

# NEWSLETTER

Week Commencing: Monday 2 March 2020

## FULLBROOK 6

On Wednesday, our Year 12 students visited Sandown Park for the Apprenticeship Show to learn more about training and career options once their A-Levels are complete.

Year 12 will also be going to the UCAS exhibition at The Excel on Tuesday 24 March where they will be able to speak with universities about the many study opportunities available.

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On Thursday there was a cake sale in F6 to raise funds for First Person Plural, the only charity in the UK that supports people who are dealing with Dissociative Identity Disorder (DID). DID is caused by extreme childhood trauma, which results in other identities forming in order for the child to survive the trauma.



## NOVEL CORONAVIRUS – FULLBROOK EVENTS

As we continue to monitor the situation with Coronavirus, we will be taking some additional steps in line with advice from Public Health England for forthcoming large-scale events taking place at Fullbrook such as the evening performances of Les Misérables and the Fullbrook Careers Fair 2020.

Please see the information on page 4 for full details.

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*“If you don’t like to read, you haven’t found the right book.” – J.K. Rowling*

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## YEAR 9 PARENTS EVENING – THANK YOU

It was great to see so many parents & carers at our Year 9 Parents Evening yesterday, and we are exceptionally grateful for everyone’s understanding regarding the additional measures we put in place following Public Health England advice on large crowd events during the Coronavirus situation in the UK.

## MYMATHS – ADDITIONAL STUDENT LEARNING

For any students wishing to do additional Maths to support their lessons & homework, they are able to use MyMaths which is an interactive tool offering a wide variety of exercises and immediate feedback. Click [here](#) to visit the site, and see login details below for how to access.

- **General Username** – Fullbrook
- **General Password** - triangle
- **Student login** - ask teacher for details.

## LES MISÉRABLES REHEARSALS

We’re down to last minute tweaks & run through for our fabulous production. Please see page 3 of the newsletter for details of the final rehearsal schedule for the cast & crew including the final weekend session on Sunday 8 March. Please ensure that all students taking part are aware of when and where they are needed.

We can’t wait for the curtain to go up on Thursday night!



## YEAR 9 VACCINATION BOOSTER – EXTRA DATE

A letter was recently sent out with details of a 2<sup>nd</sup> vaccination date for parents who missed the deadline for giving e-consent for their sons & daughters previously. For further details including the consent link and the unique code for Fullbrook, please view the letter [here](#).

## CONTACT US

Please do not hesitate to contact us via:  
[info@fullbrook.surrey.sch.uk](mailto:info@fullbrook.surrey.sch.uk)  
[concerns@fullbrook.surrey.sch.uk](mailto:concerns@fullbrook.surrey.sch.uk)  
[homework@fullbrook.surrey.sch.uk](mailto:homework@fullbrook.surrey.sch.uk)

## SOCIAL MEDIA

Click the symbols to view the Fullbrook Facebook & Twitter pages.



## STUDENT REVISION

With our Year 11 students deep in revision mode in preparation for the start of their GCSE examinations, we thought we'd share some interesting insight into how studying whilst listening to music can affect ability to retain information. See page 5 of the newsletter.

## FULLBROOK CAREERS FAIR 2020 – BOOKING UPDATE

We have had a phenomenal number of bookings so far for the Careers Fair. The 7pm entry slot is now completely full, but we do have some space left for the 8pm entry slot. If you have not yet booked, then please do so to avoid missing out.

## STUDENT SUCCESS

Lois W from Year 8 is part of the Regional Swim Squad and recently competed in the County 50m Breaststroke. We are delighted to share that she came 3<sup>rd</sup> in her event! Congratulations Lois on a brilliant result.

## SPORTS NEWS

**Year 8 Girls Basketball:** The Year 8 girls basketball team have competed in three District tournaments this term. After accumulating all the points, they have placed a very respectable 4th out of 10 teams. The girls have put in lots of effort and shown great resilience throughout all the tournaments. Well done to all who took part this term!

## DATES FOR YOUR DIARY

Monday 16 March		Deep Learning Day 4 (students off timetable)
Monday 16 March	7:00 – 9:00pm	Fullbrook Careers Fair 2020 (booking required)
Thursday 19 March		Fullbrook 6 Academic Clinic
Thursday 26 March	Times TBC	Year 8 Choices – Subject Fair (times TBC)
Friday 27 March		Music Department Spring Concert
Thursday 2 April		Year 11 Exam Prep Info Evening
Friday 3 April	12:30pm	School closes for Easter Break (early finish for students)
Monday 20 April		School reopens after Easter Break (all students)
Friday 24 April		Deadline for Year 8 Choices forms

# Mr. Les Misérables



## REHEARSAL SCHEDULE

Mon 2<sup>nd</sup> March – Fri 6<sup>th</sup> March 2020

DAY / DATE AND ROOM	SCENE TO BE REHEARSED	CHARACTERS NEEDED	REHEARSAL CONTENT
<b>SUNDAY 1<sup>ST</sup> MARCH</b>	Full Dress Rehearsal – Bring lunch, a hanger and plenty of water	Whole Cast and Crew	Run show in full costume x2
Monday 2 <sup>nd</sup> Mar (Day 1): <b>Main Hall</b>	TBC – Dependent on Sunday Rehearsal	Scene to be rehearsed will be decided on Sunday's rehearsal.	Characterisation, blocking and choreography
Tuesday 3 <sup>rd</sup> Mar (Day 2): <b>Main Hall</b>	WLX in Lighting Plotting/ Technical	Oli Burley and Will Acharyya	Characterisation, blocking and choreography – Miss Lawrence
Wednesday 4 <sup>th</sup> Mar (Day 3): <b>E10</b>	Valjean & Javert – vocal technique	Javert and Valjean – Accent work and breath control (Jason) Breath Control in 'Suicide' song and 'Stars'	Singing Rehearsal
Friday 6 <sup>th</sup> Mar (Day 5): <b>MAIN HALL</b>	TBC – Dependent on Sunday Rehearsal	Scene to be rehearsed will be decided on Sunday's rehearsal.	All disciplines

