



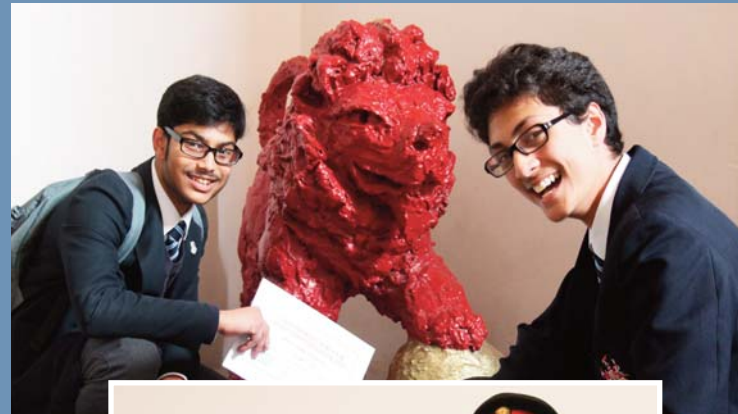
CASS NEWS

SIR JOHN CASS RED COAT SCHOOL NEWSLETTER

AUTUMN TERM 2015

Science and Technology Challenge Trip

by Ms F.Akhtar



On Thursday 16th June 2015, some of our gifted and talented year 8 and year 9 students participated in a Science and Technology Challenge at King's College London. Our students ranked joint 1st with another school in Tower Hamlets. We are very proud of them!

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Dylan Thomas's Shed Visit

By Nadiyah Patel

In connection with the first Dylan Thomas Day on 14th May, the Sir John Cass Red Coat School in Stepney was the only school in the UK selected by Literature Wales to host a replica of 'Dylan Thomas's Shed'. Students at Sir John Cass Red Coat School have worked in collaboration with Martin Daws, Young People's Laureate of Wales and Literature Wales to contribute to 'Dylan's Great Poem.' This is a 100 line bilingual poem (Welsh and English) created by young people aged between 7-25, and the poem will be performed at the Hay Festival. Students were also visited by Hannah Ellis, granddaughter of Dylan Thomas.

The Headteacher of Sir John Cass Red Coat School, Haydn Evans commented "We are highly honoured and privileged to receive a representation from such an important literary figure such as Dylan Thomas and are most grateful to the Wales Literature Society for organising the visit of 'Dylan Thomas's Shed'.

It was great for our students to meet and talk to Martin Daws.

Literature and the promotion of literacy is such an important priority for the students of Sir John Cass Red Coat School."

An article about this visit was also published in the Eastend Life newspaper in issue 1060, 18th-24th May 2015. A copy of this can be read on the school website.



Not in My Name

By Mr Smith

In April, Sir John Cass Red Coat students performed the play 'Not in My Name', which is about the dangers of radicalisation and Islamic extremism. Such challenging, topical and relevant subject matter was tackled with great maturity and skill by the cast who once again were directed by Tim Lee, the American director who has collaborated with SJCR in directing three previous stage productions- 'The Chrysalids', 'Our Day Out', and 'An Inspector Calls'.

There was an evening performance of 'Not in My Name' for the public in April. The play was also seen in school by students in years 7 to 10, as well as by the new year 7 and new year 12 students during the school/college induction week this September.

As a result of all of these performances, all members of the school community have been given a powerful and dramatic message about the mis-use of religion to spread terror.

Tim Lee will be continuing his work with SJCR students, this time on a play called 'Eclipse' by Simon Armitage. This production will be entered for the National Theatre's Connections competition, and will be performed at the Theatre Royal Stratford East in May 2016, following the performances at SJCR in December.





World Mental Health Day

By Ms Majda Rogers (School Counsellor – 2nd Floor Dining Hall)

World Mental Health day is on 10th October 2015. It aims to raise awareness about mental health issues around the world and draws attention to the needs of people with mental illnesses and the importance of mental health. Just as people's bodies can become unwell, people's minds can become unwell too. Mental health problems are more common than you might think - three children in every classroom have a mental health problem ¹. In this section we'll look at some of the ways we can improve our mental health, and you may find that by making simple changes to your life, you can make a real difference to the way you think and feel.

