

# CHSG LIFE UNDER LOCKDOWN



Hello Year 9

Well this is it! The final week of Year 9.



This week's tutor time is all about remembering and celebrating Year 9 and what a year it has been, certainly one to remember!! You all have so much to celebrate, many of you have achieved so much over the last academic year. I hope you enjoy reading all the Year 9 achievements in the latest tutor time PowerPoint.

As you reflect on this year it is important to start thinking of the goals you want to start setting yourself as we move into year 10. This is an important time for you all and the more you prepare now, the smoother the transition will be. To help you prepare for year 10, don't forget to read the PowerPoint from last week, as it contains my expectations and information about a few changes that will be happening in September. It is important that you start Year 10 in a positive manner and have all the necessary equipment and tools you need to be as successful as you can be.

Don't forget from September, lockers are being removed from the classrooms. If you have not done so already, please ask you parents to complete the online form to arrange for your locker content to be returned to you. I have included the link below if you need it as the deadline for getting these forms returned is the **Tuesday 14<sup>th</sup> July**. If you have left something in a locker can you fill in the form on [this link](#) with your details.

As we lead into the final week of term please don't forget you are still expected to register each 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 register for the day like you would at school and failure to do this will affect your attendance.



Finally from Ms Brice;

"It is with a heavy heart and tearful eyes that I wanted to say I am so honoured to have worked with such an amazing group of people. Each and every day working with you has certainly been entertaining. I have watched you grow and flourish into some of the most respectful people I have had the opportunity to know.

You have all taught me so much and as you move on into Year 10 and leave me behind in Year 9. I want you to remember all of those hurdles you have overcome, all the achievements you have made and most importantly the amazing young adults you have flourished into. Keep working hard, striving for those dreams and being fantastic people. Just don't forget to come and say hello sometimes.

I wish you all the best for Year 10 and I know you will be superb!"

I hope you will all join me in saying a big thank you to Ms Brice for all her hard work and support she has given to the year group. She will certainly be missed by us all.

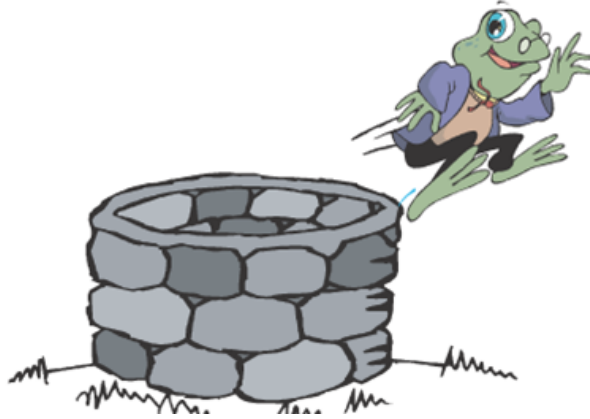
As we say goodbye to Ms Brice, we welcome back Ms Johnson who will be assisting the team in supporting you all as we continue our journey through year 10. I know she is looking forward to working with you all and excited to see her old form again.

I hope you and your families stay safe, have a lovely summer break and I look forward to seeing you all in September at long last!

Miss Marshall and the Year 9 Team

## 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



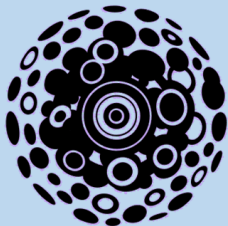
Pink



Black



Red



## Big Bang DIGITAL 2020

Science, engineering & Covid-19

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

On **Tuesday 14<sup>th</sup> 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!

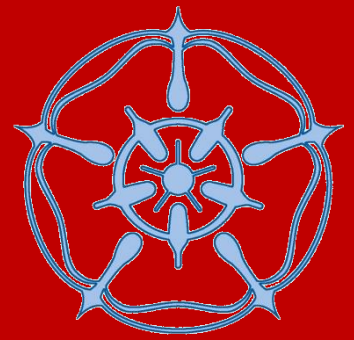
**TUESDAY 14 JULY**

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 6<sup>th</sup> 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 113<sup>th</sup> 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.

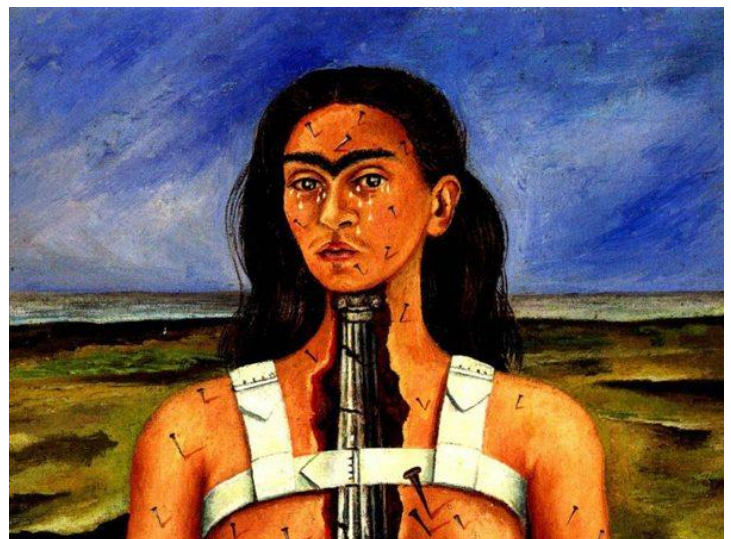
During her life, she had many, many medical problems and injuries that caused her a lot of physical pain; this is important to note because her pain and isolation is reflected in her paintings.



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

