



# Saint John Wall Catholic School

## A Catholic School For All



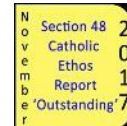
Issue: 22

Friday 24 April 2020

Oxhill Road, Handsworth, Birmingham B21 8HH • Tel: 0121 554 1825 • [www.sjw.bham.sch.uk](http://www.sjw.bham.sch.uk) • [enquiry@sjw.bham.sch.uk](mailto:enquiry@sjw.bham.sch.uk)



## Weekly Information Bulletin



### Mission Statement

**'To educate each and every unique child in our care to hear and respond to what God calls them to be'**

### Catholic Life

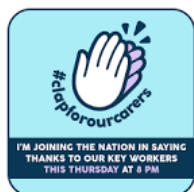
#### Prayer

Generous and Merciful God, fill us with compassion and concern for others, young and old; that we may look after each other in these challenging times, especially those among us who are vulnerable. May your example give us the courage we need to go to the margins, wherever they may be. Heal us of our fear. Amen.

#### Summer Term Theme

As we begin our Summer Term, we will be focusing on a new pair of St John Wall Values, these will be 'eloquent & truthful', two values which are very important as we are all staying at home. Staying at home may not be the easiest thing to do, especially when the weather is lovely. However, we can make it easier for us and everyone in our home by thinking carefully about how we speak to and treat each other.

We will also be focusing on our theme of Solidarity: Love the world. Solidarity is all about standing with others, supporting them as much as we can. During this strange situation we're living in there are so many examples of solidarity, from our NHS, 'Clap for Carers', Captain Tom's fundraising and so much more. So many people are showing how they can love our country & our world. There has also been a decrease in the amount of cars being used which leads to less pollution, another way of loving the world.



If you have any examples of you loving the world, whether that is the natural world around you (in your garden!) or showing solidarity with others in your community during this difficult time, please do email them to Mr Price or Mr Mull and we can include them in next week's newsletter. Keep an eye out during this week's newsletter to see how SJW teachers & pupils are showing Solidarity and loving the world.

### Ramadan 2020

Ramadan has begun this week for our Muslim brothers & sisters within our school family. We think of them during this time where observance of Ramadan will be different to normal. As their prayers, Iftars and acts of worship remain in the home, or even, virtually/online; we pray that Ramadan will continue to be a special and important time for them.

Please look out for advice & support in the newsletter from the Muslim Council of Britain on how to observe Ramadan safely.

By Mr Price

### Important Notice

#### School is now fully closed to all pupils

Please note that this is a national closure. We will re-open as soon as we can and will keep you updated on the school website and via text message.

- Pupils in Years 7 to 10 should complete [development homework](#) found on the school website.

- Pupils in Year 11 should complete examination/revision/coursework/[development homework](#) using the materials provided by their subject teachers.

Eligible parents will receive free school meal voucher codes via the school email system. Beware of scam emails from other sources - DO NOT provide your bank details to anybody.

### Year 8 Pathways Choices

Just a reminder to all Year 8s that if you have not handed in your option form or responded to my email please check your inbox to tell me the subjects you wish to study next year.

By Ms Hanson

### SJW Values

**Eloquent & Truthful**

**Remember: Wash your hands regularly with soap and water for at least 20 seconds**

## Saint John Wall Catholic School supporting NHS staff with Covid - 19

There have been continued concerns raised about the lack of PPE (Personal Protective Equipment) that NHS workers have access to when treating patients with coronavirus. Droplet and spread from coughing seem to be the primary forms of transmission of Corona viruses. Either direct contact with droplets coughed at you or onto surfaces that are then transferred to you are the principle concerns. NHS staff are being regularly exposed to these risks.

Due to the lack of PPE to protect our NHS workers, Miss Marston and Ms Timmins suggested the donation of the Science department's safety goggles and spectacles.

Miss Lally collected approximately 270 pairs from school and delivered them to staff working at Queen Elizabeth hospital, Heartlands hospital and the West Midlands Ambulance Service. Mrs Gandhi also collected goggles and lab coats from some of our other local secondary schools which were donated to Dudley NHS services.

