

# CHSG LIFE UNDER LOCKDOWN



Good morning Year 7

On Monday May 25<sup>th</sup> we all awoke to the horrific news of the death of George Floyd. The world watched in shock as he took his last breath, on a road in Minneapolis. As a society we have become so accustomed to violence and murder on television and social media it almost feels like we have in some way become desensitised to it all. But to see someone lose their life purely for the colour of their skin is heart-breaking and wrong. No parent should have to feel that their child is unsafe or worry whether they will come home just because of the colour of their skin. Black Lives Matter.

I would never describe myself as a particularly political person and this is certainly not a political statement. I do not profess to have all the answers. But I do know that racism exists. And I do know that everyone in a community that breathes life into a School has a huge responsibility to stop and think to themselves whether they are adding another layer of hatred, directly or indirectly, onto another young generation. As a community we all bear the responsibility of education. The 'what ifs' and 'yeah buts' do not matter, even less so at this time. What matters is that we stop making excuses and face the realities of a world that is not fair and just for all. This is not about empowerment, it is about living together equally.

News stories pass, they become old, forgotten and lost through time. This must not just be another news story. Instead this must be a commitment from our entire community to learning, dialogue, engagement, open mindedness, appreciation and understanding if we are to not let this pass as just another news story. We are incredibly lucky to have a young generation who are willing to stop and think for themselves, who are willing to stand up for what is right, who don't want to continue living in a world of 'them and us', who don't want to stand back and watch the same mistakes happen both in their own and their children's lifetimes. They want to do things differently. Together.

For that we are incredibly proud of you and as a community we will help you build the world you want to live in. The world you deserve. #teamchsg

Mr Devenney  
Headteacher



**Artwork:** Holly Marsh  
**Quote:** Nikki Bhatt

# CHSG YEAR 7 NEWS

Hello everyone

Today marks my last newsletter message to you and the close of this chapter of your CHSG career as you prepare for your move into Yr 8! How quickly five half terms have gone – and I would be lying if I said I didn't wish the last few weeks could've been different. Much as I have enjoyed your jokes each day (and I really have!), and the questions and comments posed on Show My Homework, Miss Williams, your tutors and I have missed you. We've missed your "Hello"s in the morning, the way some of you half-run to join lineup if you're a smidgen late and the House Achievement Points that appear on our computer screens day by day, awarded by staff who've been impressed by you. I promised you a quick tour of the last five half terms, and perhaps some photos. Sadly, technical difficulties have complicated the latter but the ever-resourceful Miss Williams has a plan to embarrass you with photos from this year later on this term. Brace yourselves!

Let's take a few moments to take a step back in time! We started CHSG7 on Wednesday 4<sup>th</sup> September 2019 when you gathered in the Hall for the first time. Your uniforms were immaculate and your pencil cases full to bursting! I sometimes wonder what happened to those pencil cases when some of you ask for a pen....! Within a couple of weeks it was as if you'd always been with us. Classrooms were generally located without too much difficulty and the canteen offerings had been assessed and favourites decided upon. Freshers' Fayre provided the opportunity to sign up to extra-curricular clubs, and the PE and Science Club tables were duly swamped.

A mere matter of weeks after you'd arrived several of you were involved with showing potential new students what life at CHSG looks like at Secondary Transfer Evening. It was brilliant to see you so helpful, so polite and so engaged. Soon after that you had the chance to introduce your parents/carers to your Tutors at Meet the Tutor evening. Thankfully there were lots of smiles as your Tutors spoke about how well you were getting on! What a relief!





October arrived, and you had the chance to compete to be the victorious House in Teambuilding Day. After battling it out on the sportsfield/court/mats you were incredibly invested in newspaper tower building. If anyone was in doubt as to your competitive spirit they were quickly put right. I don't remember who won, which means it wasn't Pankhurst. (Note to 7PK1 and 7PK2 – we will win something one day, don't lose hope!)

As Christmas rolled around, Christmas Fayre preparations were in full swing. You are probably unaware of the exciting moments that ensued as your Tutors scrambled for particular pieces of equipment that were available for your stalls. Most of them sent very polite emails requesting various items but there were some attempts to kidnap otherwise innocent Wheels of Fortune and Hoopla Sets. I will mention no names...! The Fayre itself was a huge success! You'd worked so hard and raised lots of money for LEPR which Anna was delighted to accept as you presented her with the giant cheque!

