

CHSG LIFE UNDER LOCKDOWN



Hello Sixth Form

On Monday May 25th 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 SIXTH NEWS FORM

Dear Sixth Form,

Another week has flown by and I hope you are remembering to register every day before 10am (Year 12 only). Please ensure that you are completing all work that is being set and if you need help, please get in touch with your subject teacher or let your tutor know. I have been sending a variety of emails and setting additional support on SMH about online courses, live webinars and different Post 18 pathways – please do take time to read these.

I would like to take this opportunity to congratulate you for the mature, positive and productive way in which you have tackled lockdown; it has been fantastic to hear about the new projects and fitness regimes that have been forming.

We can't wait to see you all again soon in person and in the meantime: stay safe!

Miss Bevan

Year 13

I do hope that you are all well and continuing to engage in online courses and/or taking up a new hobby:

Here are some courses on a range of topics – try learning a new skill

<https://www.futurelearn.com/courses/collections/boredom-busters>

Links to inspirational talks to keep you motivated

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

Managing uncertainty - It can be an unsettling time and people may not have the answers you want immediately. You can help manage uncertainty by looking at trusted sources of information such as your school email, as opposed to speculating or listening to rumours. If you are feeling overwhelmed or anxious, there are people to help – make sure you contact us.

Year 12

For many students, thinking about Higher Education whilst still in Year 12 is daunting and something many of you may feel unprepared for. In light of this, we have started our Higher Education programme this term and **you should have emailed your 2nd draft of your Personal Statement** to your tutor.

We are also encouraging you to continue with some independent research and to ensure that you start looking at virtual university open days from now onwards. Securing places in Higher Education continues to be very competitive and we want to ensure that our students

are fully prepared. If you feel slightly overwhelmed and don't know where to begin, the Centigrade Test (£20.99 at www.centigradeonline.co.uk) is an excellent starting point. If you have some idea, the course search at www.ucas.co.uk is a really useful and informative facility, and <https://discoveruni.gov.uk/> allows students to search and compare different courses.

UCAS also have a career finder tool—visit <https://careerfinder.ucas.com/> It offers a searchable database of work or training opportunities for students in school, or applying to HE, including:

- Employer sponsored degrees
- School leaver opportunities
- Apprenticeships
- Work experience
- Placement
- Insight days

Students can also use the UCAS search tool to research courses available at universities - [https://digital.ucas.com/ search](https://digital.ucas.com/search)

Parents - there is a dedicated page for parents on the UCAS website where you can sign up for a parent newsletter and also download a parent guide.

Year 12 and Year 13 UCAS Support

Don't forget this month's **Webinar Wednesdays**

As part of our commitment to helping students aged 16-19 during the COVID-19 crisis, UK University & Apprenticeship Search are proud to bring you **Webinar Wednesdays**. In the absence of open days and events each session will provide expert information from universities and apprenticeship representatives to help students make the right decisions and perfect their applications. Each webinar will feature a Question and Answer session to provide students with the opportunity to gain personalised advice. Use the links below to sign up as soon as you can as places are limited and very popular.

10th June	- Studying around the UK
17th June	- UK University Search Virtual Fair
1st July	- Student Life: 2020 Freshers
8th July	- Studying Art and Design: Portfolio Advice

<https://www.ukuniversitysearch.com/blog/post/webinar-wednesdays>

SIGN UP NOW

Each webinar will be available on Zoom and live-streamed on our YouTube; so you'll never miss out.

Year 13 UCAS Students

Have you applied for your university accommodation? :

<https://www.theuniguide.co.uk/advice/student-accommodation/applying-for-university-accommodation>

Year 12 UCAS students

Sign up for the virtual university fair (17th June) <https://ukuniversitysearch.vfairs.com/>
The fair now features over 90 exhibitors including Cambridge, Warwick, Reading, Kent, Manchester Met and the RAF.

Year 12 UCAS Apply 2021 registration

Start by registering for your Apply account at www.ucas.com/apply , add some personal details, get a username, create a password, and set your security questions.

- Add the buzzword – cargirls21.
- Once you've registered, there are 7 sections you will need to complete in Apply. Use the following step by step guide to help you through the process.

