

CHSG LIFE UNDER LOCKDOWN



Hello Year 8

I hope you and your families are all well. There is an awful lot of hard work going on at school to prepare for next term. I hope that you have kept up to date with recent emails about changes in school policy.

The uniform, school shoes and school bags policies are sent home with this newsletter so that you can start to get things ready for Year 9. It is essential that your first day back is not marred by something silly like having the wrong sort of bag!

Year 9 is going to be a really exciting year for you and I hope that you are looking forward to starting your Key Stage 4 education. Lots and lots of you have shared how excited you are to be starting your GCSE courses and study the Options that you have chosen.

This is also an excellent chance for you to make new friends with students who are interested in the same subjects that you are.

I am sad that we are not able to celebrate the end of term properly with Sports Day, Celebration of Achievement Assemblies and our massive school picnic but we can make up for it once we get back.

I have asked your teachers to nominate students in their classes for either effort and achievement so I hope to be able to share my "Year 8 Hall of Fame" with you by the end of term.

Not everyone can be nominated of course but it is important that you each know that the school is proud of every single one of you. I have been so thrilled by how hard working and resilient in particular you have been during this extraordinarily difficult time. I have enjoyed joining your tutor time sessions and hearing all about the things that you have been doing to fill your time. Thank you for joining in, it has cheered us all up seeing you and hearing from you.

However, like you I'm sure, I am really keen to get back to normal and I am so, so looking forward to us all starting a really positive Year 9 in September!

Mrs Devaney

Something Different to Watch Cheer Up Video

<https://www.youtube.com/watch?v=MRQizPcZWBI>



Weekly Quiz Questions

- 1) What year did WW1 begin in?
- 2) How many teeth are there in an adult mouth?
- 3) How many years are there in a century?

Quote for the week

"Act as if what you do makes a difference. It does!"

William James

All about Year 9

As you are entering year 9, you are starting a new stage in your life. More and more opportunities will come your way and you need to take them all. You will have workshops on many different things (first aid for example) which will help equip you for later in life.

You are now entering the higher stage of the school meaning more responsibilities are required from you and the younger years will look up to you. You will mature as a person and will need to step up. Taking responsibility for your learning is key (everyone says this but it's true!). Being organised will help you a lot with this as your work-load will get bigger.

Remember not to stress yourself out about this though and just keep on top of it all (don't put it off as it will just get bigger). Be prepared for anything that comes your way and embrace it all.

Stay well and stay safe

Amy 9HL1

To prepare for Year 9 I think we should all focus on our GCSEs and not play around like we did in years 7 and 8. When I was in year 7 I thought that GCSEs were 4 years and a few months away but now I think about it, it is just 3 years and a few months away - time went by fast and I mean too fast!

Well to be honest, when our mid-term tests came up in Year 7 I didn't really revise. I realised that I didn't get really good scores so in Year 8 I started to revise a little bit and I got really good scores. So I am thinking in Year 9 I will start revising hard for the subjects which I am weak on and become strong on that subject.

If we start working hard now then in a few years time we will have a bright future. Maybe someone in your tutor group will become a doctor, engineer or architect! YOUR future lies in YOUR hands.

Rasme 8HL1

I remember being so nervous on the first day of Year 9. If I could go back I would tell myself that it's going to be better than you think, because you get to focus on the subjects that you really enjoy and love to do. Some of us started new subjects for the first time, and our teachers were so nice and caring and made sure we understood the work. I was never scared to ask for help or anything and if you need any extra work they would be happy to provide it for you.

My top tip would be to manage your work to avoid putting too much pressure on yourself, instead I would recommend talking to friends, teachers or family if you are worried or nervous about anything. Even though my time in Year 9 was cut short, it was still a great experience and hopefully you will enjoy it as much as I did.

Jocelyn 9RW1

My Top Tips for moving into Year 9

1. Take any opportunities that are given out as they are very fun and can benefit a lot in the future for college, jobs etc.
2. Always listen in class (as you should normally) as every little detail helps in your marks at the end of year 11.
3. Keep your folders very organized and make sure you can understand them as they are one of the most useful things to use for revision.
4. If you don't understand anything in your GCSE courses or are having trouble don't be afraid to ask a peer or a teacher. It's better to know it now than later when you are in year 11.