The term finished with Christmas lunch complete with compulsory crackers, and embarrassing paper hats.

The Spring term was altogether a bit calmer, but we did have the chance to start hearing from you in assembly as you told us all about your Tutor Group. We were delighted to hear about the skills, talents and interests lurking in each group, and you learned a great deal about planning, working together and presenting from the front.

Mrs Durrett launched the sponsored Readathon which was to run through the whole of March but was somewhat interrupted; life for all of us, changed.

We shifted from teaching you at school to teaching you in your homes, from our homes. We know it hasn't been easy but you have done brilliantly; logging on to Show My Homework, completing the tasks set, finishing up your exercise books and starting another. We've been impressed! Well done!

So, now it's time for Miss Williams and I to say our farewells and welcome Ms Kelly-Smith to Team7. We've told her all about you – and she's looking forward to getting to know you! Mrs Newman will still be working with you since she works with Year 7 and Year 8, which is great news.

Well done on a fantastic start to life at school. We're glad you're a part of #teamCHSG!

Miss Stanley and Miss Williams

## Lockdown Life

Imogen has been walking through Beddington Park each day – and keeping an eye out for the ducks.

"I've really enjoyed seeing them grow from tiny ducklings, to fluffy ducks, to now with feathers growing. There are three types of ducks at Beddington Park: Ducks, Egyptian Geese and Moorhens."

Life normally moves so quickly we fail to notice the rhythms of nature don't we! Well done for keeping your eyes peeled Imogen! What have you been up to in Lockdown Life? Let us know!



## Joke Corner

Thank you for all your jokes over the last few weeks...here's a few I haven't been able to share yet! Enjoy!

What did the macaroni say to the spaghetti in a boxing ring?

*"Come and spaghet it!"*

Why do bees always have sticky hair?

*Because they use honeycombs.*

Why do mice need oiling?

*Because they squeak.*

What do librarians take with them when they go fishing?

*Bookworms.*

Why didn't the skeleton go to the dance?

*Because he had nobody to go with.*

What do you call a dog magician?

*A labracadabrador*

Good morning Year 7,

I hope you (and your families) are all safe and well today. This is just a brief message to let you all know that I am really looking forward to being your Year Leader from today! I have officially said my goodbyes to our lovely Year 11s and I am ready for all the adventures Year 7, and shortly Year 8, will bring. Mrs Oladokun will be joining us in September to help us with our Year 8 journey. In the meantime though, Miss Stanley and Miss Williams have told me so many brilliant things about you: how kind and polite you are; how many strengths and talents you have; how enthusiastic you are and how much fun you are to work with.

Change can feel overwhelming at the best of times for all of us- teachers and students alike- but when we are all having to work apart like this, change can feel even trickier to adapt to than usual! However, never fear- I will be writing to you every week, as well as sending you the tutor time slides, so that you can try and get to know me a bit better before September. I am also going to be meeting with your form tutors and Mrs Newman so I can start to get to know all of you better before I get to meet you 'properly' and in person. And finally, if my technological powers (or rather lack of...) allow me- I will be sending you out an assembly or two for you all to watch as a year group, except you get to watch from the comfort of your own homes and not whilst sitting cross legged on the floor of the gym! Maybe remote schooling has some perks after all?!

Your wonderful form tutors will be getting in touch with you via phone or email over the next two weeks, so please do drop them an email back or speak to them on the phone when they call. We love to hear how you are all getting on and what you've been getting up to and remember, if there's anything about school-work or anything outside of school that is worrying or upsetting you, please do let us know by emailing your form tutor.