1. **Eat well-feel better** - Did you know good food is good for your mood? It's not just your body you're feeding - your mind is affected by what you eat, too.
2. **Exercise** - Everyone knows that exercise is good for your body - but did you know that it's important for your mental health, too?
3. **Help other people** - It's official: doing good feels good. Scientists have shown that helping other people makes us happy.

4. **Believe in yourself** - Low self-esteem can be the root cause of some mental health problems, positive thinking and boosting self-esteem will improve emotional wellbeing.

5. **Take time out** - How many times have you been told to 'chill out,' 'chillax' or 'stop stressing'? These are everyday phrases but taking time to relax is really important to maintain positive mental health.

6. **Friends and Family** - If you're feeling low, friends and family can help you cope with stressful situations and difficult times.

7. **Ask for help** - Most of us feel overwhelmed or like we can't cope with things, at least once in our lives, and most people feel like that a lot more frequently. It is at times like this that you need to be able to talk to someone and don't be afraid to ask for help.

Here are just some of the places where you can get more information and advice.

1. Young Minds 2015



A very well attended service. St Dunstan's Church, Tuesday 9th June 2015

The last of the whole school Eucharist services for the academic year of 2014-15 was held on Tuesday 9th June.

The service was held in our historic parish church of St Dunstan's. It was encouraging to see so many students attending and

taking part in the worship. Mr Casey, the Christian lay chaplain, held an impromptu church quiz before the service, because Father Chris Morgan was held up by road works in the morning rush hour. It turned into a good opportunity to remind our students of the long history of our parish church. Indeed, some students expressed

afterwards how privileged they felt, that we have such a beautiful historic building on our doorstep, and one which offers such a rich spiritual ministry to our community. Father Chris arrived swiftly, and assisted by Sarah Smith, St Dunstan's youth worker who acted as an alter server, we all had a moving and meaningful time

of worship.

We wish to give a big thank you to the clergy and staff of St Dunstan's Church for the ministry they have extended for all in our school for the academic year of 2014-15.

Eucharist

By Mr Casey



E-safety guidance for parents

By Mr Jones

use the service, often with their parents' permission. Whether Instagram is 'safe' depends more on how it is used, rather than the age of the user, but Instagram will delete underage accounts if they are notified and can verify that users are under 13.

What are the risks of using Instagram?

There is nothing inherently dangerous about Instagram, but the main things parents worry about are similar to other social media; mean behaviour and inappropriate photos that can hurt a child's reputation or attract the wrong kind of attention.

What's the best way to help kids stay safe on Instagram?

Respecting ourselves and others makes us safer. Our posts and comments become part of our public image. Respecting others in the way that photos are shared, tagged and commented on reduces risk to ourselves and to others. While most kids are smart about this, parents may want to be sure their children are not posting provocative photos or having inappropriate interactions with people they do not know, which leads to the next question...

Should my child's profile be private?

Having a public account on Instagram means anyone can follow you. A private account means strangers cannot follow you, so many parents prefer their children to use Instagram with a private account for sharing only with friends and relatives. That does not however guarantee that your child will not be seen on Instagram (or any other photo-sharing service), because people post photos of each other. Therefore, even if your child does not have an account, it does not mean that they will not appear in a photo on Instagram. This means children should be aware of the implications of posting pictures of other people without their permission, and are clear about what to do if they are unhappy with images that have appeared of themselves.

For further help and guidance on all the information mentioned please visit the Sir John Cass Red Coat website section on e-safety or the CEOP site at www.thinkuknow.co.uk/parents



Being safe online using Instagram

Why do kids love Instagram?

Instagram is a photo-sharing app with a whole lot of emphasis on the sharing. It is a way of communicating mainly through images. Young people like taking, enhancing, sharing and commenting on photos - but they are not just commenting; they are socialising with photos, and creating ongoing mixed-media conversations that include plenty of likes and links.

Does Instagram have a minimum age?

