and Cristiano Ronaldo.

Giggs was appointed as a player-coach at Manchester United on 4 July 2013, as part of the coaching staff under new manager David Moyes. When Moyes was sacked on 22 April 2014, after less than 10 months in the job, Giggs took over as the club's interim player-manager, compiling a record of two wins, a draw and a defeat in the final four games of the 2013-14 seasons.

When Louis van Gaal was announced as Moyes' permanent replacement on 19 May 2014, Giggs took over as Van Gaal's assistant manager.

Giggs announced his retirement from international football on Wednesday, 30



Daniel Mahmood and Ali Abbas

May 2007, drawing the curtain on a 16-year international career.

He cited concentrating on his united career as the main reason for stepping down.

His final game for Wales, and as captain, was the Euro 2008 qualifier against the Czech Republic on 2 June at Cardiff. He earned his 64th cap in this game and won the Man of the Match award as Wales drew 0-0.

In an interview on 26 March 2010, Giggs hinted that he might be tempted to come out of international retirement for his country's UEFA Euro 2012 qualifying

campaign, in order to cover for the injured Aaron Ramsey.

He later clarified his position to BBC Radio Manchester, saying that he would only return to Wales's duty in an emergency.

Sir Alex Ferguson said of Giggs: "I remember the first time I saw him. He was 13 and he floated across the ground like a cocker spaniel chasing a piece of silver paper in the wind"

Former Cardiff manger Malky MacKay said: "Every day of the week, every week of the year for the last 15 years he has been a top player".

Drama boss praises highlights

Head of drama Christopher Victory takes a look back at the highlights of an exciting school year:

As we come to the end of another successful year for Drama and Performing Arts we can look back with some pride at the achievements of our students and look forward to more exciting things to come in September.

Over the past year we have seen students perform at the Theatre Royal in Stratford as part of the "Oh What a Lovely War" re-launch celebrations. Miss McGuigan took her Y9 GCSE drama set to perform on the main stage at the Theatre Royal.

It was an experience the students revelled in and invaluable in their GCSE preparation. Following that Mr Victory took his Y10 students to work on a devised collaboration with Bubble and Brit, a professional company, at the Playground Studios in Notting Hill.

The students spent the weekend working with professionals on a performance about restorative justice which was then performed for the public on the Sunday afternoon.

Throughout the year our students have worked with the

Old Vic as part of the Old Vic New Voices project. This involved a series of workshops on current productions plus a theatre trip to see the show itself.

Next year promises to be just if not more exciting. Bubble and Brit will be back to work with Forest Gate after being thoroughly impressed by the level of commitment and motivation of our students. In the same vein the Old Vic New Voices project has renewed its association with Forest Gate providing another 4 workshops and trips for next year.

But perhaps the most exciting news of all is the launch of the new style whole school production which will happen in the last week of the winter term. This promises to be spectacular with the full support of the school and its resources.

The event is part of the drama departments drive for literacy with the Alan Ayckbourn play "The Boy Who Fell Into a Book". Work has already started with casting and literacy focussed workshops in primary schools scheduled for before the end of term with further follow up workshops in September.

Students shine bright at poetry event



Jessica Tiley in full flow

BUDDING poets taught by an internationally renowned artist got the chance to showcase their talents at a performance poetry night at a Newham School.

Pupils wowed audiences with readings from their 'Write Club' anthology, a new book put together by the schools budding young poets.

The youngsters spent 16 weeks working with poet Anthony Anaxagorou, who was on hand to introduce the readings and give a live performance.

Mr Anaxagorou, 31, from Shoreditch, said: "The pupils really impressed me. There were some of them performing tonight who were born writers."

There was also a performance from award winning poet and playwright Sabrina Mahfouz.

Ms Mahfouz, 30, from Hack-

ney, said: "Full credit to Forest Gate Community for realising the importance of art and performance in the development of young people."