The goggles and spectacles were greatly received by the NHS staff and here are some photos and comments:



Nurse McNally, Miss Lally's friend, who works at the Queen Elizabeth hospital said, "As a ward we were amazed at the school's offer and generosity at what has been a very difficult time. We are all very worried about the coronavirus situation and when we have come into contact with patients showing symptoms we have not had the right PPE to protect ourselves from the virus and prevent further spread to others. The donation of safety goggles and spectacles by Saint John Wall will be helping to save so many lives. We really appreciate the support shown to us. Thank you to Saint John Wall Catholic School".

### By Miss Lally



### A Tweet by Dudley Group NHS

Thank you so much @Saint\_John\_Wall for your generous donation of eye protection goggles. Your help during these uncertain times is very much appreciated. @DudleyGroupNHS

**Remember: To stay 2 metres away from other people**

## Stars of the Week

**Malika Rahman and Natasha Phagania** - for doing the most developmental homework. Well done!

**Year 11 Health and Social Care** pupils received their examination results, some pupils exceeded their target levels. Well done folks, I am super proud of you!

**Year 7 Developmental Food Work**  
**Rohan Sehjail**

**Year 9 Hospitality and Catering**  
**Hyab Woldai** - pre assignment tasks

**Year 10 Child Development**  
**Merveille Diansambu** - pre assignment tasks

**Year 10 Hospitality and Catering**  
**Khadija Nyarko** - pre assignment tasks

**Year 11 Health & Social Care**  
**Frewyni Teklesenbet** - coursework  
**Maksieba Tesfaalem** - coursework

**Year 11 Hospitality and Catering**  
**Rayhan Ahmed** - developing his culinary skills-making chocolate mousse!

Keep up the good work.

**By Ms Williamson**

<b>Hashem Hassan</b>	<b>Natasha Phanagia</b>
<b>Irene Rose Jain</b>	<b>Zainab Bouterse</b>
<b>Ashima Harjiv</b>	<b>Warren Bouwise</b>

Thorough, detailed, brilliant work produced at home.

**By Miss Moyo**

<b>Himna Mustafa</b>	<b>Jannat Begum</b>
<b>Regina Mukuangu</b>	<b>Zaida Khanom</b>
<b>Amelia Baldyga</b>	<b>Kyra Mills</b>
<b>Hashem Hassan</b>	<b>Sophia Baloghova</b>
<b>Jessica Martin</b>	<b>Aleksy Chmura</b>
<b>Sashae Black</b>	

The following pupils have all been active and curious while staying at home by completing History development homework and History at home learning tasks.

**By Miss Lally**

<b>Ammar Khalid 9F4</b>	<b>Dhiraj Ram 7X1</b>
<b>Fabrice King 7X1</b>	<b>Laaiba Akhtar 7X1</b>
<b>Jakub Borawski 7X1</b>	

For actively on mathswatch.

**By Mrs Gandhi**

## Stars of the Week

**Year 9**

**Sarah Ishma**  
**Grace Ihaza**  
**Ranaw Hamad**  
**Nehemiah Fuller**

**Adnan Tariq**  
**Sanvir Kaur**  
**Tomasz Czech**

**Year 7**

**Kyle Niemiec**  
**Rohan Sehjail**

**Julita Wrukowska**

for completing work at home.

**By Mrs Johnson**

The following pupils have continued to complete their Science online tasks on Seneca despite not knowing the outcome of their GCSE's they have shown that they are still committed to completing their educational knowledge.

**Alex Feraru**  
**Saima Akhtar**  
**Kamari Foster**  
**Natalia Zajac**

**Essam Al Dagher**  
**Anjan Nayak**  
**Tuayib Mohammed**

Keep going do not give up!!

**By Ms A Forbes**

**Rhea Jassal**  
**Faith Essome**  
**Iqra Sajid**  
**Khush Kaur**

**Haseeb Zafar**  
**Kwaku Nyarko**  
**Gurbakhash Singh**

For constantly emailing and keeping in touch and working hard on their coursework.

**By Mr Janes**

**Shantae Campbell** - has spent the highest number of hours on the Seneca courses.

**Linh Hoang**      **Nehemiah Fuller**  
**Ryan Ashford**

Have spent the most time on the RS seneca courses and are averaging high scores.