Yes, it is 13, in compliance with the Children's Online Privacy Protection Act. However, Instagram does not ask users to specify their age, and there are many younger children who

Once Upon A Time - Creative Writing Competition

by Mr Paige



Young Writers are a group that aim to encourage young people to engage in creative writing. They have worked with schools, parents and young writers for over 20 years by running national poetry and creative writing competitions through schools.

If you would like to find out more information about them, or even enter yourself, their website is; www.youngwriters.co.uk
Ahmed Farah entered for the Tower Hamlets Creative Writing Competition, and we are pleased to announce he won third prize. As a result he won a cash prize, and entry to a workshop with author Catherine Johnson.

The Strange Watch

by Ahmed Farah Ali

Sir John Cass's Foundation & Red Coat C of E Secondary School

I didn't kill her... It was a set up. I loved her. I always have. I'm nothing without her. She was like the queen bee of my heart. Her blonde hair sparkled in the golden horizon, as she strolled, her hair waved in the summer breeze. Let me tell you what happened on one condition. You won't tell the police. Promise? Ok let's start. It was 19 Feb 10:00 pm, my girlfriend Goldilocks and I came back from my mate's party at his phenomenal mansion because it was his birthday. Multi-coloured lights beamed right past my eyes, balloons were floating everywhere the DJ played the most awesome beats, everyone was brainwashed. Goldilocks and I were arguing because I was dancing with my ex and not her. We nearly broke up over that and she went home crying. She needs to learn that she breaks my heart too, and I don't go home crying to my parents.

(One week later)

I call her to say I'm sorry but she doesn't pick up her phone so I decide to say sorry in person. I arrived at her flat to find that her door was wide open, and the heavy wind rushing rapidly passed the open door, so I ran in, slammed the door shut behind me. I found her lying in the kitchen floor stabbed in the chest bleeding to death. Blood rushed down her body and created a pool of red blood increasing in width and height. Suddenly, S.W.A.T rushed in, broke the wooden door down, and pointed all their barrels at me. I jumped out of the window quickly praying that they won't shoot me and I ran and ran...

(2 days later)

I can't believe what just happened. I am being accused for the murder of my girlfriend and I am on the run for something I didn't even do. The past two days have been really weird but on the other hand there was this homeless man who I told what had happen. He gave me this watch but I refused to take it but somehow he slips it in my pocket without me realising. I found out that there was some writing on the back and it said 'use wisely'. I was confused? The watch was the one that you can turn around, once I turn it there was light beaming, and then BOOM...

I rubbed my eyes to find that I was at the other side of my girlfriend's flat and ran beside a tree thinking that I will get caught. But I didn't. I could see someone that I knew walking into her flat... It was me. I was thinking that the watch killed me and I am in heaven. But I wasn't. After a few seconds of thinking I finally realised what was happening. The watch sent me into the past I heard sirens and saw it was the S.W.A.T. I ran and ran to get far away from them as possible I turned the watch again and then BOOM, I found myself back hiding where I was and it was getting really dark so I put the watch in my back pocket and went to sleep.

(The next day)

I woke up the next day with the heart of a detective and I had to find out who actually killed my girlfriend. I set off but kept low just in case anyone

saw me. It took me about 30 minutes of ducking and hiding from people for them not to see me. I finally arrived at her house. But there was still S.W.A.T and police all around. Crap I forgot about them. I have to find a way get past them, but how? I was thinking of a way when a lost dog came running to me. I panicked. I hated dogs. I can still remember when I was 8 years old and a dog bit me in the nuts and I went to the hospital and I was told I can't have babies when I'm older. But I didn't know what that meant until now. Let me carry on. The dog was running and running towards me but then it went to the police and bites them and all the police were running trying to catch the dog. And the dog unit came. This was my one and only chance. I ran in the house, then in the kitchen to find her body was covered in a sheet and something sticking out which I believe is the knife. I put on gloves so I wouldn't leave fingerprints. I heard footsteps.

Someone was coming. I needed to hide somewhere. The officer came in.

Luckily I hid under the kitchen table just in time so he wouldn't see me. I came back out and carefully took off the sheet. Tears started to flow like a waterfall; I tried to not cry because I promised myself I wouldn't.