Year 10 pupil Joseph Larkin, 15, raised a few chuckles with his poem about writers block. He said: "I couldn't think of anything to write about so I thought I would write about not being able to write."

Year 10 pupil Tayjorn Alleyne, 15, read her poem Irrational, 'Thoughts, Feelings and Emotions'.

She said: "The school is very good at encouraging us if we have any creative talent."

Head Simon Elliott praised the two visiting poets and added: "Speaking to pupils and parents I have realised what a huge impact the poetry workshops have had on our pupils. They have truly been inspired, which is wonderful to see."

POETRY CORNER by Kamil Pawlowski

Forest opens its heavenly Gate in summer

Forest Gate in the summer is like a good friend. We say "Hello"(or "Czesc" if you are Polish), but we must say "goodbye" as we will meet again.

The trees are an orchestra playing beautiful music as their leaves are the strings the wind gently strokes, "shhh, shhh, shhh".

I saw a bird, the bird that flies like a leaf quietly floating on wind. "Turn around", "Turn around, Kamil" something whispers in my head," ooo yes, it's a sunset, beautiful sunset like big orange that try to hide in little rabbit barrow.

Does the Sun know 'Alice's Adventures in the Wonderland' were Alice falls down a rabbit hole into a fantasy world? The light starts its Sisyphus-like battle with dark night knowing it can't win this war. The moon looks like a little eye of an insect start walking around two buildings: one smaller, one bigger one green, one white....

I shouted to the Moon, " go, go back on sky. Moon, did you see me, did you? Oh yes you do! Look around! how beautiful, how beautiful is that school. But lonely don't worry they comeback all children come back. It's only summer holyday.

Field trip a hit

YEAR 9 Drama students got to see how the professionals do it when they went on a special theatre trip.

The lucky youngsters got to see a production of highly rated Swedish chiller Let the Right One in at the Apollo Theatre, in the west end.

The eleven to make the journey to central London recently were as follows: Shernay Adolph, Malachi Bellot-Hodges, Megan Banks, Abu Baker Chikhahia, Nadia Craven, Daniel Edobor, Chanel Ekwa, Raheem Elly Kalule, Tasnia Islam, Maya Ochieng and Davon Osbourne

The joy of Tadpoles by Shariyar Ali Joy, Year 7

In our Science class, we were learning about food chains. When Miss Kim told us tadpoles turned into frogs, we didn't believe her.

We wanted to see for ourselves how tadpoles transformed into frogs.

We went to the pond and caught some tadpoles and newts.

We even named the newts Isaac Newton and Einstein, after famous scientists.

At the time we caught the tadpoles, they already had back legs.

We had a one week holiday and when we came back, we found frogs.

We went back to the pond and got some more water for the frogs and the newts. After a week, we returned all the animals back to the pond. I have created a special bond with the newts and frogs and will miss them very much.

Kids take festival by storm

YEAR 10 pupils took the Forest Gate Festival by storm with their innovative business idea.

Their company, FG Corporation and Ambition Ltd, sold out of their leather Oyster Card holders at the annual festival in June.

The youngster set up the firm at the beginning of the year and sold shares to family and friends, banking the profits with the HSBC bank.

The company was real and had legal responsibility, insurance cover and paid company insurance and VAT.

Kieran Joymungul, Finance Director, said:

"I have learnt many things. It was a great experience, it was fun and we learnt a great deal about running a real business".

Muhammed Valli, Managing Director, said: "This has been an amazing experience for me I will use these skills now and later in life".

Jorabar Singh, Managing Director, said: "This journey has given me a realistic experience of what it is like to manage and run my own business".