The following link will also help you:

<https://www.ucas.com/undergraduate/applying-university/filling-your-ucas-undergraduate-application>

Virtual Work Experience

Below are some opportunities for virtual work experience. It is definitely worth applying, remember to apply in time for the deadlines, to build your CVs and improve your chances of future job opportunities or University offers or both!

What's on offer?

Recently added opportunities include:

22nd June – 26th June ISG: VWEX With a Global Construction Specialist Age: 13+
Application Deadline 12th June 2020

29th June – 3rd July PWC: Virtual Skills Week Age: Year 14-18
Application Deadline 19th June 2020

13th July – 17th July Brixton Finishing School: Discover the World of Advertising, Marketing, and Communications Age: 14+
Application Deadline: 19th June 2020

6th July – 10th July OFCOM: VWEX With the Office of Communications Age: 16+
Application Deadline: 12th June 2020

Please complete you application early as employers may make selections before the advertised deadlines.

There are also some **free work experience platforms for medicine** for anyone who might be interested in healthcare:

The Brighton & Sussex Medical School virtual work experience:
<https://bsmsoutreach.thinkific.com/courses/VWE>

Royal College of General Practitioners - Observe GP: <https://www.rcgp.org.uk/training-exams/discover-general-practice/observe-gp.aspx>

YEAR 12 World of work students

If you are definitely not going to university please get in touch with Mrs Phelps Gardiner so she can give you further advice dphelps-gardiner@carshaltongirls.co.uk

Hi Sixth Form,

I hope you all had a nice half term break and feel refreshed and ready to get this last half term done (you are almost there!).

I've been searching through trying to find you some websites that you may find useful, as I said before the key during these difficult times is to ensure you use your time efficiently please don't open this email and ignore it. Spend half an hour clicking through the links and seeing which ones interest you. When would you ever have this much time to really research careers that interest you? You have free time, now is the time to do it.

The national careers service is a great government website that explores careers simply by choosing a category. It gives you so much information including salary and education paths definitely a website you should be using.

<https://nationalcareers.service.gov.uk/explore-careers>

This is a great link, potnoodle have decided to create a virtual careers event, It looks informative and fun at the same time (If you've never had the pleasure of a potnoodle you certainly will if you decide to go to university. A full on fake pasta dish in a pot for under £1!!!!)

<https://www.potnoodle.com/internships.html?>

Stories to inspire you career... not sure what you want to do, even what area you would like to go into? This is a fantastic website with real stories to inspire your career, sometime watching video clips rather than just reading page after page is a more effective way of learning. With a huge range of professions to look at there are also sections to help you with building your cover letters and CV's this is one of my favourites.

<https://icould.com/>

I hope you find these helpful, and please let me know how you get on. I'm here if anyone has any questions or just wants a chat.

Mrs Phelps-Gardiner

Year 13 Tutor time

This week's focus is how to prepare for Results Day: getting your results, changing courses and clearing. Remember to use the following link: <https://vimeo.com/showcase/7004113> (password emailed to you)

Year 12 Tutor time

Year 12 transition to Year 13

This week's focus is to prepare students for any internal exams this half term or beginning of next half term.

Remember to use the following link: <https://vimeo.com/showcase/7013790> (password emailed to you):

Using technology for learning
Using mobile phones for learning
Revision to improve recall
Revision to improve understanding
Revision: application and practise

Also uploaded on the vimeo channel are:

Applying for Medicine
Applying to Oxford and Cambridge
Extended Project Qualification

Activity

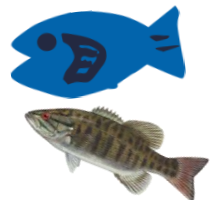
Answer from last week's Sixth Form Logic challenge 2

In the early 18th Century, Mrs Abigail Eischrank of Cambridge, Massachusetts, gave birth to 13 children. Exactly half of them were girls. Explain how this was possible.

All of her children were girls.

Sixth Form Logic Challenge 3

Albert Coley is a fishmonger. He is 2 metres tall (when he's not wearing shoes), takes size XXL in clothes and wears size 14 shoes. What do you think he weighs?