I put powder around the floor so I could see fingerprints. There was only one. I took the fingerprint and found out that they were two identical matches. I was jumbled. How could there be two matches. I ran out of the window because the police were back and went back in hiding. I had one idea but it was a crazy one where I went back in time and camp out at my girlfriend's house and see who actually kill her. My brain was thinking for a long time and I came to the conclusion that I will do it. I was looking for the watch and was getting anxious because I couldn't find it. I was searching for the watch for over 5 minutes. And then I found the watch were I first put it. My back pocket. I was praising God that I found it. My heart was pounding like a cheetah racing through the forest.

The next morning I woke up and was trying to activate the watch. But I just couldn't figure out how to do it. I could remember how to do it. I twisted the watch and saw a light beam coming out and I knew it worked. I found myself near my girlfriend's house and I saw a man walking in to my girlfriends flat wearing a hat and then it turned into a balaclava. He looked around to see if any was watching. He couldn't see anyone, so he took a knife out of his waist and walk towards the door with the knife on his side. He took one more look to see if anyone was looking and kicked the door open. He walked into the kitchen and saw her, he stabbed her repeatedly in the heart as she was screamed and he ran out. I was thinking whether to approach him but decided not to because he was armed and I needed a knife or even a gun to stop him and to see who he really was. BOOM!!! I found myself back where I was.

(the next morning)

I woke up trying to think of how to find out who the man in the balaclava was. Then it hit me. I had the perfect idea. I took the watch out of my pocket and twisted it. BOOM!!! I found myself next to my girlfriend's house. I saw the man approaching. I walked towards him. I started to sweat like the water in Niagara Falls. The man was getting closer and closer, and then I bumped into him and said sorry. As I walked away I had a smile on my face. I turned around and saw the man reaching into his waist to get the knife but it wasn't there. I took it. I approached the man and took the knife out and told him to get on his knees. He did what he was told. I had a small evil smile as I took off the balaclava and realised who it was. I couldn't believe my eyes. Goldilocks own father...

Premier League Reading Stars

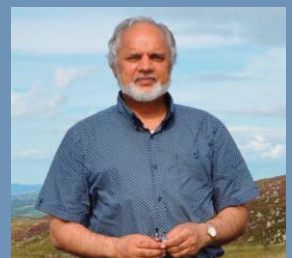
By Ms Charman

Some of our Year 7 students involved in the Premier League Reading Stars programme were invited to visit the West Ham stadium and grounds in Upton Park. Students participated in a teaching session in the education suite, followed by visiting the players' changing room and sitting in the West Ham dugout.



British Values are Islamic Values

By Mr Deen – Muslim Lay Chaplain



In June this year Prime Minister David Cameron supported plans to promote British values in schools stating that it is these values that define us as a society and deter extremism from growing in the UK. These values include the Rule of Law,

Democracy, the preservation of Human Rights, a tolerant perspective and an aversion to conflict.

As a Muslim, I welcome this initiative and I promote these values as I recognise them as

being integral to our Muslim heritage having been advocated by Muslims for over 1400 years. It is unfortunate, however, that over time these values – that could arguably be thought of as Human values – have been lost in some parts of the Muslim world only to

have surfaced and flourished in many Western countries, one of which is the UK. In a recent study by professor, Hossein Askari, it was found that Qur'anic teachings are acted upon more in Western countries than they are in some Islamic countries which have failed to embrace the values of their own faith in politics, business, law and society.

What constitutes Islamic values, then, and why do I believe them to be synonymous with British values? As Eric Pickles MP wrote in a recent letter, "British values are Islamic values." In fact, only recently former Archbishop of Canterbury Rowan Williams stated that 'Islam is reviving British values'."

With regards to the aforementioned British values, I would like to highlight the Islamic standpoint using some Qur'anic verses.

