

CHSG LIFE UNDER LOCKDOWN



Dear all

I hope you and your families are all safe and well.

Can you believe we are into the final fortnight of the school year? This half-term really does feel as though it's whizzed by and I'm sure lots of you are looking forward to a proper break from remote schooling.

Year 8

This week our tutor time slides and assembly are combined and we are thinking about '**Moving on to Year 8**' (you can watch and listen here: https://youtu.be/FwWOGYm_7jE). You will also be discussing this theme in your upcoming and final tutor time sessions on Microsoft Teams which I hope lots of you will be able to join- keep your eyes peeled for your invite email dropping into your Inbox this week.

In our assembly this week I share some top tips for being successful in Year 8 as written by one of our own wonderful Year 8 students, Mya; she recommends maximising opportunities to try something new by joining a club and I fully agree with her!



Speakers for Schools

As it may take a little while for us to get our usual wide array of clubs up and running once we return to school, I'd like to challenge you all this week to try something new by taking part in one of the **Speakers for Schools** virtual talks. The full programme of which different talks are on and when is featured later in the newsletter, however I think **Katy Sumpton's talk on Monday 6th at 10am** about what it is like to work in advertising (you might have to look at this one in their [VTalks library](#)) and **Ben Saunders' talk on Friday 10th at 10am** about his adventures as a polar explorer sound particularly interesting. You can even submit

questions to the people giving the talks- I would definitely have a few questions for Ben Saunders about what it is like to be a polar explorer! Let your tutor know if you do try one of the talks and how you found it.

And finally, this week we feature A Mighty Girl's summer reading list in the newsletter and so this is just a reminder to take a look at it and see if there are any titles you fancy reading over summer that might also be available to borrow via our CHSG LRC online platform! You can borrow books, comics and audiobooks for FREE – so please make good use of this whilst it is available to you. Instructions on how to use it are below:

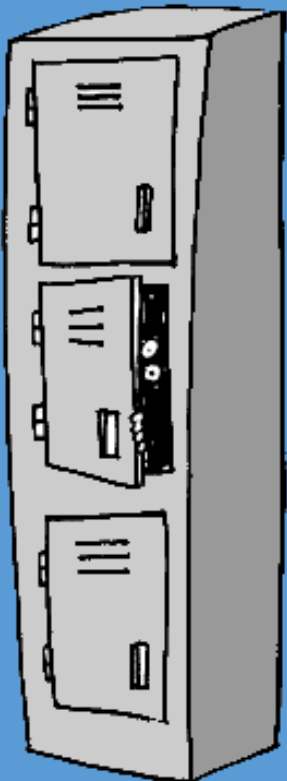
Go straight to **EPIC** <https://www.getepic.com/students>

Enter your class code **ngg4039**, find your name and GO! Find a book, comic, magazine or audiobook to read. They all have AR Quizzes attached but check the school AR site for the title as EPIC is part of the American AR site.

Happy reading/listening and have a wonderful week!

Ms Kelly-Smith

School Lockers



The school lockers are going to be removed.

Any clothing/possessions within the lockers will be bagged per room and stored until **October Half Term**. Folders/workbooks will be left in the tutor room. Any other items, including soiled lunch boxes/food will be disposed of accordingly.

If you have left something in a locker can you fill in the form on [this link](#) with your details.

The deadline for completing the form is **Tuesday 14th July**.

CHSG LIFE UNDER LOCKDOWN SIXTH FORM

Sophie 13JPI

School finished abruptly for all of us at CHSG in March, but it's certainly saddening to know that after almost 7 years at the school, I won't be coming back.

This time has been uncertain for us Year 13s, as we are not only not sitting exams this year, but it is also uncertain whether university courses will be resuming as normal in September.

Despite this, I've been keen to keep myself busy during lockdown. As a member of the Air Cadets, I have been participating in online nights which include lessons and quizzes.