What is the 'Black Lives Matter' Campaign?

#BlackLivesMatter was founded in 2013 in response to when 17 year old Trayvon Martin's murderer was acquitted after he claimed it was self-defence. It is a global organisation in the US, UK, and Canada, whose mission is to stamp out white supremacy and build local power to intervene in violence inflicted on Black communities by the government and vigilantes. Their vision is that by combating and countering acts of violence and creating space for Black imagination and innovation, that they will win immediate improvements for black lives.

Why are people protesting in America?

The recent protests were sparked by the murder of George Floyd by police following unlawful restraint which saw one police officer kneel on Floyd's neck despite him telling them repeatedly he couldn't breathe. Other officers watched and did nothing. This comes a few weeks after a white woman in New York was aware of her white privilege as she threatened to tell the police that an African American was threatening her, when in fact he had only asked her to put her dog on a lead. However, this is just a trigger and it is important to recognise that the frustrations and protests across the world are from centuries of racial discrimination and police brutality.

Why is the response 'all lives matter' unhelpful?

A common response to 'Black Lives Matter' is 'all lives matter'. But that response is unhelpful and misses the point. White lives are not at risk because of their skin tone, black lives are. A suitable analogy for everyone to understand is that if a house is burning down, fire-fighters should focus on watering the burning house instead of watering houses in the street that are fine.

So why does this matter to us in the UK?

Human beings all deserve the same rights: to be treated with respect and dignity and within the law. In the last 30 years, there have been 1741 deaths in police custody in the UK, according to Inquest. The proportion of BAME (Black, Asian and Minority Ethnic) deaths in custody, during which restraint is a feature (like in the case of George Floyd), is more than two times greater than other deaths in custody. From the government's website, 37% of Black Caribbean people own their own homes, compared to 68% of white people. This is systematic racism.

The History

It is important for us all to educate ourselves on what has happened in the past and understand the historical context behind racial discrimination.

After 1619, when a Dutch ship brought 20 Africans ashore at the British colony of Jamestown, Virginia, slavery spread through the American colonies. It is estimated that 6-7 million enslaved people were imported to the New World during the 18th century alone. America's economy flourished and Britain depended on the slave trade for the cotton industry. The northern states of America were against slavery in comparison to the southern states. Tensions erupted into the Civil War from 1861 to 1865. The north was victorious and the 13th Amendment was passed by Congress which abolished slavery. However, the south imprisoned African Americans for petty crimes so they could still be used as slaves. The Ku Klux Klan rose and lynched African Americans for their skin colour. The southern states began enacting segregation laws known as the 'Jim Crow' laws. They had separate schools,

hotels, theatres, shops and even watering fountains. During World War II, 3 million blacks registered for service but were separated from their white colleagues until 1948 where President Truman integrated the armed services. The Civil Rights movement from the 40s through to the 60s was dominated by inspirational figures such as Malcolm X and Martin Luther King who brought the issue of racism to the forefront. And although laws such as the Voting Rights Act of 1965 and the Civil Rights Act of 1968, were passed, the reality of this was that equality was not practiced. And this is just an overview. There is more that everyone can educate themselves on.

The Black Lives Matter movement gained renewed attention in 2016, when San Francisco 49ers players kneeled during the national anthem before the game against the Seattle Seahawks to draw attention to recent acts of police brutality. Dozens of other players in the NFL and beyond followed suit.

What can we do?

Educate yourself – through documentaries, films based on true stories, articles, websites, books.

Talk- have conversations about race and challenge racist language.

Make a change – sign petitions, produce art or music that promotes equality.