CONFLICT

There are numerous quotes in the Qur'an and teachings of the Prophet Muhammad (pbuh) indicating the peaceful nature of Islam. However, there are also a few verses which call upon the Muslims to defend themselves as they were revealed at a time when Muslims were being physically attacked early on in their history when they were at their weakest. Consequently, God instructed Muslims to fight back until these attacks ceased. Unfortunately, these verses have become controversial as they tend to be taken out of context and quoted by parts of the media and extremists – be they Muslims or non-Muslims – when, in truth, murder and the unlawful and unjustified engagement in conflict are in fact heinous crimes in Islam.

".....anyone who murders any person who had not committed murder or horrendous crimes, it shall be as if he murdered all the people. And anyone who spares a life, it shall be as if he spared the lives of all the people." (Qur'an, 5:32)

"You shall not kill any person - for God has made life sacred - except in the course of justice." (Qur'an, 17:33)

The Qur'an does not allow Muslims to fight except in self-defence and to enforce peace. It imposes no restrictions on those who disagree on religious matters. It urges Muslims to treat such people kindly and equitably.

TOLERANCE

In much the same vein, Muslims are ordained by God to protect and fulfil the rights of our fellow human beings, regardless of race, socio-economic background, ethnicity or creed.

Indeed God says in the Qur'an, *"Do not argue with the people of the scripture (Jews, Christians, and Muslims) except in the nicest possible manner—unless they transgress—and say, "We believe in what was revealed to us and in what was revealed to you, and our God and your God is*

one and the same; to Him we are submitters." (Quran 29:46)
"Surely, those who believe, those who are Jewish, the Christians, and the Muslims; anyone who (1) believes in God, and (2) believes in the Last Day, and (3) leads a righteous life, will receive their recompense from their Lord. They have nothing to fear, nor will they grieve." (Quran 2:62)

"... If it were not for God's supporting of some people against others, monasteries, churches, synagogues, and mosques - where the name of God is commemorated frequently - would have been destroyed. Absolutely, God supports those who support Him. God is Powerful, Almighty." (Quran 22:40)

In honour of the teachings of the Qur'an, when the second ruler of the Islamic empire, Umar b. Al-Khattab, captured Jerusalem he invited the Jews back into the city, allowing them to practice their religion freely. This pact, called 'The Covenant of Umar', was done in order to rectify the injustices inflicted upon the Jews by other nations predated Islam

RULE OF LAW

The drawing up of covenants, pacts and treaties were characteristic of early generation Islamic governance. They were a means by which the ruler of the Muslims engaged with leaders of other nations and ensured the just and fair treatment of and amongst his people. The leader was held to account by the Shura, a council. All affairs were conducted and decided by mutual consultation with the Shura who ensured the ruler of the Muslims adhered to the Islamic values necessary to ensuring the rights of the people were fulfilled.

DEMOCRACY

It is evident that the ruling system of the Islamic empire was revolutionary for its time. Over 1400 years ago the Muslim governing body had implemented values fundamental to modern day Western governments. There is one area of contention, however – Democracy. There are ideological groups who argue that Islam discourages and condemns the democratic political system. Nevertheless, one need only look to Islamic history, at a time when Islam was practiced in its most authentic form, to find that values of democracy essential to Islamic society. As previously mentioned, the Shura was a council which consulted with the leader of the people. This leader was elected by the people by way of a voting system and nearly 100 years of Islamic ruler ship was determined as a result of elections. Even the Prophet Muhammad (pbuh) deferred to the majority judgement of his companions in matters of importance. Some battles were fought and some conceded on the vote taken despite the Prophet's own opinion to the contrary.

CONCLUSION

Enlightened reform ideas continue to develop

in the Muslim world. Institutions like Al-Azhar University in Cairo, which is the oldest university in the world, the Muslim World League in Mecca, and the Organization of the Islamic Conference headquartered in Jeddah are the examples of the contemporary, intellectual, educational, and diplomatic forces in the resurgence of Islam. The contributions they make toward a better understanding of Islam, as well as its peaceful propagation, are free from extremism and violence.

The resurgence of Islam is flourishing in every part of the world and dedicated Muslims are trying hard to meet the challenges of modern times while remaining faithful to the values of their faith. This is enlightened Islamic Fundamentalism. Its continuation and growth are ongoing. But since all mass movements carry the risk of excess, extremism by some is likely to occur at times. However, one should not judge the higher values shared by the many on the basis of the extreme deeds committed by the few.