Have a wonderful week and take care,

Ms Kelly-Smith

Your new Year Leader of Year 7



# CHSG LIFE UNDER LOCKDOWN YEAR 8

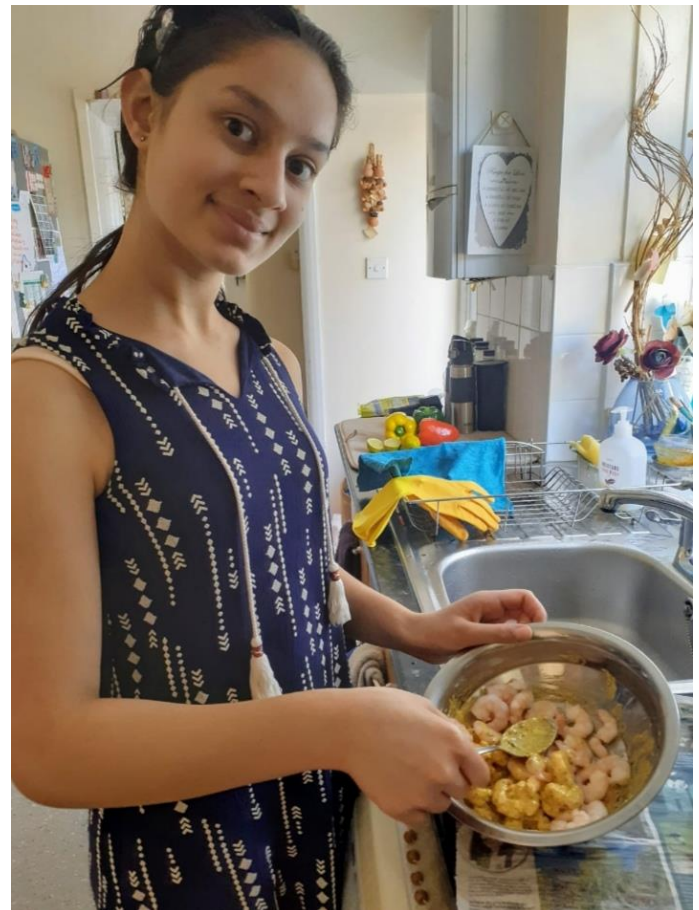
As the lock down continues to spread and confine people largely to their homes many are feeling anxious and a sense of isolation. However, for me it isn't too worrying. I have been doing some wonderful activities...

Staying at home hasn't been so upsetting but on the bright side it has been a pleasure. We have been finishing our work quickly and spending precious time with our family. Not only that, but I have been enjoying the lustrous sunshine by going on daily walks. I have also been exercising daily by going for a jog with my sister and father.

What I most like about lock down is that I have been learning new skills and I have been more innovative. I really like helping my mother in the kitchen whenever she needs help as I appreciate she spends a long day at work. Last week, I made my signature dish: a salmon and bean salad. This represented my style of cooking as well as me as an individual due to its bright colours and flavour.

It's only been a matter of weeks and we've seen a dramatic rise in the number of corona virus deaths. I have been watching the news every day and hearing how hospital consultants are running out of PPE (Personal Protective Equipment) makes me feel heartbroken. Even though the government are implementing new measures to save lives, one of which being self-isolating and staying alert, I still feel discouraged that there is no school. I miss seeing my friends and all the teachers and staff who help me every day. Without their help I wouldn't be where I am today!

**Mya 8PK1**





# CHSG LIFE UNDER LOCKDOWN SLT CORNER

## Mrs Driver

I hope you are all keeping well and working hard.

