

CHSG LIFE UNDER LOCKDOWN

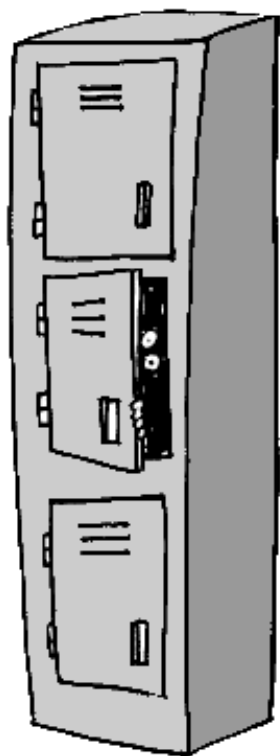


Hello Year 9

I hope you are all well!

This week during tutor time we are looking at moving on and preparing for Year 10! Please make sure you read the PowerPoint attached to Show my Homework as it contains useful information to help you prepare and transition into Year 10. As always thank you for sending me your completed tasks, I have loved reading your thoughts about what success means to you. You will see later in the newsletter I have shared some of these with you and hope you enjoy reading them as much as I did. We certainly have some very driven and motivated students among us and this will be an important attribute to have once we return to school.

Lockers



As you may have read from last weeks Newsletter, from September, lockers are being removed from the classrooms. Lockers will only be available to Sixth Form students from September. This is because the lockers we currently have are old and damaged and they take up a lot of space in classrooms, space that can be used to give you a better, more comfortable learning environment.

I know as lockdown started some of you may not have had the time to empty your lockers. If this applies to you, your parents should have received an InTouch message about lockers with the online form attached to it. I have included the link again below should you need it. The deadline for getting these forms returned is the **Tuesday 14th July**. Once the form is returned, the premises team will action the request and arrange a time for collection.

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

Tutor time

I hope you all enjoyed your first tutor time catch up over Microsoft Teams, I really loved seeing some of your faces and hearing what you have been up to. It feels like such a long time ago now that we all last saw each other, so this was a nice way to catch up. I have asked your tutors to run one more tutor session like this so I strongly recommend you attend. Both Miss Brice and I will be joining in some so we can see you all as well and answer any questions you may have about returning to school.

I am pleased to announce we have some more fantastic students to celebrate this week as our Stars of the Week! Congratulations to:

Katelynn 9RD2 - For being a great assistant and reminding students to register in the morning!

Kasey E 9RW2 – For asking for support when needed and providing support to her friends when they are in need. She always makes you laugh!

Don't forget you are expected to register each and every morning **by 10.00 am**. If you have any difficulties with this you must make your tutor aware, so they can inform Mrs Mellish and for any login issues you need to contact the main reception at school on 020 8647 8294. It is your responsibility to sign in for the day like you would at school and failure to do this will affect your attendance.

Finally, I would like to say a big thank you to Sofia in 9RW2 for sharing her amazing accomplishment of hatching quail eggs during lockdown (read and see her story below).

I wish you and your families a wonderful week,

Miss Marshall



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.



WHAT DOES SUCCESS MEAN.....

Which of the quotes describes success for you?

'Success consists of going from failure to failure without losing enthusiasm', I think this best describes success because to be successful you have to be resilient in order to get to where you want to be, you can't give up after just one mistake, because from the mistakes you make you learn which leads to you being successful.

What qualities do you need to be successful?

I think to be successful you need to be resilient, happy, collaborative, but also be respectful as after all you get nowhere in life with being rude and unkind

Erin 9PK1

Hi Miss

My favourite quote is *'failure is not the opposite of success; it's part of success'*.

I like this quote because it means that you should not be disheartened if something doesn't work straight away and that you should keep going to reach your goal.

I think that to be successful you need to:

1. have great communication skills
1. be confident in your goal
2. take risks
3. you need a vision

Phoebe 9PK2

I think that success is something someone has to work hard for and it is easier to work hard and put all your effort into something if you enjoy it. Success is a step by step process it doesn't happen overnight nothing happens overnight. So I think the quote that best describes success to me is *'success is not final, failure is not fatal: it is the courage to continue that counts.'* Because once you become successful you don't stop working you still need to keep working hard to maintain success. Failure just teaches you to take a step back and re think your plan and it takes a lot of courage to get up and start again taking another path.