I have also used this time as an opportunity to focus on my health and fitness by being more active- whether it be walking, cycling, or doing home workouts! It was definitely not easy to adapt to Lockdown, but I am keen to say a proper goodbye when I can!



Saher 13JPI

Lockdown has been a strange time for everyone, but it has given us a chance to spend more time with family (possibly too much?).

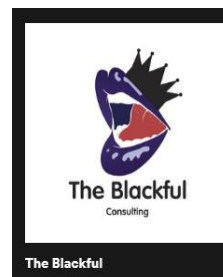
During this time, I have been taking well needed time to reflect and relax. Baking a lot more has been nice as I'd never had the time before. I've been busy in the kitchen learning to cook new things and have been making dinner a couple of times a week as part of my parents mission to get me prepared for university.



I have also joined a couple university group chats these have been a great way to socialise and meet new people virtually.



I have listed some articles to books, podcasts, and things to watch... all these things you can buy or even find online in order for us to better understand the context behind and the significance of the black lives matter movement:



[10 Books About Race to Read](#)
[Books About Race In Britain To Add To Your Anti Racist Reading List](#)

13th
When They See Us
Dear White People
12 Years A Slave
The Help

I hope working from home isn't too bad and that you and your families are well and safe.

CHSG LIFE UNDER LOCKDOWN SLT CORNER

Mr Conduit-Smith

Talk a walk on the wild side....

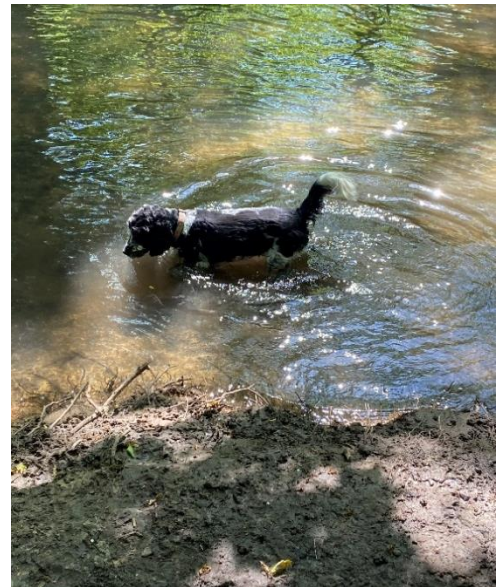
Dear Students, I hope you are well and safe. With the easing of lockdown, at weekends I have been exploring the countryside around London. I am amazed at how beautiful our country is and you only have to travel a few miles to find some truly amazing scenery. With my local park being busy, I have been using a walking app to find some excellent places to take my dog Edie for a walk so we both get some much needed exercise.

One of my walks is a circular walk starting and finishing in Westerham. Westerham is a nice town located 15 miles south of Sutton. The walk involves walking across meadows, through forests and over a river, (Edie liked the river to cool off!). Part of the walk takes you past Chartwell, which is where Winston Churchill lived for a large part of his life. The walk is 10 km long and took me just over 2hrs.

During this uncertain time, it is important more than ever to look after ourselves both physically and mentally. Doing exercise is an excellent way of relieving stress and anxiety as well as keeping physically healthy. When we exercise it stimulates the release of dopamine, norepinephrine, and serotonin.

These brain chemicals play an important part in regulating our mood. For example, regular exercise can positively impact serotonin levels in our brain. Raising your levels of serotonin boosts your mood and overall sense of well-being.

So there you have it, exercise can lift our mood so dust off your trainers and get out there!



Maths Brain Teaser



7 cars have stopped at the traffic lights.

- The green car is directly behind the blue car.
- The black car is directly in front of the red car.
- The silver car is between the white car and the blue car.
- The pink car is directly behind the green car and two in front of the red car.

List the cars in their correct order.



Half the gas weighs $95 - 71 = 24\text{kg}$.
So the empty cylinder weighs $71 - 24 = 47\text{kg}$.