Teens turn back on fatty fast food burgers

YEAR SEVEN pupils have vowed to turn their backs on 'fatty' fast foods after being inspired by TV chef Jamie Oliver's record breaking healthy-eating cooking lesson. The students joined youngsters around the globe to help the crusading cook smash the world record for the greatest number of people to take part in a cooking class on Friday- as part of Food Revolution Day 2014. After watching a live stream cooking demonstration by

Jamie in the school's main hall, the 63 pupils worked in groups to prepare a rainbow salad wrap. Pupil Laura Irmane, 11, said: "The cooking was really fun. Jamie makes it exciting to do. Everyone enjoyed it. "The stuff we made is much healthier than the fast food places we have in Forest Gate, and it tastes nice as well. "From now on I'm not going to eat all that fatty stuff. When you can eat nice food like we had today, you don't



need all that stuff that is bad for you. Head teacher, Simon Elliott, explained the school teaches

the importance of eating healthily but having a celebrity endorse it "really helps change a child's mind-set".

Trip to Normandy unexpected treat

By Beth Yates, Year 10

It was the Wednesday morning we were all going and I didn't really know what to expect from this trip to Normandy as in recent years the school had not been to Normandy before. We arrived in France and drove to a lovely lake area where we stopped for lunch, the French sunshine, shining in its full glory, what a great start to the trip! We followed onto a chocolate factory where we had a tour in French which helped us to all practice our French listening skills and we found out the whole process of how chocolate was made. We then got to try some of the chocolate and had the chance to buy some if we wished to.

After that we made our way to our accommodation, had dinner and then got (or at least tried to get) a good night's sleep as we had a busy day planned for Thursday.

On Thursday we went to many places including Bayeux where we got to see the Bayeux tapestry and explore the local area.

Whilst we were in Bayeux we got the chance to practice speaking in French as Miss Fancy had set us some questions to ask the local people and then see if we understood their responses.

We then went onto Arromanches where we had lunch on "gold beach" which was one of the main beaches involved during D-day.

It was very interesting seeing the remains of what

was left from the 1940's. Afterwards we visited a D-day museum and then watched an 18 minute film in a 360 degree cinema all about WW2 and the effects of it. We were not expecting to but we were able to go to Bayeux cemetery where we got to pay our respects to the many soldiers that had died. It was amazing seeing the sea of white headstones showing us just how many men had died in war for Britain and also how young some of them were, many being only two or three years older than us.

Thursday evening was very funny as back at our accommodation.

We had a karaoke night where even some of the teachers gave us a song! It was a lovely way to spend

our last evening all together.

On Friday we had quite a long journey back to Calais from Normandy but we stopped off for lunch and then went to a goats cheese farm where we got to see how the farm was run, hold some of the animals (not only a baby goat but also baby chicks, rabbits and more) and then see how the farmers made their goats cheese where we also had the opportunity to try some of the products and buy some to take home.

It was an absolutely AMAZING trip and on behalf of myself and all the other students who went on the trip I would like to say a huge thank you to Miss Hadaway, Mr Benchoula, Mr Foughali and to Miss Fancy!

Share a book with pals

At FGCS we know how important it is that our pupils engage with literature. That is why we are proud to announce our new social media campaign #shareabook aimed at getting out students reading over the summer. When it comes to taking advice on how they spend their free time, we know our children are much more likely to

listen to their friends than they are us. That is why we are asking them to nominate their favourite book for one of their classmates to read. We will then be posting pictures on our Twitter, Instagram and here on Facebook. Anyone can get involved- all you need is a friend, a book and a social media page!



Kleo Kola sharing Diary of A Wimpy Kid with Miguel Fernandes

Talking heads, by headteacher Mr Simon Elliott

As we approach the end of term, I would like to take time to prepare you for some important changes happening at FGCS next term. In September, we will have new uniform for our Year 7 students (other year groups can choose to wear it if they wish.) We want students to dress smart, act smart, and our new uniform will help them do just that.