Written by Miss Cherry, Artwork by Remy Vita



CHSG LIFE UNDER LOCKDOWN YEAR 8

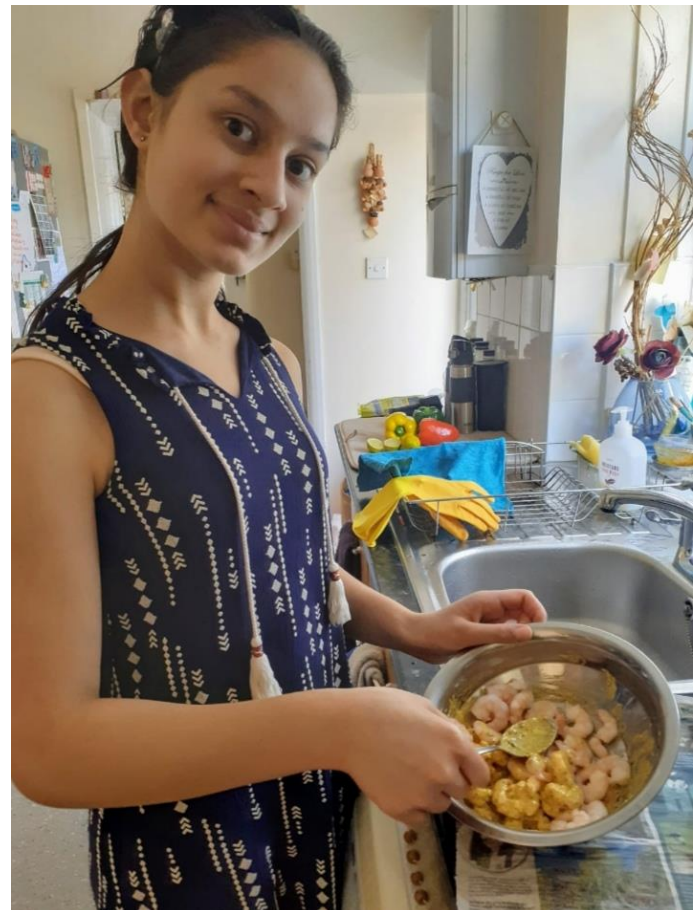
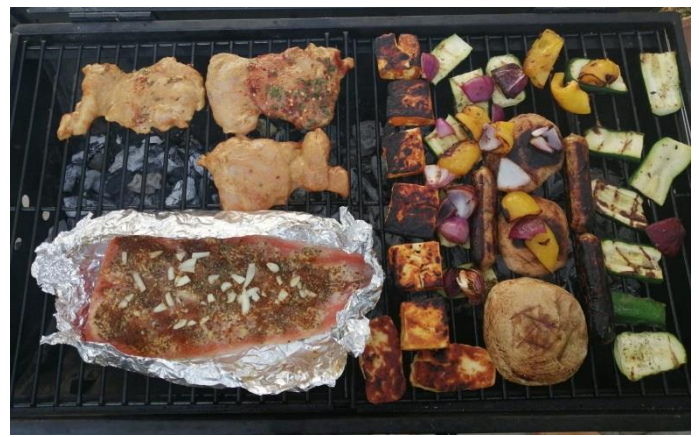
As the lock down continues to spread and confine people largely to their homes many are feeling anxious and a sense of isolation. However, for me it isn't too worrying. I have been doing some wonderful activities...

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.