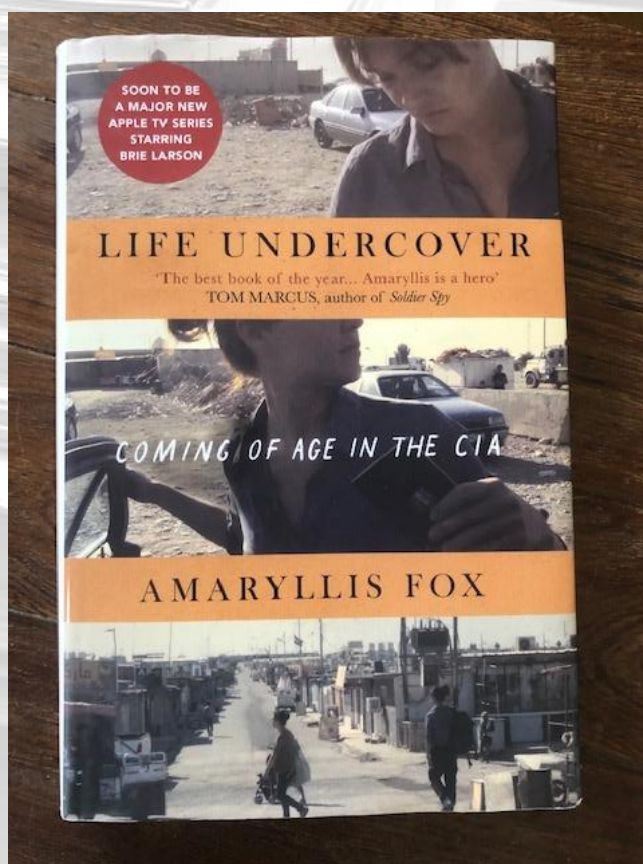
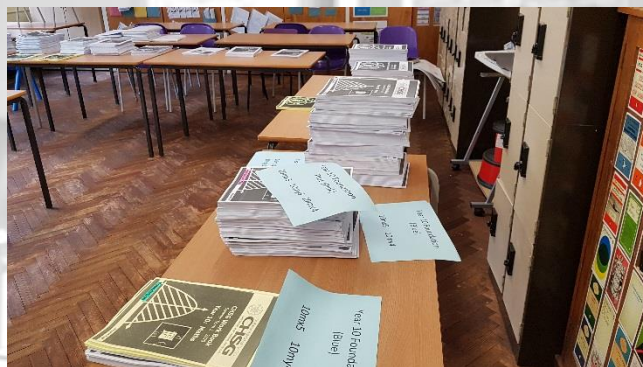
Last week at school was busy as we have been printing your new workbooks for every subject you study. These workbooks have been devised by your teachers and are filled with resources and activities to help you learn. They look amazing and they will be arriving on your doorstep soon!

Whilst having more time during lockdown I have been trying to fit in more exercise. I have been doing Joe Wicks and Yoga in my garden and more recently I have been going out for a run, which I find really helps with my wellbeing. It's so nice to be out in the fresh air, view different surroundings and clear my head. Plus the endorphins from exercise help me to feel energised. I'd really recommend sticking to an exercise routine of your choice to help you keep physically and mentally fit during this time.

Recently I finished a great book called "Life Undercover" by Amaryllis Fox. The book is an autobiography which tells the story of how Amaryllis Fox was recruited by the CIA at the age of twenty-one and by twenty-six was the highest level undercover field operative, deployed to infiltrate the most dangerous terrorist networks across North Africa, the Middle East and Southeast Asia! A fantastic true story about an inspirational female - I recommend it!

I have also grown tomato plants using the seeds from fresh tomatoes in my fridge. Here's a picture of how they are coming along - there are so many!

Stay safe.



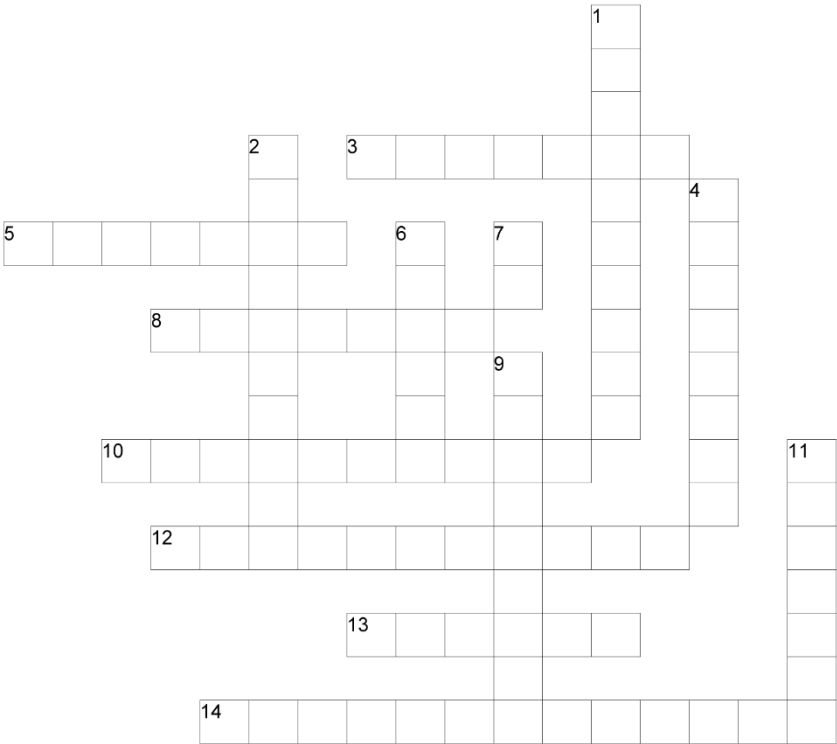
# Maths Brain Teaser

Mrs. Davies's class stands in a circle. The spaces between the pupils are equal and the 7th pupil is opposite the 21st pupil. How many pupils are in Mrs. Davies's class?