Linked to this, we want students to have pride in their work and we will therefore be introducing a new presentation policy. This will be in every student's English book. Parents can check for simple things using the guide in the front and back of this book. We value attention to detail, and so do examiners! Also in the new school term we will be introducing silent

reading once per week. You can help as parents by ensuring that your child brings a book to school with them every day. Why not choose something interesting from the library over the summer? All children will be leaving school at the same time every day. So, on Monday, Wednesday and Thursday this will be 3.23pm, and on Tuesday and

Friday it will be 2.50pm. There will be no staggered finish to the school day. I hope you have a great summer and I look forward to working with you next year. Mr Elliott
Stop press – please see the box below for information on which primary school the children that are featured in this newsletter attended.

Brandon Walsh – St James C of E School
Tanvir Ahmed – St James C of E
Monitha Choudhury (not supplied)
Nadia Craven – Godwin Junior
Martine Crick (not supplied)
Maya Ochieng – Godwin Junior
Safian Uddin (not supplied)
Issy Williams – Godwin Junior
Alfie Firmin – Godwin Junior
Brandon Raper – St James C of E
Daniel Mahmood – St James C of E
Ali Abbas (not supplied)
Shahriyar Ali Joy – Earlham Primary

Joseph Larkin – Godwin Primary
Tayjorn Alleyne – St James C of E
Shernay Adolph – Godwin Primary
Malachi Bellot-Hodges (not supplied)
Megan Banks – Godwin Junior
Abu Baker Chikhalia (not supplied)
Nadia Craven – Godwin Junior
Daniel Edobor – Maryland Primary
Chanel Ekwa (not supplied)
Raheem Elly Kalule (not supplied)
Tasnia Islam (not supplied)
Maya Ochieng – Godwin Junior
Davon Osbourne – Selwyn Primary

Klip Kilo – Shaftesbury Primary
Miguel Fernandes – Elmhurst Primary
Laura Irmance (not supplied)
Monmitha Choudhury (not supplied)
Rizwans Badshah (not supplied)
Martius Gustas (not supplied)
Henry Joseph-Muo – Ravenscroft Prmy
Beth Yates – Godwin Junior
Zain Sher (not supplied)
Ethan Barr – Hampton Gurney
Tyron Seagar – St James C of E

Teach gives food for thought

By Home Economics teacher Mr Shapland

Healthy Nando's Chicken:

- "Nando's" Sauce
- ½ Red onion
 - 2 Cloves garlic
 - 2 Red chillies
 - 1 Tablespoon smoked paprika
 - 1 Lemon – juiced
 - 30 ml White wine vinegar
 - 1 Tablespoon natural yoghurt

Liquidize ingredients and blend until it is a smooth consistency. Pour over chicken pieces and leave to marinade for at least one hour and up to 12 hours.

Put the chicken pieces on a baking tray and bake at 180 degrees centigrade until golden brown, about 35-45 minutes. Check the juices run clear when the thigh is pierced with a knife, to ensure they are cooked. Serve sprinkled with chopped coriander.

As a delicious healthy alternative to chips, try roasting some sweet potatoes, cut into wedges, baked in a little oil in the oven for 15 – 20 minutes.

Nick's top tip: Even if you are eating healthy foods you can still put on weight if the meals are in the wrong proportions. An 11 year old he doesn't need the same size meals as his mum and dad.

Pupils open own bank

YEAR 9 pupils opened their own bank- and got a record number new of customers on their opening day.

Eight accounts were opened on the first day of the programme, aimed at encouraging youngster to save money, back in October last year.

A total of 200 customers have now deposited £1,216.48 with the bank.

The highest saver was Angela Mormile with £335, closely followed by Monmitha Choudhury who saved a total of £320.

Cashier Rizwana Badshah said: "Working at MyBnk in school has improved my self-confidence and communication skills. This has given me insight about how a real bank would operate".

The project is run by MyBnk, an award-winning charity

that young people how to manage, save, bank and borrow money sensibly.

Deputy CEO Guy Rigden said: "Young people care, they see for themselves in their own households the effects of the past three years of credit crunch, bank bail-outs and now the squeeze on public services - we have to educate young people to prevent it happening again".

Mr Ernest said: "We want to ensure that they are not financially excluded or incapable of dealing with their personal finances effectively later in life.