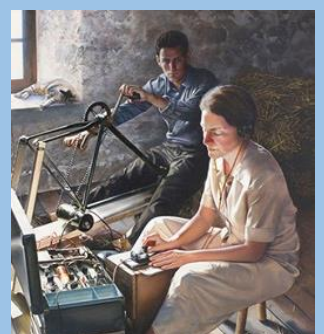
Inspirational Women

Virginia Hall

The Nazis considered Virginia Hall the "most dangerous of all Allied spies," yet the incredible feats of the "Limping Lady" are largely unknown today.

Determined to help defeat the Nazis, Hall became the first female secret agent to operate in France, first for the British and later for the American spy agencies -- and she is now considered one of the greatest spies of WWII. To read the story of how Hall spent years undercover behind enemy lines -- along with her wooden prosthetic leg that she nicknamed Cuthbert -- visit

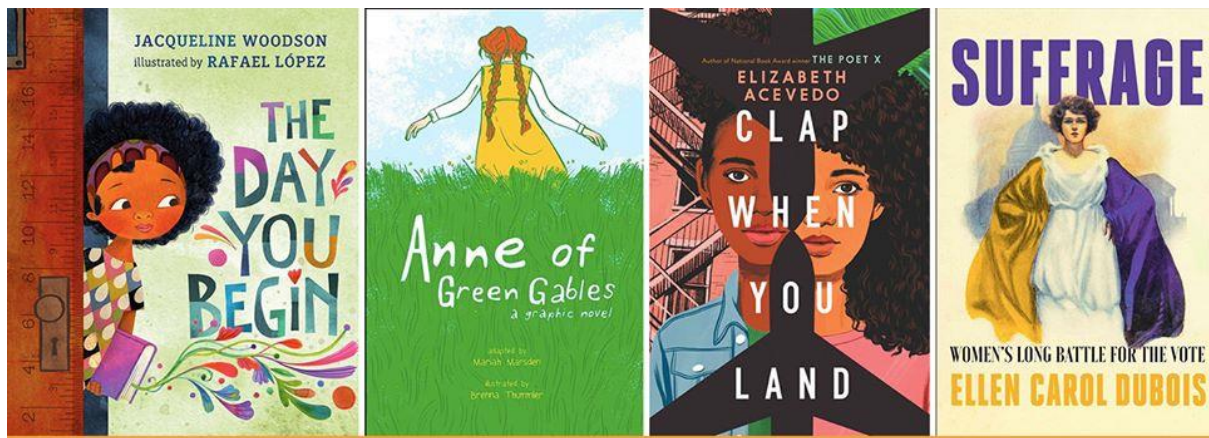
<https://www.amightygirl.com/blog?p=23977>





A Mighty Girl's popular girl-empowering summer reading list is here! One of the great joys of summer for students is the opportunity to explore books all on their own without the pressure of book reviews or classroom assessments. And with so many people of all ages staying home right now, they've expanded their special feature to include summer reading recommendations for adults too- so parents/carers take a look as well!

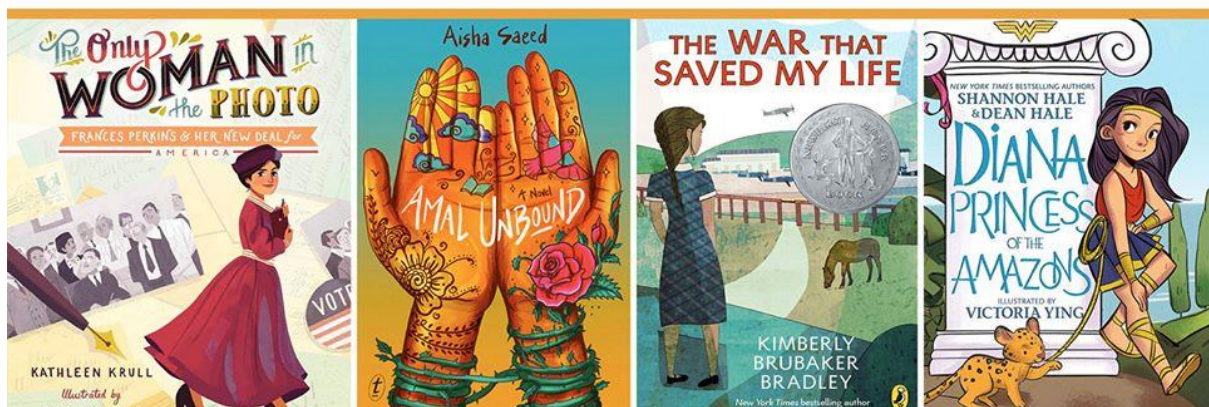
To view the special feature on A Mighty Girl's 2020 Summer Reading List, visit <https://www.amightygirl.com/summer-reading>