This year at CHSG has been one of the best years of my 3 years here. I was given the opportunity to become a Year 9 ambassador - I was doing tours, helping out on parents evening and other fun stuff. I also had the opportunity to be a dance prefect and help a lot in the PE and dance department. I helped out with shows, lessons and year 7 Team Building day.

Joining year 9 was certainly scary especially with beginning our GCSE courses but it isn't as scary as it seems. Teachers were always there to help out and guide us if we are in need of help. The teachers bring a lot of humour into the lesson especially when we are stressing out and the humour can help learning. I am very happy that we are able to use folders for the majority of our courses as they are so useful when it comes to revision and tests and definitely will help at the end of year 11. I would like to thank all of my teachers this year for making this the best year and putting so much hard work into our lessons especially during lockdown.

Lily 9RD1

During Year 9 I was an ambassador, which was great as it helped with my confidence skills and I got to talk to people I wouldn't usually talk to. I also started my GCSE courses which was new and interesting and again something I hadn't done before. If I had to give any advice to someone coming into Year 9 it would be work hard because it pays off in the end.

My Top Tips are

1. Have confidence
2. Work hard
3. Pay attention
4. Don't get involved in dramas!
5. Revise as you'll never get this time again.

Phoebe 9PK2

You've Got Quail

Sofia 9RW2

To stop us all getting bored and fed up in Lockdown, my dad decided to buy us some quail eggs to hatch.

He bought an incubator for the eggs and he built a cage in the garden for when the quails get bigger.

We put the eggs into the incubator for 18 days. Each day we had to keep a check on the humidity in the incubator to make sure the eggs were kept at the right temperature to hatch.

Between 14 and 18 days in the incubator, they started to hatch. This was so exciting to watch. Sometimes we helped them break out of their eggs because they didn't have the strength. They stay in the incubator for another 24 hours to keep warm. This is where their feathers fluff up and they look really cute.

We then moved them to a Chick Brooder, which is a place to keep them warm whilst they move around and feed. They will stay there for 1 or more weeks until they are bigger and stronger and can move to the cage.

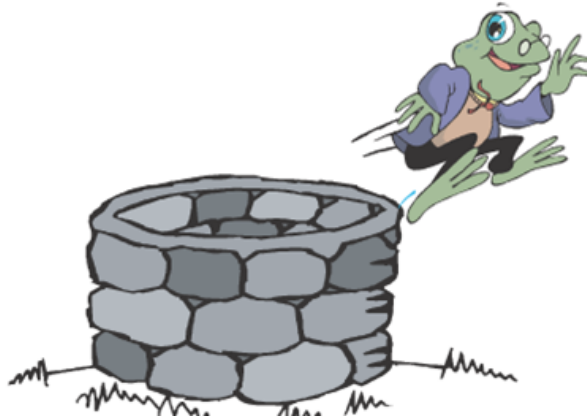
So far, we have 17 chicks. I haven't named them all as I can't tell them apart.

It has been so interesting to watch them hatch and grow. I'm so grateful to my Dad for getting these for us. We have had a lot of fun together looking after them.



Maths Brain Teaser

A frog fell into a well that was 12 metres deep. He could jump 3 metres but unfortunately every time he jumped he also slipped down 2 metres. How many times did the frog have to jump before getting out of the well?



Last week's answer



White



Silver



Blue



Green



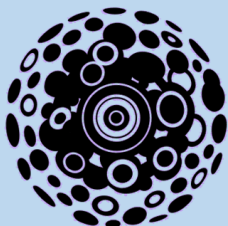
Pink



Black



Red



Big Bang DIGITAL 2020

Science, engineering & Covid-19

<https://www.digitalbigbang.co.uk/>

On **Tuesday 14th July** is the Big Bang Digital 2020. It gives you the opportunity to look at the work of scientists and engineers in a pandemic. It celebrates the achievements and looks at the challenges they have faced.

Big Bang DIGITAL 2020

Science, engineering & Covid-19

SAVE THE DATE!

