

# CHSG LIFE UNDER LOCKDOWN



Hello Year 8

I hope you've had a great week.

This week's theme is "Our Journey This Year".

I think it is safe to say that this year has been unlike any other I have ever experienced.

Being on lockdown has posed many difficulties in terms of my daily life, I have had to learn a whole new way of working remotely, this has forced me to become way more IT confident than I would ever have thought possible and I'm still pretty rubbish! My normal way of life has also been impacted significantly. I have not been able to see my family or friends, I have not been able to go to the job that I love, I have missed going to cafés, cinemas, restaurants, art galleries and concerts.

On a positive note being on lockdown has made me more appreciative of how lucky I am that I am healthy, that I have a fantastic family that love me and I have been able to spend more time with my daughter and doing things like gardening and listening to music. I did promise to use the time to get fit but that didn't happen!

For young people the lockdown has been especially difficult, I have had to watch my 10 year old really struggle with her fears, fortunately now that she can attend school 2 days each week she is becoming more like her old self every day.

I am really proud of how resilient and positive Year 8 students have been. You have continued to attempt your school work, you have abided by the government restrictions to ensure that we can all keep well and safe, you have shared your family time memories with me for our Newsletter and you have expressed how important you now realise friends and family are.

During lockdown you have completed Key Stage 3 of your formal education and you have made your Option Choices so that you can begin Key Stage 4. This is amazing and means that you can focus now on your future and achieving the very best for yourself in your GCSEs.

I look forward to working with you all from September to support you to achieve your potential in the next stage of your journey.

Mrs Devaney

# **Your Journey This Year**

## **Mr Treagust**

I want you to think back to July 2019. Sports' Day, the Year 7 celebration assembly, some very hot weather. You'd just finished your first year at CHSG. Had it gone as you'd expected? What went well? What would you do differently?

Compare then with now. What a difference a year makes! Some of the differences will be things that you've changed or improved in your lives. Some of the differences have been things completely beyond your control.

It'd be easy to look back on this school year and see everything under the shadow of coronavirus. It's been inescapable for the last six months. Everywhere you go (if you've managed to go anywhere at all) you see constant reminders of how it's changed our lives in the short term and what some of the consequences might be for years yet to come.

So, in this context, you could be forgiven for thinking that your journey this ended abruptly in mid-March when school was shut down indefinitely. A worrying time for certain, but where there is change and unexpected circumstance there are opportunities.

For example, the options process has been brought forward. You've now made some choices regarding the next steps of your education. You will specialise in what you want to do. Perhaps having more time with your family has been beneficial or maybe you've had a chance to learn a new skill or read the book you've been putting off since Year 7.

Your journey is not only measured in academic achievement – tests and exams and so on. Your personal development is just as important. This year might not have gone how any of us imagined, but that does not mean that the journey stops or it's been of no value.

Personally, I've been extremely fortunate. In early May, our daughter was born and I've spent more time with her than I ever would have had I been at work as normal. I've had to change some work plans, and postpone some things which is frustrating, but I've also had a unique experience that I never thought I'd get. What have you only experienced because of coronavirus? What opportunities would you have missed if it had been a normal school year?

Just because things turn out different from what we had planned and expected, it doesn't mean the journey has stopped. Keep looking for those opportunities and chances over the summer.





# My Journey This Year

## Zainab 8RW1

Year 8 has probably been one of the weirdest school years I've ever experienced. The first six months started off like a normal school year. I got to do a lot in those six months like joining the Media Team and attending Young Interpreter Training Sessions.

I was enjoying school a lot and my lessons were going well and I really thought I made big improvements from last year in terms of my work. Outside of school, I was in a Guides troupe where we went on loads of hikes as well as doing some other interesting things! I had also been taking part in karate lessons which was really cool as it was good exercise and I got to develop a new skill!

The fun didn't last long though, in March schools were shut down because of the Coronavirus and everyone's lives turned upside down. Home-schooling definitely wasn't easy at the beginning as I didn't have teachers to ask questions to but thankfully I have managed and found things much easier now! I'm so grateful that I was actually able to take karate lessons via Zoom which helped me keep up! When I was given the options to choose my GCSEs, I was originally slightly nervous but I'm very grateful that I was able to email teachers for advice.

The hardest part about this lock down is not seeing my family and friends. It's very odd to adjust from seeing them almost every day to not seeing them for months. However, we all know it's for everyone's safety and I keep in touch with everyone! There have been some melancholy days with nothing to do but I'm grateful that my family always keep me positive! I have also been going on bike rides so I can get a breath of fresh air while having fun!