A Mighty Girl's

2020 SUMMER READING LIST

for Children, Teens, and Adults



Speakers for Schools Programme

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.

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

This week's talks are:

KATY SUMPTION

Author & Creative Director

DATE: Monday 6th July, 10am

AGE GROUP: KS3/S1-2

WATCH LIVE TALK HERE

Interested in advertising and how to start your career? Tune in to listen to co-founder of a creative agency and author, Katy Sumption speak about her career journey and what lead her to write a book for young people about anxiety.

CASSIE CHADDERTON

CEO, World Book Day

DATE: Tuesday 7th July, 10am

AGE GROUP: KS3/S1-2

WATCH LIVE TALK HERE

Most of us have heard of World Book Day! Join SFS and World Book Day's CEO, Cassie Chadderton to discuss her varied career in the creative industries, the importance of the arts in society and more about World Book Day.

MATT BRITTIN

President, EMEA Business & Operations, Google

DATE: Tuesday 7th July, 2pm

AGE GROUP: KS4-5/S5-6

WATCH LIVE TALK HERE

Matt will be joining SFS to discuss his life lessons and advice, preparing for the world of work and the ever changing tech industry – what could this look like in 2030 and how can students prepare themselves for a career in tech?

ADAM FORBES

Head of Marketing, BP Launchpad

DATE: Wednesday 8th July, 10am

AGE GROUP: KS4-5/S5-6

WATCH LIVE TALK HERE

Join this Vtalk to learn more about business start-ups and delivering cleaner energy to the world – a must attend for those interested in entrepreneurship, business or the environment.

KANBAR HOSSEIN BOR

Deputy High Commissioner for Bangladesh

DATE: Wednesday 8th July, 2pm

AGE GROUP: KS4-5/S5-6

[WATCH LIVE TALK HERE](#)

Join us as Kanbar Hossein Bor, formerly Deputy High Commissioner for Bangladesh is interviewed SFS. He will reflect on his personal journey from child refugee to British diplomat as he is asked questions by young people including on the meaning of British identity, British values and the challenges and opportunities of being a diplomat in the current climate.

HOW TO GET INTO PUBLISHING- IN PARTNERSHIP WITH PENGUIN TALKS

Simon Armstrong, Publicity Manager and Hannah Chukwu, Editorial, Penguin Random House

How to Get Into Publishing

DATE: Thursday 9th July, 2pm

AGE GROUP: KS4-5/S5-6

[WATCH LIVE TALK HERE](#)

Penguin employees, Simon Armstrong and Hannah Chukwu, share how the industry works, how books are made and how to get into publishing.

BEN SAUNDERS

Polar Explorer

DATE: Friday 10th July, 10am

AGE GROUP: KS3-5/S1-6

[WATCH LIVE TALK HERE](#)

Join us as polar explorer, Ben Saunders, talks to young people across the UK about his career and adventures. Ben will discuss with students the importance of goal setting, self-belief, resilience, teamwork, communication, and leadership. This exciting Vtalk is not to be missed!