### Important Notices:

Please bring a hanger for your costumes and return DVD letter

### Show Dates

- Monday 9<sup>th</sup> March- Dress and Tech all day
- Tuesday 10<sup>th</sup> March- Dress and Tech / Primary Schools Matinee
  - Wednesday 11<sup>th</sup> March- Primary Schools Matinee
  - Thursday 12<sup>th</sup> March- 7pm Performance
  - Friday 13<sup>th</sup> March- 7pm Performance
  - Saturday 14<sup>th</sup> March- 7pm Performance

# Mr. Les Misérables



## SHOW WEEK SCHEDULE

Mon 9<sup>th</sup> March – Saturday 14<sup>th</sup> March 2020

<b>SHOW WEEK!</b>		
	Monday 9 <sup>th</sup> Mar (Day 1)	Whole Cast and Crew – attend AM tutor and then come to the Main Hall at 9am
	Tuesday 10 <sup>th</sup> Mar (Day 2)	DRESS & TECH PRIMARY SCHOOLS MATINEE
	Wednesday 11 <sup>th</sup> Mar (Day 3)	DRESS & TECH PRIMARY SCHOOLS MATINEE
	Thursday 12 <sup>th</sup> Mar 5pm Call	SHOW NIGHT – Sign in to Room 24 at 5pm
Friday 13 <sup>th</sup> Mar 5pm Call	SHOW NIGHT – Sign in to Room 24 at 5pm	
Saturday 14 <sup>th</sup> Mar 5pm Call	SHOW NIGHT – Sign in to Room 24 at 5pm	

### Important Notices:

Vocal rest during the day.

Drink plenty of water and eat well/ properly.

# FULLBROOK EVENTS

## CORONAVIRUS ADVICE

We are looking forward to welcoming everyone to our production of *Les Misérables* & the Fullbrook Careers Fair 2020 in the next couple of weeks. We will be taking some precautions for any large scale events with regards to Coronavirus and so, in line with Public Health England advice:

- Anyone who has been in any of the international lockdown areas should currently be self-isolated, and must not attend any event at Fullbrook
- Anyone who has been in contact with somebody who has a confirmed case of Coronavirus should not attend the performance
- For anyone who has been to one of the Category 2 locations listed below, and are not currently showing symptoms, they are more than welcome to attend
  - Northern Italy ([map](#))
  - Vietnam
  - Cambodia
  - Laos
  - Myanmar

On arrival at Fullbrook all visitors will be asked to use hand sanitiser before entering the event. If you are allergic to hand sanitiser, please ensure you have washed your hands prior and make Fullbrook staff aware upon arrival.

Please remember the 'Catch It. Kill It. Bin It' protocols for any coughs and sneezes, and that since Coronavirus can be spread by touch, when attending a public event, it is sensible to avoid person to person contact wherever possible.

These are simply precautionary measures to ensure that everyone at such a large gathering remains healthy & safe.

We appreciate your support and co-operation.

## THE ONE ABOUT REVISING TO MUSIC

@inner\_drive | www.innerdrive.co.uk

### WHY THIS STUDY

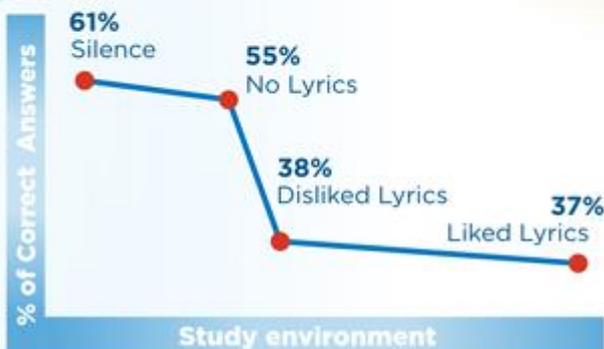
Many students do their homework and revision whilst listening to music. Many of these students will swear that listening to their favourite songs helps them study. But does it actually help or hinder learning? And interestingly, does it matter what type of music they listen to whilst revising?

To answer these questions, researchers assigned students of a range of ages to one of four groups; the first revised in silence, the second revised whilst listening to music with lyrics they liked (which included songs from One Direction and Katy Perry), the third group revised to music with lyrics they did not like (which comprised of very heavy thrash metal bands), and the fourth group revised listening to music that did not have lyrics.

The participants then took a test on the passages they had been revising, rating how distracting their environment had been, as well as writing down their predictions for how well they thought they had done.

### THE MAIN FINDINGS

- 1 Students who revised in **quiet environments performed over 60% better** in an exam than their peers who revised listening to music that had lyrics.
- 2 Students who revised whilst **listening to music without lyrics did better** than those who had revised to music with lyrics.
- 3 It made no difference if students revised listening to songs they **liked or didn't like**. Both led to a **reduction in their subsequent test performance**.



- 4 Students who revised **in silence rated their environment as less distracting** and accurately predicted that this would lead to better performances in subsequent tests.

Ref: Perham and Currie, 2014, *Applied Cognitive Psychology*

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