Mybnk has come a long way in addressing this problem."

The Bank was in operation for one academic year and students had to deal with every aspect of the banking operations.

Students become teachers

YEAR SEVEN pupils got a taste of what it is like to be a teacher when they were asked to plan lessons for fellow students.

Higher achieving youngsters organised cases in Maths, English and Science to students of a lower level.

in a programme designed to improve the learning and progress of all students involved.

This programme, designed to improve progress in pupils, will continue throughout June and July on Wednesdays from 3:30 – 4:30.

Designers excel themselves



This snap is one example of some of the wonderful creations from our Year 11s.

The bespoke items were put together for their product design project.

Among the stand out design were Henry Joseph Muo's

pop art inspired storage box and Marius Gustas ancient themed jewellery, pictured below.

Head of Design Mr Dreyer said: "These products are of the highest quality.

"Our students have really excelled themselves."

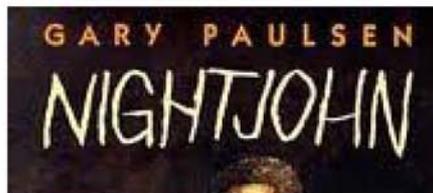
Coming Up

Which texts can students look forward to next year?



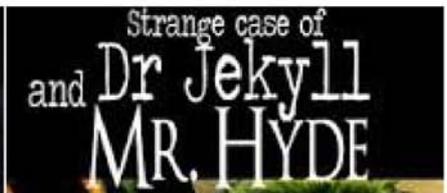
Yr 7 - Holes by Louis Sachar

Stanley Yelnats isn't too surprised to find himself at camp green lake, digging holes in the dried up lake bed, day after scorching day. After all his family has a history of bad luck. The boys at camp green lake must dig one hole each day, five feet deep five feet across. But what are they digging for? why did green lake dry up? and what do onions and lizards have to do with it all? The answers lie in Stanley's past...



Yr 8 - Nightjohn by Gary Paulsen

This short novel is a stark portrayal of American slavery in the 1850s through the eyes of the slaves. Its narrator is Sarny, a twelve-year-old girl, who tells of the momentous events that follow the arrival of Nightjohn, an enslaved adult male, at the plantation of Clay Waller. Nightjohn's impact is immediate, devastating in some ways, and hopeful in other ways. Himself a literate man who escaped from the South, Nightjohn has voluntarily returned...



Yr 9 - Dr Jekyll and Mr Hyde by Robert Louis Stevenson

How thin is the line between good and evil? Dr Jekyll has been experimenting with his identity. He has developed a drug which separates the two sides of his nature and allows him to occasionally abandon himself to his most corrupt inclinations as the monstrous Mr Hyde. But gradually he begins to find that the journey back to goodness becomes more and more difficult, and the risk that Mr Hyde will break free entirely from Dr Jekyll's control puts all of London in grave peril.



Best foot forward at Sports Day

FGCS students showed they are a who volunteered as Sports Leaders cut above the rest when it comes to and to teaching staff for helping Track and Field at our 2014 Sports Day. Mr Clark said: "FGCS Sports Day The sun came out as our youngster 2014 at was a big success. A huge wowed spectators with a display of thank you to all members of staff sporting prowess at the Terrence that helped the day run smoothly. McMillan Stadium in June. Spe- "Thanks also to the year 11 sports cial congratulations to Year 9s leaders that came in and assisted Zain Sher and Ethan Barr who won the Year 10 Triple Jump and to Tyron Seager, who won the 200m one event from a range of track and dash. Thanks go to the Year 11s field."



World Cup fever hits FGCS

It was not just on the football pitch that England and Uruguay did battle this summer. Our cooking staff served up a tasty contest in the canteen with traditional dishes from both nations on offer to our pupils. For those supporting England it was a bit of a disappointing day at the World Cup but at least, like Uruguay forward Luis Suarez in their next match against Italy, our students found something to sink their teeth into.

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