Qualities to be successful:

There aren't a set of qualities that make you particularly successful however there are some qualities that make your journey to success easier: self-belief, risk taking and accepting failure and moving forward. I think those qualities make it easier to put others' opinions behind you and give you the strength to make your dreams come true/make yourself successful but these qualities can be used in everyday life for anything you choose to pursue not just for success.

Julia 9RD2

I have read through the tutor group power point about success and thought about my answers, and I've decided to submit this task because it's a topic I am very passionate about. Here are my answers.

Which quote best describes success for you and why?

The quote *'Success is not the key to happiness, happiness is the key to success. If you love what you are doing, you will be successful'* fits my definition of success the best. This is because for me, success is about reaching a goal. Learning from mistakes is an important step in reaching a goal, but it is not success in itself. Maybe this view is a little harsh, but I will not allow myself to feel successful until I have physically reached my goal.

That is why the quote fits best for me, especially the last line *'if you love what you are doing, you will be successful'*. If I am proud of where I am in life and what I have achieved, I consider this a success as I know I will have reached my goal. However, if I don't love what I do and I am not satisfied with my achievements, that is not a success because even if I may not have realised it, there is another goal I need to work for and I will not feel content and successful until I have reached it.

What qualities do you need to have to be successful?

It will take a lot for me to feel successful in life because I know myself and I have high expectations for myself, so to achieve the long term goals I have will need lots of resilience. I will not get the best grades every test or my dream job in the first interview, but I won't rest until I get them, which will require lots of resilience and dedication. I will also need to stay motivated and dedicated because if I lose track of what I want then I might start going onto the wrong path and not end up where I want to be. Also, without motivation it will be very hard to put all the work in if I just feel lazy and not bothered. Finally I will need courage to go for a job that is very difficult to get, while knowing there is very high possibility I will not get the job. This goes for anyone because if you're not brave enough to go for something you really want, you will never achieve it.

Lily 9RD2



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.

There have been lots of zoom calls and quizzes. Group facetimes with family and friends have been keeping me sane (and were very necessary on Eid this year) as well as being busy with my little sister at home.

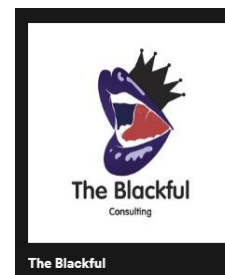
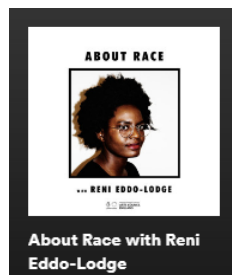
I have fallen back in love with reading books of my own choice and not just for a personal statement or an A level textbook. Some of my favourites that I have read and reread during this time are *White Tiger*, *To Kill A Mockingbird* (for the hundredth time), *The Secret History* and have just received a delivery which includes books that talk about the oppression of black minorities. It is important that we are not naïve or ignorant towards these extremely important matters and educate ourselves and others around us and in our school community of the long lasting and long term changes that need to occur for a more just and equal society.



Zaahra 13MPN

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:

Podcasts:



Books:

[10 Books About Race to Read](#)

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

Watch:

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....

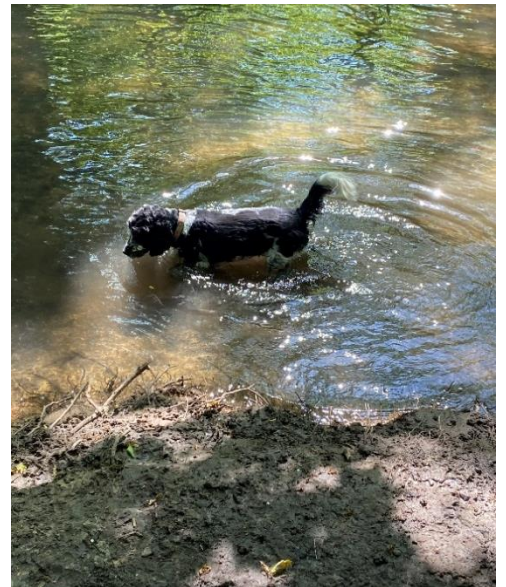
Dear Students, I hope you are well and safe. With the easing of lockdown, at weekends I have been exploring the countryside around London. I am amazed at how beautiful our country is and you only have to travel a few miles to find some truly amazing scenery. With my local park being busy, I have been 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 $71 - 24 = 47\text{kg}$.