Last newsletter's solution = 11 days old

## Learning Resource Centre Crossword



### Across

- 3. What is the official name of Green House?
- 5. What lesson would you be in if you were studying An Inspector Calls?
- 8. What subject is taught in G Block?
- 10. What is the name of the Head Teacher?
- 12. What lesson is taught in A3?
- 13. Where are the Year 7 Tutor Rooms?
- 14. B19 & B20 are ... ?

### Down

- 1. If the Canteen queue is too long you could go to the ... ?
- 2. What is the name of the road CHSG is situated on
- 4. The whole year group comes together for...?
- 6. French, Spanish and .....? are taught at school
- 7. You need trainers for this lesson
- 9. Name the teacher who has taught at CHSG the longest
- 11. What's the name of our Wellbeing dog?

Answers to the last newsletter's quiz are: 1) Canteen, 2) Student Support, 3) The Plaza, 4) B20, 5) The Amphitheatre, 6) Reception, 7) The Netball Courts, 8) G Block, 9) B Corridor, 10) The Hall, 11) LRC, 12) Kitchen Classroom, 13) A Corridor, 14) Entrance to the Hall



# CHSG LIFE UNDER LOCKDOWN CAREER PROFILES

## GRAPHIC DESIGNER

If you've a natural flair for art and design as well as a good understanding of computers, graphic design could be the ideal career for you. Graphic Designers create visual concepts using computer software such as InDesign or Photoshop to communicate ideas to consumers for the purpose of advertising or informing.

You might be working on magazines, product packaging, websites, or other types of visual branding. Although you don't necessarily need any formal qualifications to become a graphic designer, certain courses can help to grow your skills and technical expertise. Graphic Designers often have a diploma or degree in subjects such as graphic design, illustration, fine art or product design.

In order to access such courses, many students complete a foundation course in Art and Design, which usually takes around two years. This is also a great way to build your portfolio, so that you can show employers your skills. If you want to complete a university degree or BTEC national diploma, you'll likely need four GCSEs at level 4 or above, as well as at least one A-level in an art or design subject.

Requirements will depend upon the type of qualification you pursue, and the institution you choose to attend. If the academic route isn't for you, you might be able to find a graphic design apprenticeship where you can learn on the job, they are available but can be difficult to secure. The average starting pay for Graphic Designers is around £20,000, however, with further training and experience, you could earn up to £50,000.

**Mrs Phelps-Gardiner** - Careers & Work Experience Coordinator



# Speakers for Schools Programme

<https://www.speakersforschools.org/>



Founded in 2010 by ITV's Political Editor, Robert Peston, Speakers for Schools aim is to end educational inequality by giving all young people access to the same prestigious networks available to the top fee-paying schools in the UK.

Through talks from today's influential figures via their Inspiration Programme, through their **Experience** work experience programme linking state school students to industry-leading companies and networked support partners they help to level the playing field for young people of all backgrounds.

Their services for schools and students entirely free of charge.

Top tips for getting as much out of these talks as possible:

- 1. To access the talks, links should be opened in a browser that is **not Internet Explorer** and students should join the live event anonymously, there is no need to create a login.**
- 2. Set up for the talk 5 minutes before the start time.**
- 3. Research the person speaking and prepare a few questions to ask them during the Q&A session at the end of the talk. You can submit your questions in any of 3 ways:**
  - i. Q+A Function during the talk which will be made live for students to submit questions
  - ii. Twitter: #SFSvtalk @speakrs4schools
  - iii. Instagram: @speakers4schools

The link for attending talks is:

<https://www.speakersforschools.org/inspiration/vtalks/upcoming-vtalks/>

## How to Join The Vtalks

- Join 10 minutes before the VTALK to be ready
- You can join without needing an account – [Watch how here](#)
- For full speaker descriptions visit the [VTALK Schedule here](#)

## Vtalk Library & More

- Watch pre-recorded VTalks from our library [here](#)
- Please see our [Schools Guide here.](#)
- Below my signature is more information on the SFS activity sheet
- The colour codes can be found under my email signature below