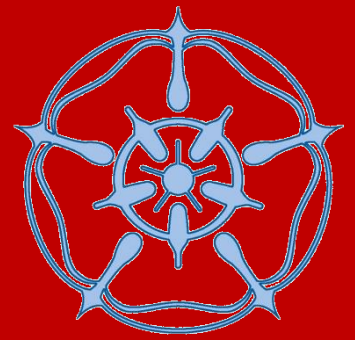
TUESDAY 14 JULY

WATCH THE LIVE STREAM HERE



SPORTS DAY 2020

Mya 8PK1

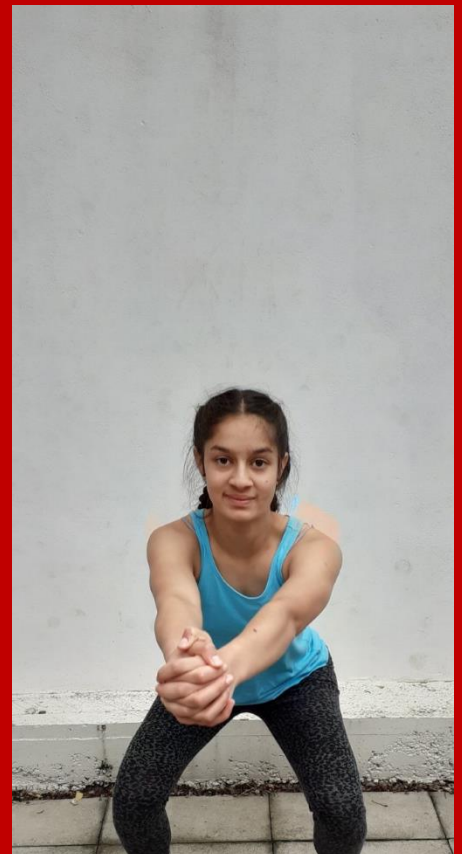


Even though this year was completely different and quite unusual due to lockdown and social distancing norms I still tried my best in all the challenges that were set.

This is a picture of me doing around the world with a medicine ball instead of the normal tennis ball to make it slightly more challenging. As it is much heavier, I managed to complete 61 full rounds of these in a minute on my 3rd go.

Later in the afternoon, I went for a 2k run with my sister and dad and ran that in 13 minutes 41 seconds. This was my second fastest time for running 2k.

I was extremely proud with what I got on the balancing with a blindfold. At first, I had a few attempts and on my 3rd go I got past 4 minutes!



These were my scores. I didn't do so well on the Keepy Uppys and following on from that, I now know what I need to improve on: my foot co-ordination and control with the ball.

In addition, I attempted a Joe Wicks workout and several other fitness and flexibility activities. I did a plank contest with my sister and I managed to hold it for 3 minutes on my first go.

<u>Challenge</u>	<u>Record your score</u>
1. Socks in a box	22
2. Jumping jacks	38
3.. Catch and clap	25
4. Speed bounce over a object	84
5. Squat jumps	25
6. Tuck in, tuck out	37
7. Balance with a blindfolded	4 min 28 sec
8. Step ups	49
9.. Tap up tennis	28
10.. Around the world	61
11. Keepy uppys	Hands:25 Feet:4
12. Plank with a partner	21





As this is our final newsletter of the term we have featured TWO amazing women to celebrate and be inspired by!



Althea Gibson became the **first person of color** – female or male – to **win at Wimbledon** in 1957

Althea Gibson became the first person of colour -- female or male -- to win at Wimbledon. She achieved this over 60 years ago on 6th July in 1957. She also became the first champion to receive the trophy personally from Queen Elizabeth II.

The South Carolina resident later said, "Shaking hands with the queen of England was a long way from being forced to sit in the coloured section of the bus."

The prior year, in 1956, she had also become the first player of colour to win a Grand Slam event, the French Open. Gibson, who was known as the "the Jackie Robinson* of tennis" for breaking that sport's colour barrier, collected 11 Grand Slam

titles, including the US Open. Althea Gibson was named the Female Athlete of the Year by the Associated Press in both 1957 and 1958.

* Jackie Robinson was the first African American man to play Major League Baseball.

Frida Kahlo

Last Monday would also have been Frida Kahlo's 113th birthday!

Frida Kahlo is one of Mexico's most famous and internationally celebrated artists. Frida Kahlo was born in Coyoacán, Mexico and she grew up in with her parents and 6 sisters, during the Mexican revolution, which started in 1910. She loved to draw when she was a child, preferring to be alone than playing with her sisters.

During her life, she had many, many medical problems and injuries that caused her a lot of physical pain; this is important to note because her pain and isolation is reflected in her paintings.