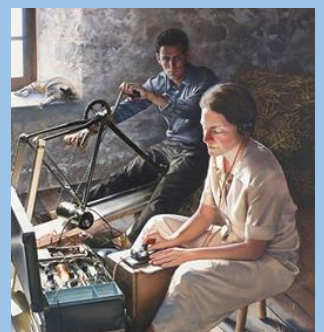
Inspirational Women

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

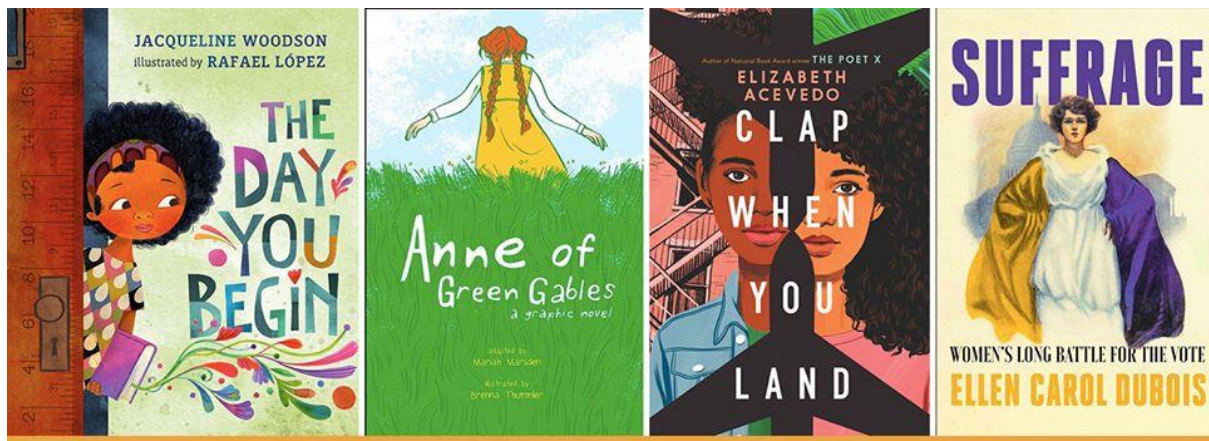
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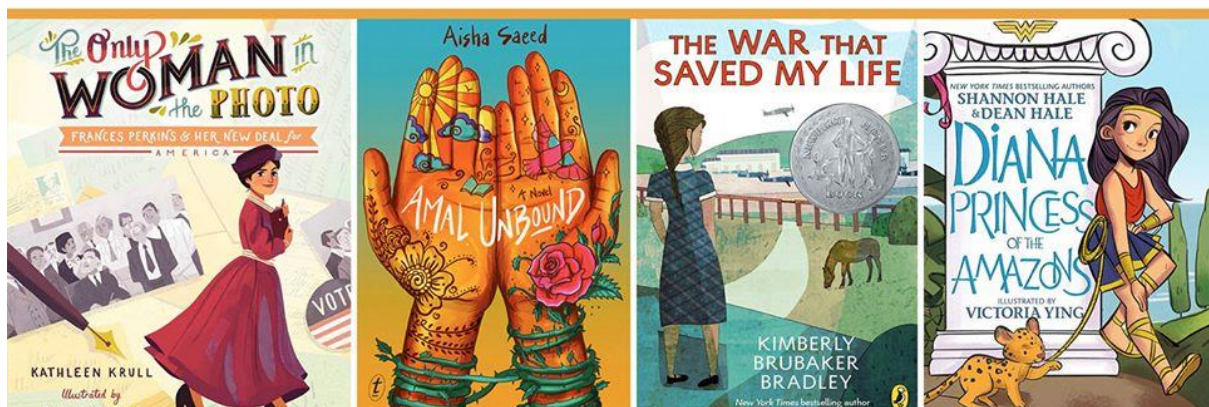


A Mighty Girl's popular girl-empowering summer reading list is here! One of the great joys of summer for students is the opportunity to explore books all on their own without the pressure of book reviews or classroom assessments. And with so many people of all ages staying home right now, they've expanded 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...