DR KATIE MACK

Theoretical Astrophysicist

DATE: Friday 10th July, 2pm

AGE GROUP: KS4-5/S5-6

[WATCH LIVE TALK HERE](#)

This is a VTalk not to miss! Dr Katie Mack is a theoretical astrophysicist who studies a range of questions in cosmology, the study of the universe from beginning to end. Throughout her career she has studied dark matter, the early universe, galaxy formation, black holes, cosmic strings, and the ultimate fate of the cosmos. Join SFS and Katie to discover more about her career, why she loves astrophysics and what lead her to write two books.



CHSG LIFE UNDER LOCKDOWN CAREER PROFILES

The Army

What the role involves

The army is responsible for defending the UK and its allies across the world, as well as taking part in peacekeeping and humanitarian operations. You will be involved in regular training exercises to ensure you maintain a high level of fitness and military skills so that you are ready for combat at any time. You will also choose to train and work within one of many trades. You may be posted to dangerous areas and inhospitable environments at any time, whether for peacekeeping and aid missions or to engage in warfare.

Type of person suited to this work

You should be able to work as part of a team, reacting quickly to orders, working on your own initiative where necessary, and supporting other team members both professionally and emotionally at times. You must be extremely disciplined and responsible, with the ability to think and act logically under pressure. You must be physically fit with excellent stamina.

Qualifications and courses

There are no formal qualifications for entry as a soldier, although some technical jobs require certain GCSEs. You must be aged 16 to enlist as well as meet the army nationality and residency requirements. Applicants under 18 must have parental consent. As part of the recruitment process you will be required to spend 2 days at an assessment centre. As part of your assessment you will take a physical assessment, a medical and a number tests and team exercises. Upon acceptance you will begin phase 1 of training. If you are under 17 years and 5 months old this will be either a 20 or 40 week course at Harrogate. If you are older you will do a 14 week package at either Pirbright or Winchester. After initial training you go on to do phases 2 or 3 in particular trades, such as aviation and engineering.

Salary guide

Soldiers can expect to receive £14,931 per year during initial training. This rises to a minimum of £18,488 per year once you are qualified as a private. Some roles receive additional pay such as radiographers and combat engineers. All staff receive annual salary increases. If you move up the ranks to sergeant you can expect to earn around £33,000. There is also a scheme which offers additional pay for spending longer than 10 days away from home. In addition to basic salary you will receive subsidised accommodation and food with free medical and dental cover.

Further information www.applyarmy.mod.uk

Mrs Phelps-Gardiner - Careers & Work Experience Coordinator

Conversation is the key...

We crave contact with others for support, wellbeing and entertainment. But as our lifestyles become ever more reliant on digital tools and social media, these simple interactions are under threat. Nothing compares to living in real communities and spending actual physical time with the people we love. This has been highlighted by the COVID-19 Lockdown period.

Why is human interaction so important?

For one thing, it is important for our **mental health**. Social contact helps us to cope with stress and major life changes. People will have still been experiencing stressful circumstances throughout the Lockdown period. Our way of dealing with things that cause stress is social interaction with others. There is also compelling evidence to suggest human contact is vital for physical health and general well-being too. The advantages of communicating with others,

- Sharing our experiences, gives us the opportunity to receive a different perspective.
- We get new ideas; encouragement, advice and strength to cope.
- It builds up our language and social emotional skills
- We learn to interpret events, express what we think, want and need
- We develop our problem-solving skills

Breathing Space

Open up when you're feeling down

Need to talk? Need help now?

Call free on 0800 83 85 87

Opening hours

Weekdays: Monday-Thursday 6pm to 2am

Weekend: Friday 6pm-Monday 6am



Welcome to Mrs Harmsworth's weekly
"Easypeasypuddings"

Milk Jelly Mousse



Make up the jelly with 200mls of boiling water, when all dissolved, leave it to cool.

Whisk up 400mls of evaporated milk, it will thicken and expand. (makes 1 pint)

Carefully pour in the cooled (not yet set) jelly while continuing to whisk.

Pour into glass bowls or a jelly mould, leave in the fridge until it has set.

Use your imagination to decorate!

Summer fruits, squirty cream, chocolate drops...