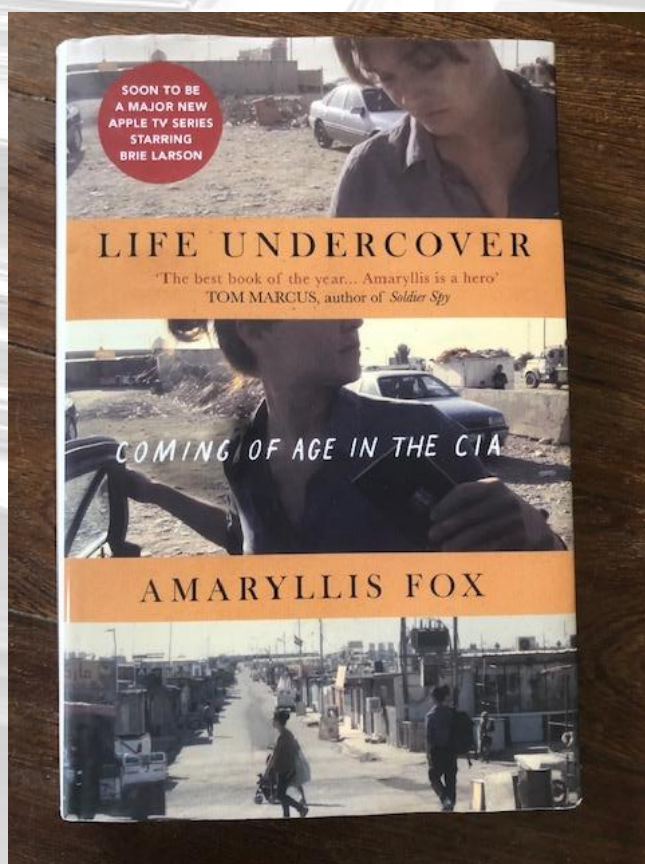
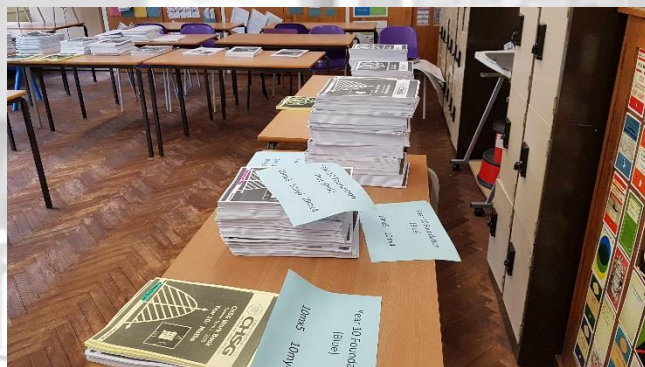
Last week at school was busy as we have been printing your new workbooks for every subject you study. These workbooks have been devised by your teachers and are filled with resources and activities to help you learn. They look amazing and they will be arriving on your doorstep soon!

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.



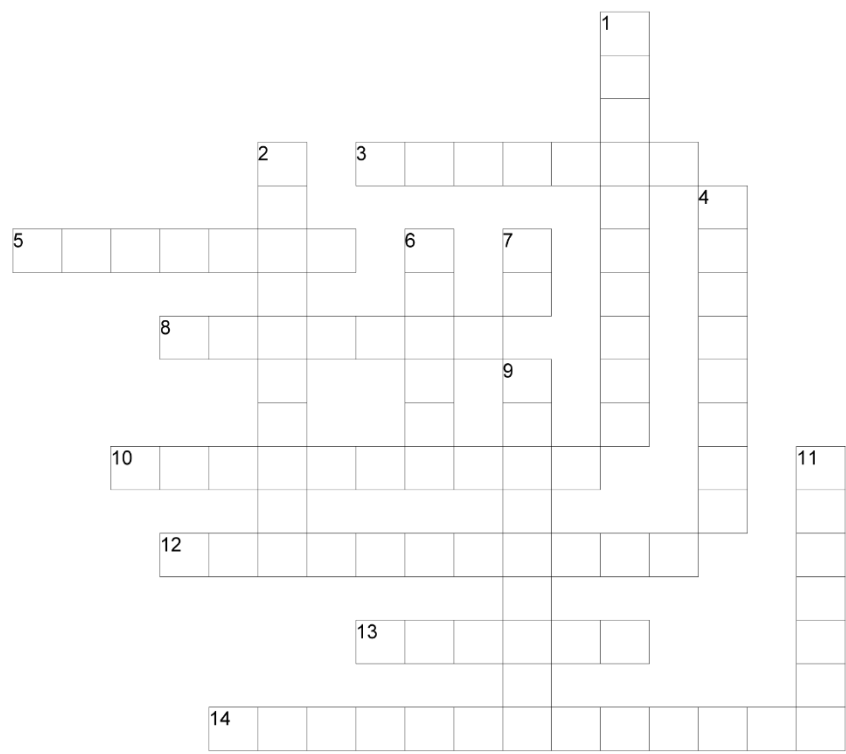
Maths Brain Teaser

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 th June 2pm Key Stage 3	Cece Sammy & Asher Knight WATCH LIVE TALK HERE	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 th June 10am Key Stage 4/5	Julian Jessop WATCH LIVE TALK HERE	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 th June 2pm Key Stage 4/5	Dr Funke Abimbola WATCH LIVE TALK HERE	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 th June 10am Key Stage 3/5	Charly Classen WATCH LIVE TALK HERE	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 th June 2pm Key Stage 5	Maya Jama & Dom&Ink In Partnership With Penguin Talks WATCH LIVE TALK HERE	How to Build Confidence 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 inspiration@speakersforschools.org
Fri 12 th June 10am Key Stage 3/5	Sarah Gavron In Partnership With Into Film WATCH LIVE TALK HERE	Sarah Gavron, who's film credits include the film adaptation of Brick Lane , British historical drama about the Suffragette movement, Suffragette , and the upcoming teen drama, made in collaboration with the creative team and the young people in the cast, Rocks , 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