**By Mrs Harms**

**Jakub Borawski** - for working hard to the highest standards in English and for an amazing effort.

**By Mrs Wieremiewicz**

**Chandani Chana** - for an excellent piece of work on the Bloody Code.

**Julia Moszczynska** - for excellent development homework.

**By Miss Guest**



## Stars of the Week

**Ricky Sangar 9XS** - for consistent hard work and determination.

**Talullah Wagenfuhrer 10XS** - for doing brilliantly on the online quiz.

**By Miss Jones**

**Anay Parekh 7YJ**

**Sashae Black 8YJ**

**Shanay Graham 8YJ**

**Ronnie Nkuidjeu, 8YJ**

For submitting good work.

**Azhan Faisal 7YJ**

For good effort in development homework.

**By Mr Myatt**

**Rayaan Nawaz**

**Anay Parekh**

**Hasan Mohammad**

**Emmanuel Ifeosome**

For being active and curious on 'I'm a Scientist, Stay at Home!'

**Piotr Zapolny**

**Navien Khangura**

**Donat Yonas**

**Kyrah Masih**

**Shantae Mendy**

**Jacob Milligan**

**Irene Rose Jain**

**Ben Ejiofor**

**Uma Abdi**

**Talullah Wagenfuhrer**

**Samah Khan**

**Khadija Nyarko**

**Saksham Dadhwal**

**Amandeep Bhamra**

**Mankaran Singh Sodhi**

**Haddyjatou Njie**

**Jasmeet Singh**

**Natesh Phagania**

**Lovejit Dhanda**

**Sara Akhtar**

**Vidhu Singh**

**Ehsan Mohammed**

**Callum Khan**

**Colin Ndou**

**Mariah Bibi**

**Awais Younis**

**Jaime Phung**

For being active on SENECA.

**By Mrs Habibullah**

**SENECA Stars**

**Natasha Phagania**

**Sara Baranowska**

**Malcolm Ngandu**

**Rohit Din**

**Manmeet Singh**

**Laaiba Akhtar**

**Tiandre Wade**

**Warren Bauweise**

**Jakub Borawski**

**Cairo Herbert**

**Rayyaan Afzal**

**Yuvraj Singh**

**Rahma Miah**

**Emmanuel Ifeosome**

**Fatou Ndow**

**Sami Miah**

**Jessica Martin**

**Sebastian Paul**

**Hannah Khan**

**CENTURY Stars**

**Emmanuel Ifeosome**

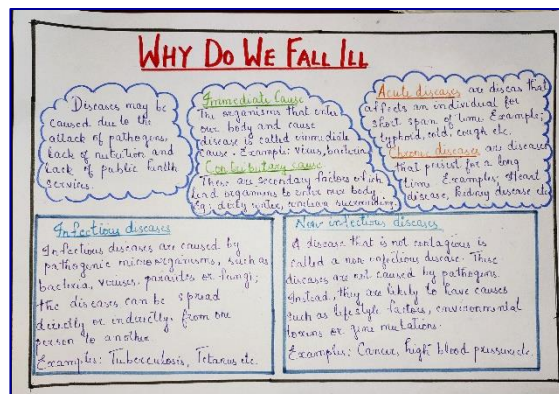
**Samia Miah**

**Jakub Borawski**

**Muhammad Hasan**

## Stars of the Week

**Irene Rose Jain 10HUL** - for her great Lava Lamp and project on How Do We Fall Ill?



**By Mrs Adams**

**Sashae Black – Food**

**Simran Sheemar - Hospitality and Catering**

**By Ms Williamson**

**Amelia Baldyya**

**Alya Khan**

**Malika Rahman**

**Valin Kaur**

**Ronny Nkuidjeu**

**Sahar Stosray**

For starting to complete the Science assignment on Century.

**Shanay Graham**

**Asher Rogers**

**Malika Rahman**

**Sahar Stosray**

**Amelia Baldyya**

**Himna Mustafa**

**Ria Droch**

**Rajan Shoker**

**Varlin Kaur**

**Alya Khan**

**Julia Zyla**

**Jahmone Hamilton**

For promptly following instructions to sign up to the new Seneca class.