As a roundup, my lock down has been relatively positive but I can't wait to see my family and friends again and get back to my normal life!



### Some more thoughts on 2020 from Year 8 students



“During lockdown I attempted to draw some pictures. On the left I did an oil painting of **Starry Night** by Vincent Van Gough.”



"I think my journey this year has been good but also difficult because due to the coronavirus we haven't been at school learning the stuff we need to know. My greatest achievements was when I went to France and learning all about it and also happy that I have managed to pick my GCSEs.

My favourite memories was when I was able to spend time with my friends, also going with the school to France, that was really fun being able to spend time travelling around the country. Also at the beginning of year 8, I loved being part of the winter concert, that was really fun as well because I love singing.

The worst bits was at the end of March when we had to go into lockdown because that meant I weren't allowed to go out with my friends and do fun things, at the start it was difficult to work at home but now I'm comfortable with everything and liking the new way of how we are working."



"Before lockdown I was very proud to meet some famous cricketers. This one is with England Wicketkeeper and Batsman Sarah Taylor. I also met former England cricketer Mark Ramprakash."



"I think my journey this year has been good and fun, there have been some bumps along the way but overall it's been a good year. My biggest achievement is going to France I had loads of fun and I learnt something new everyday.

My favourite memory was being part of the winter concert! The worst part for me was going into lock down, at the start I found it very difficult to work at home. I slowly did adjust though!"





“Being awarded Student of the Year at the start of Year 7 was personally a great achievement.”

“I have had a positive journey throughout this year. I have grown in confidence with lessons and extra-curricular clubs. The PGL netball trip was amazing and we bonded as a team leading us to a victory, which must be one of my favourite achievements this year.

I also grew in confidence on the ski trip because, going onto the slopes for the first time terrified me, but by the end of the walk I felt so much better and was confident skiing. This is one of my greatest achievements.



My favourite memories from this year are the ski trip, because I met so many people I would never have spoken to before. I also loved the PGL netball trip as we grew as a team and grew as friends. I can honestly say that this year has been amazing and I am looking forward to years to come.”



## Something Different to Watch

### The Inspiration Journey

[https://www.youtube.com/watch?v=-a\\_dMFnib-s&safe=active](https://www.youtube.com/watch?v=-a_dMFnib-s&safe=active)



The wonderful Sir David Attenborough explaining how the natural world is fundamentally important to each and every one of us.

## Weekly Quiz Questions

- 1) How many degrees are there in a circle?
- 2) How many sides does an Octagon have?
- 3) What capital city is known as the city of Love?

## Today's Fun Fact

In one day your heart beats 100,000 times.

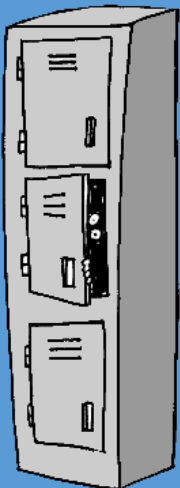
## Quote for the week

"Success is not final, failure is not fatal: it is the courage to continue that counts."

Winston Churchill

The answers to the last newsletter's quiz questions: 1) England, Scotland, Wales and Northern Ireland, 2) Britain Exiting the EU 3) Having a 29<sup>th</sup> February (this happens every 4 Years)

# 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 14<sup>th</sup> 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 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....

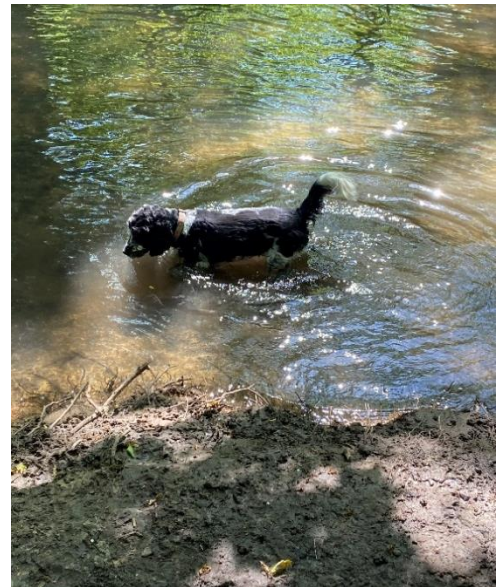
Dear Students, I hope you are well and safe. With the easing of lockdown, at weekends I have been exploring the countryside around London. I am amazed at how beautiful our country is and you only have to travel a few miles to find some truly amazing scenery. With my local park being busy, I have been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