## Upcoming Talks

DATE	SPEAKER	INFO
Mon 8 <sup>th</sup> June 2pm Key Stage 3	Cece Sammy & Asher Knight <a href="#">WATCH LIVE TALK HERE</a>	If you can speak, you can sing! Join Vocal Coach to the stars, CeCe Sammy and Singer/Songwriter Asher Knight to discuss how music has helped people overcome barriers and learn some singing techniques to help students focus too!
Tue 9 <sup>th</sup> June 10am Key Stage 4/5	Julian Jessop <a href="#">WATCH LIVE TALK HERE</a>	Should the voting age be lowered to 16? Economist, Julian Jessop will discuss the debate with students. This talk would suit any student interested in politics.
Tue 9 <sup>th</sup> June 2pm Key Stage 4/5	Dr Funke Abimbola <a href="#">WATCH LIVE TALK HERE</a>	Dr Funke Abimbola is joining SFS to discuss 'Climbing mountains' – a session that reflects on Dr Abimbola's personal leadership journey, her journey to becoming a senior healthcare executive and lawyer and sharing top 5 tips for success!
Wed 10 <sup>th</sup> June 10am Key Stage 3/5	Charly Classen <a href="#">WATCH LIVE TALK HERE</a>	A session on how sport has the ability to impact lives with a focus on demystifying the sports sector in terms of careers and jobs available across the wider sports industry.
Thu 11 <sup>th</sup> June 2pm Key Stage 5	Maya Jama & Dom&Ink In Partnership With Penguin Talks <a href="#">WATCH LIVE TALK HERE</a>	<b>How to Build Confidence</b> British television and radio presenter, Maya Jama, joins freelance illustrator and author of Free to Be Me, DOM&INK, to discuss what confidence means to them, the barriers to developing confidence and how we can build our own confidence.  Have a question for the speakers? Email <a href="mailto:inspiration@speakersforschools.org">inspiration@speakersforschools.org</a>
Fri 12 <sup>th</sup> June 10am Key Stage 3/5	Sarah Gavron In Partnership With Into Film <a href="#">WATCH LIVE TALK HERE</a>	Sarah Gavron, who's film credits include the film adaptation of <b>Brick Lane</b> , British historical drama about the Suffragette movement, <b>Suffragette</b> , and the upcoming teen drama, made in collaboration with the creative team and the young people in the cast, <b>Rocks</b> , out later this year.  Sarah has dedicated her career to accurately telling female stories and hopes to inspire more young women to enter the UK Film Industry. She is also motivated by using her experience and position to help open doors to those who looking to enter the industry from all backgrounds. Sarah will be answering questions and discussing her career, future projects and her influences.



# CHSG LIFE UNDER LOCKDOWN CAREER PROFILES TEACHING

## How I got into teaching

### Mrs Pigott – German/MFL Teacher

I always wanted to be a teacher, but it wasn't until I started to learn French, then German, that I really knew what I wanted to teach. My teachers advised and inspired me to go to university and this literally changed my life. My German teacher was also my tutor and told me that I had to take every opportunity that life offered me. I went to the University of Hull to study German and Italian, having never travelled further than the Isle of Wight!

Through my studies I was able to live and work in Germany, Austria and Switzerland. I still wanted to teach after my degree and went to the University of York to complete my teacher training, eventually coming back to Carshalton.

I love my job (most of the time!). I know that every day will be different, sometimes challenging but never boring. I enjoy my lessons and love seeing students improve their language skills, as well as gain a knowledge of another culture. I also get to speak the languages I love every single day!



### Ms Ogden – Curriculum Leader Music

I'm from a family of teachers (grandad and dad both head teachers, mum was an assistant head, sister was a head of music) and I was adamant I would never teach. Went to University of York and got my music degree and then went into financial recruitment after university. I was lucky to get a job and couldn't wait to have the first "non-teaching" job in my immediate family.

Biggest mistake - EVER! Spent ages working, very silly hours, great pay but no work life balance at all and every day was the same. I got bored. Very quickly.