**By Dr Consonni**

**Remember: Wash your hands regularly with soap and water for at least 20 seconds**

## Stars of the Week

**Natasha Phagania** - for having completed three pieces of development homework to a very high standard in Spanish.

**By Mr Pickering**

**Natasha phagania** - for completing numerous pieces of geography development homework to a good standard

**By Mr Woodward**

**Eisa Mohammed** - for making his best efforts to learn Japanese.

**By Mr Woodward**

**Tomas Czech** - for completing the geography exam homework

**By Mr Warrington**

**Shantae Mendy & Ehsan Mohammed** – for completing independent learning to improve their range of vocabulary in French.

**By Mrs Wallace**

**Laaiba Akhtar  
Adam Hanan**

**Natasha Phagania**

**Julia Zyla  
Himna Mustafa  
Amelia Baldyga  
Nadwa Hassan**

**Millie Rahman  
Natalia Moszczynska  
Alya Khan**

**Nancy Ovbije**

**Maurice Davy**

**By Mrs Breslin**

**Esha Kumari  
Ehsan Mohammed  
Linh Hoang**

For completing their English work.

**Vidhu Singh  
Haddyjatou Njie  
Ben Ejiofor  
Irene Rose Jain  
Mariah Bibi**

**Jasmeet Singh  
Natesh Phagania  
Ehsan Mohammed  
Fritz Bayong**

**Sanvir Kaur  
Ricky Sangar**

**Grace Ihaza  
Regina Mukuangu**

**Ria Droch  
Amrita Gill  
Julia Zyla**

**Samuel Wren  
Nadwa Hassan  
Simran Tiwana**

**Pavan Kumar  
Zaida Khanom  
Warren Bauwize  
Rahma Miah**

**Modou Njie  
Laaiba Akhtar  
Ashpreet Kaur  
Kyra Mills**

For putting huge amounts of effort into their English work on Seneca.

**By Mrs Hillier**

## Stars of the Week

Well done to all pupils who have shown continued commitment to their online learning in mathematics and who are regularly completing their development homework on MathsWatch.

**Janelle Ajayi  
Sakshi Mahey**

**Himna Mustafa  
Jannatpreet Singh  
Dominik Ostrowski**

**Kemystery Wright  
Maurice Davy  
Sofia Marsden**

**Saima Akhtar  
Kawalpreet Bedi  
Hamza Mahmood  
Christian Mupene**

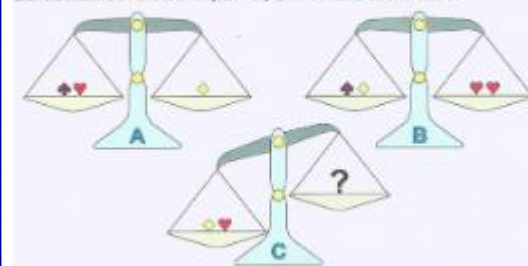
**By Mrs Forde**

## Maths

Last week's answer:

### Answer

Given that scales A and B balance perfectly, how many spades are needed to balance scale C?



**You would need 5 spades to balance scale C**

New Puzzle:

Each symbol stands for a different number. In order to reach the correct total at the end of each row and column, what is the value of the circle, cross, pentagon, square and star?

					= 28
					= 31
					= 22
					= 15
					= 26
= 26	= 20	= 25	= 25	= 26	

Answer in next week's newsletter - good luck!

**By Mrs Forde**

### Isolation activities

I am in a WhatsApp group with my neighbours and I have grown from seed 60 sunflowers, I have given 30 out to my neighbours and we are in a competition to see who has grown the tallest one and the one with the biggest sunflower head by Sunday 26 July! I hope I win!! I'll keep you all posted on the growth.

It has been lovely to communicate with my neighbours in this way (there are about 30 of us in this group) and we've been sharing ideas, making each other laugh and cheering each other on.



Just as we started in this time of lockdown, Miss Marston did a raffle of different magazines and 'to do' activities for staff. I won a magazine on water colours, so here is a little something I have been working on for weeks and weeks. Mrs Towie and Miss Dowling eat your heart out....