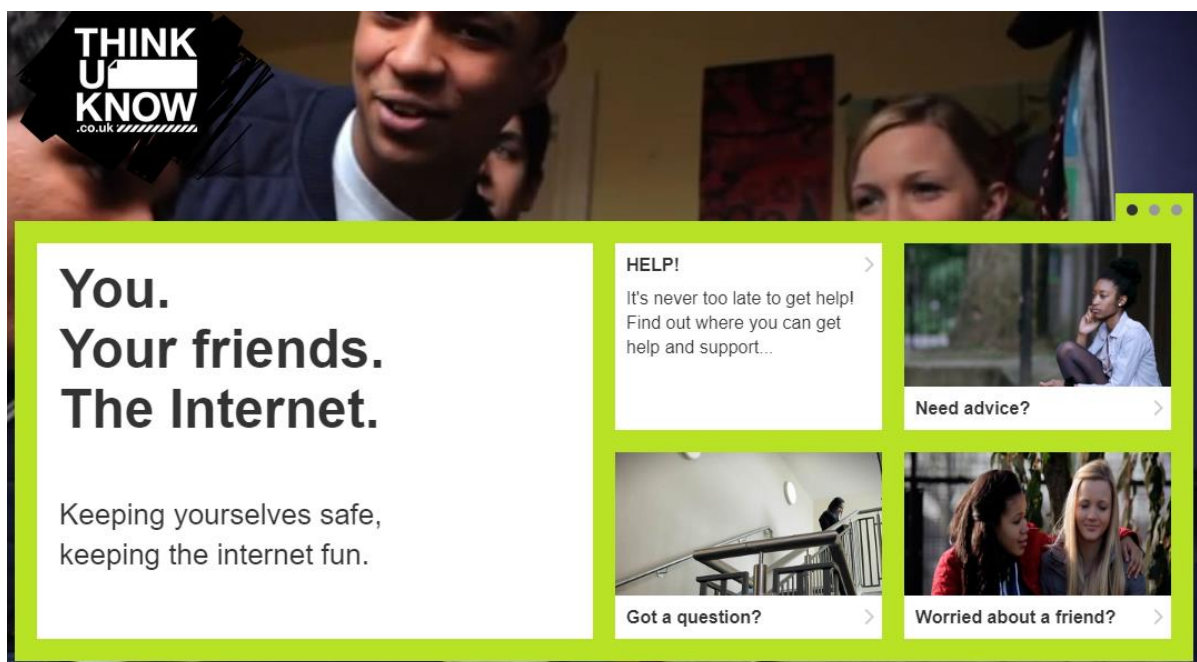
I studied English at Brunel University and had a break of four years before I went back to train as a teacher. I did a PGCE at the UCL Institute of Education and it is one of the best decisions I've ever made. I can't imagine myself in another career. One of the things I like the most about being a teacher 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



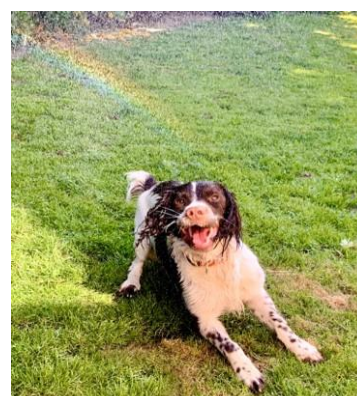
Thinkuknow

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



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

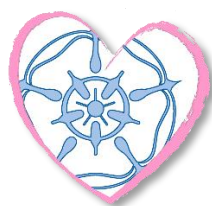
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