Ended up really re-assessing my life and realised that all I wanted to do was teach. Quit my job in recruitment. Got a job as a TA in a secondary school with a behaviour unit attached. Main aim was to get unit pupils back into mainstream education and learning. Adapting to the situations that each minute and day threw at them. That was one of the best jobs I ever had and



the learning experience was amazing! Learnt a lot from a great mentor who pushed me to go and do my teacher training.

Applied for my PGCE at Manchester Metropolitan University, having learnt all I could as a TA. Great to learn in different schools and realised that this is what I should have been doing my whole life. The rest is history and I wish I had spent more time doing what I love, rather than wasting time and trying to prove something to myself.

Main things I love about my job: No day is the same, working with pupils is brilliant - they keep you young and are sociable (on the whole), they teach me so much (every day is a school day), love passing on my passion for music to others and the buzz teaching gives you. Yes, I'm exhausted most of the time, but it is so rewarding to see a student 'get it' or when they suddenly tell you something. Means the world to be trusted and that is why I will never leave teaching.

## **Ms Oladogba – English Teacher**

I studied English at Brunel University and had a break of four years before I went back to train as a teacher. I did a PGCE at the UCL Institute of Education and it is one of the best decisions I've ever made. I can't imagine myself in another career. One of the things I like the most about being a teacher is that there is always something new to be learnt, every day. Whether it be about my personal character traits, the novel I've read and taught 10 times, or the difference I make in young people's lives, I am always learning and it is a wonderful thing.

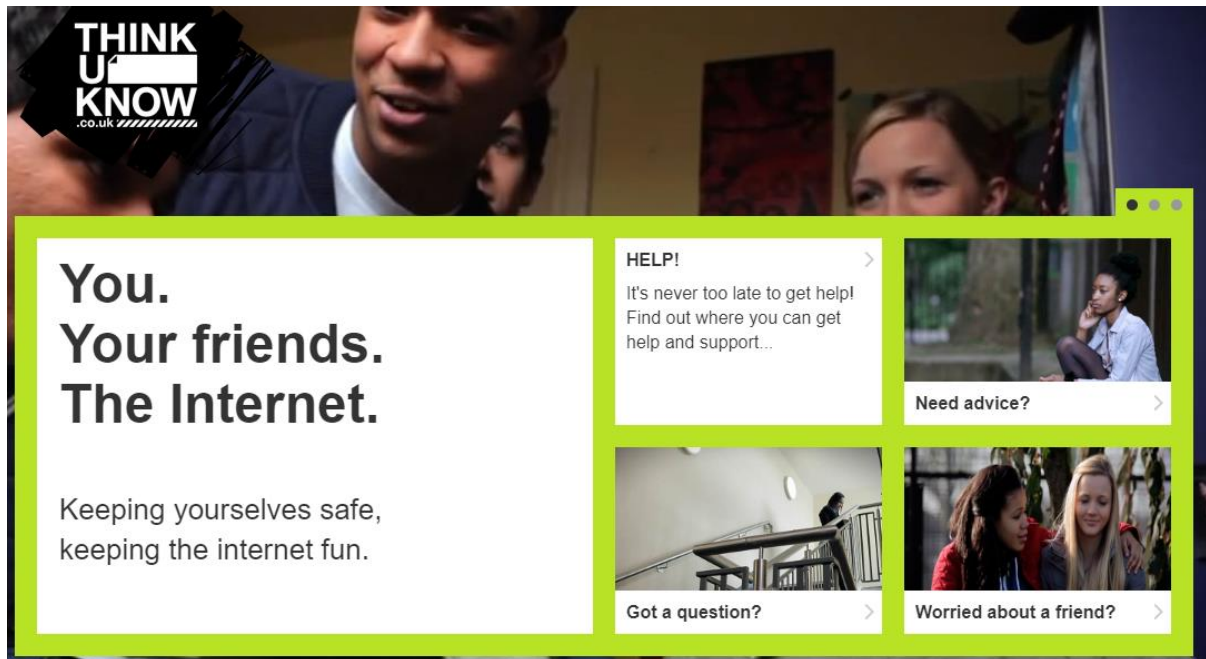




## Off the Record

<https://www.talkofftherecord.org/sutton/>

Off the record continue their programme of online courses and workshops alongside their free online counselling all can be accessed via their website and social media platforms. These have been very popular with young people across the borough so please do sign up and make the most of this resource