George Bernard Shaw (26 July 1856 – 2 November 1950) was a Nobel-Prize-winning Irish playwright, critic and passionate socialist whose influence on Western theatre, culture and politics stretched from the 1880s to his death in 1950, at 94 one of the world's most famous men. After studying Islam and Prophet Mohammed, he made a number of remarks including the following two:

"I have very carefully studied Islam and the life of its Prophet (pbuh). I have done so both as a student of history and as a critic. And I have come to conclusion that Muhammad (pbuh) was indeed a great man and a deliverer and benefactor of mankind which was till then writhing under the most agonising Pain."

"If a man like Muhammed were to assume the dictatorship of the modern world, he would succeed in solving its problems that would bring it the much needed peace and happiness."

Sadly, this message of "peace and happiness" appears to have been lost in some parts of the world, however "Human Values" prevail, and are universal whether referred to as "Islamic" or "British", they are applicable to all humanity

There is no doubt that the values held by British Muslims have much in common with those held by past generations of this country as well as those held by British citizens today. I hope that this spirit of positive contribution to society, compassion and caring for the vulnerable, may long continue – for the benefit of all in Britain. It is these values that make Britain great, and make this a country that I and my fellow Muslims are proud to call home.

Tribute to Cicely (Celia) William 1954-2015 (61 years)



It is with a heavy heart that we announce the passing of Celia, a much loved member of our kitchen staff.

Celia worked in the kitchen for 25 years, and was previously a student at Sir John Cass Red Coat School.

Our condolences and sympathy to her family and friends, she will be missed.

Air Cadets

By Boaz Dixon

On Thursday the 2nd of July, I headed towards the Pibright Shooting Ranges, having got time off school, to take part in ISCRM – the Inter Service Cadet Rifle Meeting. I was excited to take part in the four day competition, as I had never done so before, and was keen to gain the experience.

I learnt to fire the L81A2 – the weapon the competition is based on – on 25th January this year. Since then I had regularly been attending weekends of training, working on my technique and trying to reach higher standards of marksmanship each time. I found this quite a challenge, as the weapon was very heavy and difficult to fire accurately. Just like the other two weapons I had already learnt, the L81 took perseverance, hard work and a lot of time to improve on. After six months, I had improved considerably, and was entering the competition along with about thirty other air cadets and staff from London. The first thing we did when we arrived was to set up our tents, which we would be sleeping in for three nights. Later that day

we went on to the firing range for the first time. Not only were there air cadets present, but also army and sea cadets from up and down the country. There were even air cadets from Hong Kong and Canada there! During the competition, we got talking to the cadets from the other countries and found out that Canadian banknotes were made of plastic. We had also previously heard that Canadians smell like maple syrup, we investigated, and sure enough, they did! In total, there were about four hundred cadets present, all competing for the 'top 100' places.

For the next three days we fell into a rhythm of waking early, shooting, showering and relaxing in the evenings. In uniform for most of the day, it was always a relief to change into normal clothes later on. The evenings were fun, one night we went to an Indian curry house. On other evenings we relaxed in the camping area, made easier by a hammock someone brought along. We shot at targets from three hundred metres to nine hundred metres away. Each time we faced new challenges and compared scores with each other.

Once we had finished the firing, the last thing to do was to attend the results ceremony. Out of the cadets from London I was with, seven did very well, all finishing

higher than 100th and one cadet coming 3rd overall.

Unfortunately, I did not reach my target of coming in the 'top 100', placing 141st in the end. However, I was glad to have gone and I am keen to go again next year and improve on last year's score.

If you want to join the Air Cadets, visit www.towerhamletsaircadets.com



CASS CALENDAR

OCT 2015

8th Oct - Yr 12 Parents' Forum
10th Oct - Yr 6 Language Aptitude Test
14th Oct - Twilight (Early School Closure)

15th Oct - Kenton Day
22nd Oct - Sixth Form Open Evening
23rd Oct - Late start 11am
26th-30th - Half Term
2nd Nov - Return to School