

CHSG LIFE UNDER LOCKDOWN



Dear Year 7

I hope you and your families are all well.

I wanted to be the first to say: CONGRATULATIONS! You have officially made it to your final week of being Year 7s! Despite the rude interruption of Covid19 this school year seems to have flown by and I bet lots of you (especially your parents/carers) can't believe that you only have a few days left in Year 7.

I know lots of you have been talking in your Teams tutor time sessions about what you are looking forward to next academic year and lots of you have said you are looking forward to not being the 'babies' anymore. I hope you are all looking forward to being 'the older ones' to our new Year 7s in September and that you will make sure you make them all feel welcome and supported as they start their CHSG journey.

In this week's tutor time slides/assembly we are celebrating and recognising your progress and achievements in a number of school areas. I am sad we can't all be together in person to do our usual Celebration of Achievement assembly but I hope you will watch along to see if your name and your friends' names are on any of the slides!

I am sure lots of you are looking forward to the summer holidays and not having to do daily schoolwork. It's very important to take a proper break for yourselves (and your parents/carers!) from remote schooling; however lots of you will want to do a few tasks just to keep your minds active over the long summer break. Your teachers will be setting some short summer tasks on SMH for those of you who do want to keep your brain active - please take a look at them and have a go if you get a few boring, rainy days. I also hope you will ALL do some reading for pleasure over the holidays - we still have our brilliant online platform that you can borrow from via the LRC and some libraries may be re-opening over the summer months too.

Although this summer is going to be very different to previous ones we've experienced, let's hope the weather stays dry so we can all get out and about and see some of our friends and wider family too.

Wishing you all a relaxing and restful summer break and I am looking forward to getting to meet you all properly once our Year 8 begins!

Take care,
Ms Kelly-Smith

<https://us04web.zoom.us/j/79931118977?pwd=Ni94VUZCemdWVUwxK1JsSENOMUI2Zz09>



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

Science, engineering & Covid-19

Take an inspirational, uplifting look at the amazing work of scientists and engineers in a pandemic. We'll be celebrating their achievements, looking at the challenges, innovation and collaboration and exploring some upsides to lockdown.

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.

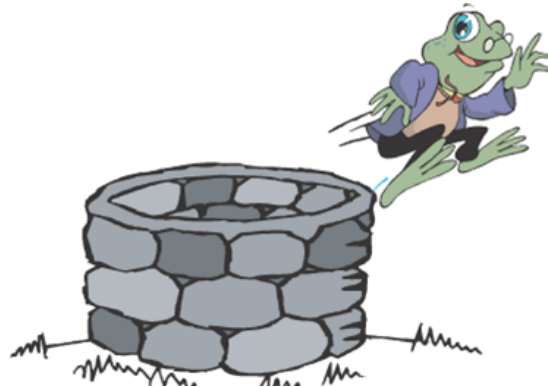
So far, we have 17 chicks. I haven't named them all as I can't tell them apart.

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



Find-A-Feeling

WORD SEARCH PUZZLE

S	E	C	H	S	S	D	S	D	L	A	O	W	I	C
F	T	S	O	T	D	D	U	W	H	N	E	S	T	O
E	I	I	E	N	T	H	O	P	E	F	U	I	A	D
U	O	E	D	T	F	R	U	S	T	R	A	T	E	D
L	I	L	O	C	R	I	C	I	T	A	T	S	C	E
T	O	S	S	I	E	O	D	L	O	A	U	U	D	S
H	L	N	E	X	C	I	T	E	D	F	I	O	O	I
A	I	D	E	K	C	O	H	S	N	A	R	L	K	R
P	F	E	N	L	R	S	U	O	I	T	U	A	C	P
P	T	R	R	H	Y	D	C	F	P	D	F	E	U	R
Y	S	O	A	R	S	U	O	V	R	E	N	J	H	U
E	T	B	G	I	H	O	P	E	F	U	L	R	O	S
N	C	N	E	R	D	R	T	R	O	A	F	E	D	A
W	A	P	D	R	E	P	I	P	T	E	T	E	S	A
L	S	U	I	O	T	T	L	T	R	H	O	Y	G	S

SURPRISED
NERVOUS
AFRAID
CAUTIOUS
CONFUSED
ECSTATIC
EXCITED

ENRAGED
HAPPY
ANGRY
FRUSTRATED
BORED
JEALOUS
WORRIED

PROUD
HOPEFUL
CONFIDENT
LONELY
SHOCKED
HOPELESS
SAD



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.

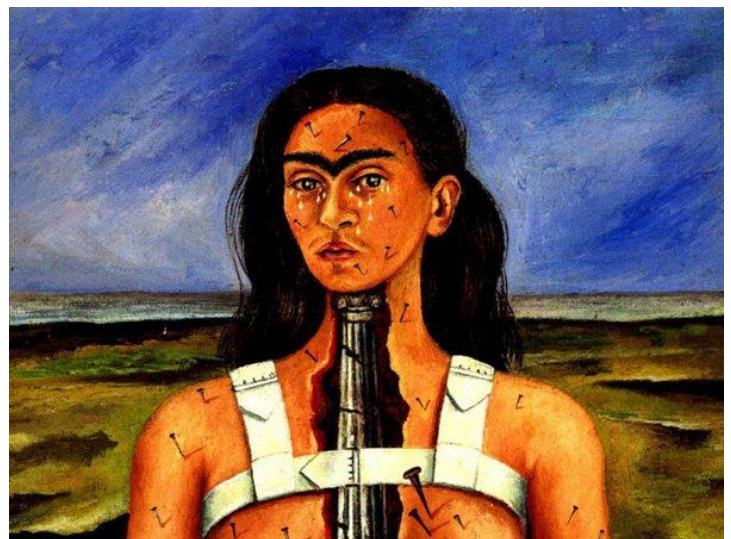
During her life, she had many, many medical problems and injuries that caused her a lot of physical pain; this is important to note because her pain and isolation is reflected in her paintings.



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**