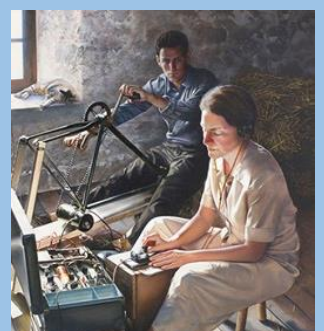
## Inspirational Women

### 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>

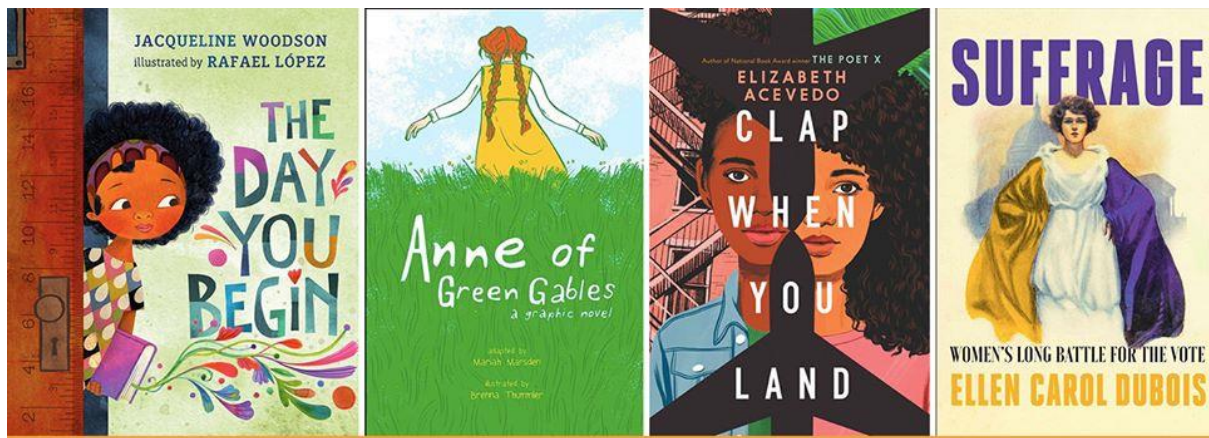




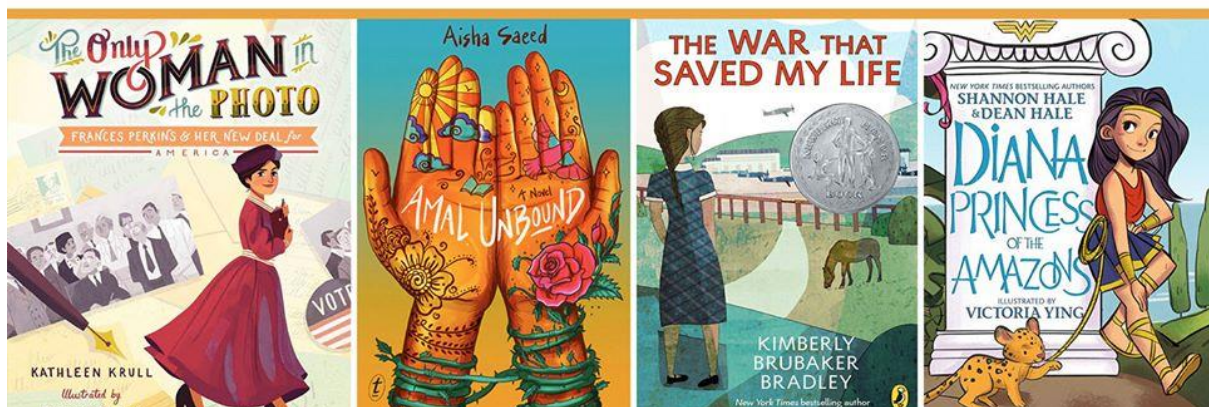


A Mighty Girl's popular girl-empowering summer reading list is here! One of the great joys of summer for students is the opportunity to explore books all on their own without the pressure of book reviews or classroom assessments. And with so many people of all ages staying home right now, they've expanded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

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### 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.

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### 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.

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### 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?

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### ADAM FORBES

**Head of Marketing, BP Launchpad**

**DATE:** Wednesday 8th July, 10am

**AGE GROUP:** KS4-5/S5-6

**WATCH LIVE TALK HERE**

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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.

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## 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.

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## 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.

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## 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!

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## 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.

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# 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](http://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...