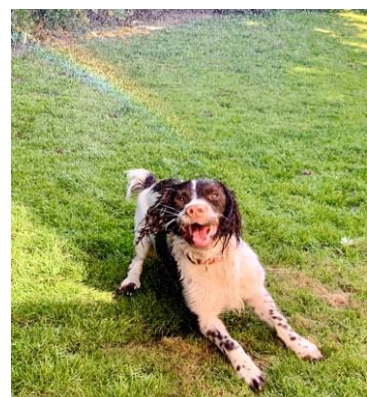
## Thinkuknow

If you are online more than normal are you making sure you are keeping safe, remember to check you security settings, keep accounts private, only chat with people you know. If you see something online that you are unsure or unhappy about make sure you report it and tell someone.

If you are unsure how to report concerns visit the CEOP website <https://www.thinkuknow.co.uk/> where there is age relevant advice and support available.

## Douglas

I thought you might like a brief update on Douglas the Wellbeing dog. He was coping with his own stress of the hot weather with frequent hose sessions.







# JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020



## MONDAY

**1** Decide to look for what's good, even on the difficult days

**8** Write a letter to thank someone for what they did

**15** Rediscover a fun childhood activity that you can enjoy today

**22** Share a happy memory with someone who means a lot to you

**29** Take time to do something that makes you happy today

## TUESDAY

**2** Re-frame a worry and try to find a positive way to respond

**9** Find the joy in music today: sing, play, dance or listen

**16** Ask a loved one what they feel grateful for at the moment

**23** Look for something to be thankful for where you least expect it

**30** Make a list of the joys in your life (and keep adding to them)

## WEDNESDAY

**3** Think of 3 things you're grateful for and write them down

**10** Take a photo of something that brings you joy and share it

**17** Be kind to you. Treat yourself the way you would treat a friend

**24** Thank a friend for the joy they bring into your life

## THURSDAY

**4** Show your appreciation to those who are helping others

**11** Say positive things in your conversations with others today

**18** Send a positive note to a friend who needs encouragement

**25** Eat food that makes you feel good and really savour it

## FRIDAY

**5** Smile and be friendly, even while you're social distancing

**12** Make a plan with friends to do something fun together

**19** Create a list of favourite memories you feel grateful for

**26** See the upside in a difficult situation you learnt from

## SATURDAY

**6** Notice the upsides during the lockdown, however small

**13** Appreciate the joy of nature and the beauty in the world around

**20** Make time to do something playful today, just for the fun of it

**27** Watch something funny and enjoy how it feels to laugh

## SUNDAY

**7** Find a joyful way of being physically active (indoors or out)

**14** Do three things to bring joy to other people today

**21** Enjoy trying a new recipe or cooking your favourite food

**28** Create a playlist of your favourite songs and enjoy them



**"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle**



## ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind



# CHSG LEARNING RESOURCE CENTRE

A lot has already happened in June. The LRC and its Resources are still here to support you.

#stayhomestaysafe #Blacklivesmatter #worldenviromentday #worldempathyday

Want to find out more information or making sure you are not being fooled by #fakenews. Need support for your mental health and wellbeing. Find links on the Oliver News page.

<https://www.chsg.org.uk/news/?pid=340&nid=58>



## Epic

Epic is a digital library that Carshalton High School for Girls' students have free access to. Download the App or go to the website <https://www.getepic.com/>

I have already signed us all up so there is no need to pay for anything. Go straight to LOG IN - STUDENT & EDUCATORS – STUDENT LOG IN put the code **ngg4039**.

Start to type your first name and you will find your profile – click on it and enter a world of FREE Accelerated Reader levelled books & comics to read, listen to and watch. This profile will just keep a history of what you have read and your AR Level and make suggestions for further reading. Once you've read or listened to the book take your AR Quiz using the school AR site accessed through the NEWS page on OLIVER.

## ePlatform

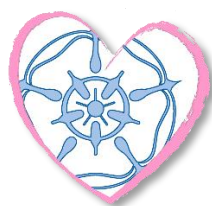
Have you borrowed a book or Audiobook from the Online Library yet?

Download the Eplatform App for your phone or device or use <https://chsg.eplatform.co/>

Login using your Oliver/Accelerated Reader Login.  
The password is **Library1**

Follow CHSG\_LRC on Instagram for hints, tips and giveaways (parents can follow if you do not have an account)





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