At age 6, Frida caught a disease called polio, which damaged her right leg. When she was 18 she was in a terrible bus accident that broke her spinal cord, collarbone, ribs, pelvic bone, leg, foot, and shoulder. An iron rail pierced her torso and through the terrible injury she was never able to have children. She was in an enormous amount of constant pain and had to be in a body cast for 3 months!

Even after the case was removed, on and off for the rest of her life Frida would spend months at a time lying in bed in *La Casa Azul* or in the hospital: during this time in bed she painted what she felt and saw.

Frida admired Mexican artist Diego Rivera and approached him about her art. They ended up getting married, and both continued to be very successful artists. In many of Frida's paintings you will find her pain and despair.



Frida was a strong voice for women, at a time when women did not have as many rights as they do now; she was an advocate for indigenous rights, and spoke against commercialization and imperialism, sometimes between industrialized US and pre-industrial Mexico.

Frida Kahlo died aged 47 on July 14, 1954.



CHSG LIFE UNDER LOCKDOWN CAREER PROFILES

Sports Coach

What the role involves

Sports coaches provide specialist support, motivation and knowledge to athletes in order to help them attain their best performances and achieve their personal goals. As a competitive coach, you could work with a variety of levels of athlete, ranging from children's football or netball teams, through to professional and even world class sports professionals. At a non-competitive level, you will focus on providing fun and accessible exercise sessions for participants with a range of abilities and fitness lessons. You will usually coach one specific sport.

Type of person suited to this work

You will need excellent communication skills. You will also need to have good motivational abilities in order to inspire and encourage sports players to push themselves. You will need an in-depth knowledge of your chosen sport, and an understanding of nutrition and physiology is also useful. It is essential that you understand a variety of training methods and principles so that you can provide an informed and beneficial service to your clients. Patience and determination are also vital qualities.

Qualifications and courses

All sports coaches must hold a qualification that has been accredited by the National Governing Body (NGB) of their chosen discipline. You can start working towards recognised qualifications at the age of 16 but must be 18 or over to work as an independent coach. Accredited courses are available directly from the NGB or you can take a college or university course. NGB qualifications are equivalent to studying for NVQs from level 1 to 4, and no academic qualifications are required, although sometimes a First Aid certificate is essential and you will need a Disclosure and Barring Service (DBS) check to work with children. NGB qualifications are usually studied on a part-time basis. Relevant courses at college include BTEC HNC/HNDs in sports coaching or leisure studies and Foundation degrees in sports coaching are available. Typical entry requirements for these courses include 1 A Level and 4 GCSEs (4 or above). Degrees in sports science, sports coaching, health science and sports management may improve employment prospects and degree courses usually require 2 A level and 5 GCSEs (4 or above) including Maths and English for entry. You could start out as an assistant coach on a voluntary basis, then take a Level 1 qualification to progress to higher levels. Coaching is also a second career for ex-professional sportspeople.

Salary guide

As a newly qualified coach working for an employer you could earn between £14,000 and £22,000 depending on experience and employer. Experienced coaches who work for a NGB or professional association can earn between £30,000 and £35,000. If you work at the highest level of your sport such as coaching Premiership football players you could earn in excess of £100,000.

CHSG WELLBEING

Happiness and progress are essential tools for coping in difficult situations. Do you have these attributes to carry you through to the end of this Lockdown situation?

"The secret of happiness is to count your blessings."

William Penn

GRATITUDE is one element we can work on to develop a happier mindset.

Did you know that gratitude has been scientifically proven to strengthen your immune system and make you happier and more optimistic, as well as less lonely and isolated?

Think about all the things (LARGE & SMALL) that you are grateful for. Acknowledge them in the jar.

Try drawing a larger jar and fill it up throughout the week.



Welcome to Mrs Harmsworth's weekly
"Easypeasypuddings"

Easy Peasy Eton Mess



4 – 5 meringue nests
10 strawberries
30 raspberries
30 blueberries
400ml whipping cream
Some fruit to decorate

- Whisk the cream until it forms stiff peaks
- Break up the meringues in a bowl
- Cut the strawberries into 1cm pieces
- Gently stir the fruit and meringue into the cream
- Spoon into dessert bowls or glasses
- Arrange a few pieces of fruit on top with a mint or basil leaf

Additions:

trickle ice cream sauce over the top

or add crushed snack a jacks (chocolate or caramel) for extra flavour

I would love to see your pictures!

**HAVE A
RELAXING SUMMER**

