

CHSG LIFE UNDER LOCKDOWN



Dear Year 11,

Wow, we have come to the final newsletter of the year and what a year it has been! I know things did not quite go to plan, but you made it through. Hopefully, you are now sporting your new hoodie as a further reminder of your time at CHSG. I know the year books may take a little longer to get to you and so I thought it pertinent to share my comments with you now, see below:

You did it! You made it through your school years and you survived! I am immensely proud of how you conducted yourselves and am so glad I had the pleasure of working with you in your final year. I hope my clichés motivated you, cheesy as they often were, and that you will look back on your schooling with no, or certainly few, regrets.

I wish you the best of luck for your future endeavours and know you will all achieve your potential if you work hard; if you want something then make it happen. The sky really is the limit and so do not let anything, especially lack of belief in yourselves, hold you back. I leave you with one final quote, it is possibly my favourite:

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." **Ralph Waldo Emerson**

*Be amazing, be you!
All the best,
Mrs Durrett 😊*

I hope you are successful and live a long and happy life. As a female there may well be stumbling blocks along the way and you may feel, at times, that you have to work harder than your male counterparts. This is an inequality that we chip away at slowly with the aim of eventually ridding our society of patriarchy.

It is the 50th Anniversary of the Equal Pay Act and we should be celebrating how far women have come but I was saddened to read an article titled '*How coronavirus is widening the UK gender pay gap*'. It would seem that this pandemic has been disastrous for women's economic progress. I would like to leave you with one final read by Linda Scott who wrote this article for the Guardian. Click on the article to take you to the full site, I hope you find it interesting albeit slightly concerning.



Remember, knowledge is power. The more you read, the more you know and the more you know, the more intelligent you become. The more intelligent you become, the more likely we are to be happier, healthier, safer, and live longer.

Keep reading and change the world Year 11!

Keep well all, see you on the 20th August.

Mrs Durrett

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.

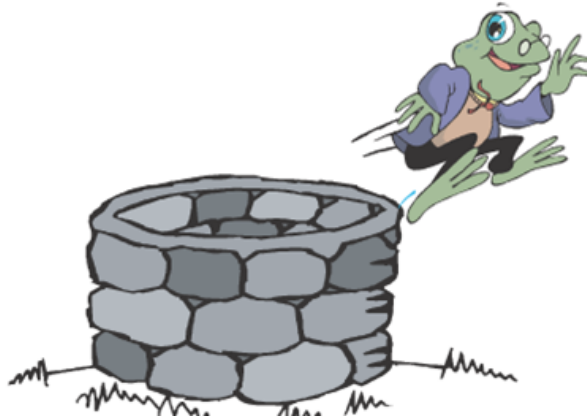
So far, we have 17 chicks. I haven't named them all as I can't tell them apart.

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



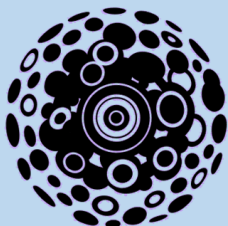
Pink



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!

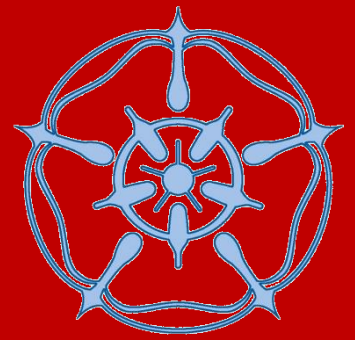
TUESDAY 14 JULY

WATCH THE LIVE STREAM HERE



SPORTS DAY 2020

Mya 8PK1

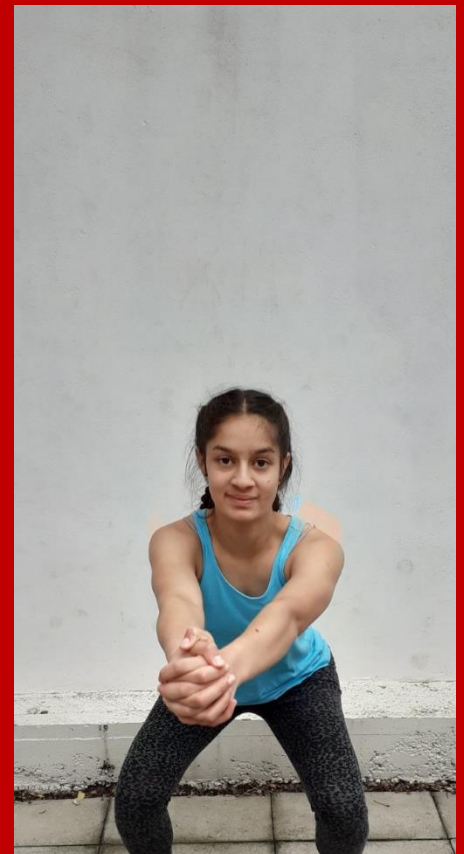


Even though this year was completely different and quite unusual due to lockdown and social distancing norms I still tried my best in all the challenges that were set.

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**