#### Year 7 and 8

I hope you are starting to enjoy the BBC bitesize home school Music sessions! I look forward to your emails!

#### Year 9 and 10

Look out for the email I have sent you about careers. BBC bitesize Home School has a wealth of resources available for careers. Have a look and see what you can find out about your future!

By Mrs Crooks

### Online Safety

Can I take this opportunity to remind you all to keep safe online?

I would like to take you back, way back to the first term where we looked at Internet safety during Collective Worship.

You might feel that you can look after yourself online, which is great, but there are still people out there who are trying to trick you into sharing information or worse!

### What are the risks of online gaming?

- Anyone can adopt any identity so it's not always possible to know who your child is talking to online.
- Young people see losing online possessions and credit as upsetting as losing their possessions in the real world.
- People can access online accounts and steal/delete online credit and possessions to coerce/blackmail others into criminal or sexual acts.
- Whilst playing online, young people may be manipulated into sharing sensitive information or images.
- Online gaming platforms can be used to send money or gifts to groom and exploit.

Please see the list of apps for guidance on age limits at the end of this newsletter. If you any questions about online safety please refer to the last newsletter where there were several website addresses you can use.

By Mrs Crooks

### Isolation Activities you can do at Home

Would you like to be featured in our weekly newsletter? If yes, then why not attempt one of the activities below. Write a sentence about what you did or take a photo and email it to [pmull@sjw.bham.sch.uk](mailto:pmull@sjw.bham.sch.uk)

- Use Skype or FaceTime to video chat with your long-distance friends and family.
- Try out at-home aerobics or yoga videos. Consider downloading a fitness app.
- Look at yourself in the mirror. Attempt a self portrait with pencil and paper.
- Colouring books or download Colourfy app.

By Miss Lally



### Isolation activities

Over the Easter holidays I enjoyed the sunny weather and spent time in the garden. I had lots of barbecues and also cooked some stews using this fire pit. I couldn't find any tomato plants to buy so have planted some fresh tomato seeds to see whether they grow. I know that some of you successfully planted tomatoes in this way in your science lessons before school closed, so I hope mine will work too.

Yesterday a team of staff made contact with all the teachers and support staff who work at Saint John Wall, and I am pleased to report that everybody is staying safe and is monitoring your work from home now that the Easter break has ended. We all continue to follow the government guidance during this period and are closely following information related to schools.



By Miss Marston

### How to make a Rainbow for the NHS

Try this science at home. Take a photo and email your completed rainbows to [pmull@sjw.bham.sch.uk](mailto:pmull@sjw.bham.sch.uk) for it to feature in next week's newsletter.

### How to Grow a Rainbow

You will need:


- Kitchen roll/paper towel
- Felt tip pens
- Two small bowls of water
- Paper clip
- Thread

1. Cut your kitchen roll into the shape of a rainbow.  
2. Colour a rainbow with felt tips about 2 cm up on both sides.  
3. Attach your paper clip to the top and tie a piece of thread to it. This will give you something to hold your rainbow with.  
4. Fill each small container with water.  
5. Hold your rainbow with the ends slightly submerged in the water then watch your rainbow grow!

**THE SCIENCE**

A brief introduction to 'capillary action'! Water molecules like to stick to things - including themselves. Sticking to things is called *adhesion* and sticking to itself is called *cohesion*. The fibres in kitchen roll make lots of little holes. Water is 'sucked' through the holes because of adhesion (liking to stick to other things) and cohesion (liking to stick to itself) means the rest of the water follows. The water pressure will eventually slow down and the pressure of gravity will mean it stops moving.

@MrsBpriSTEM



By Mrs Adams

### Isolation activities

It's amazing what beautiful places there are right on my doorstep. On Sunday I went for a walk around Saltwells Nature Reserve. I saw lots of beautiful bluebells and heard birds singing. It was very peaceful. I found out that millions of years ago, the area was a tropical sea!! I have also been working hard painting the fence panels in my garden...all 22 of them (the paint has been sitting in my garage for over a year and I finally found the motivation to complete this big task).

### Recommended books

I am currently reading 'The Five- the untold lives of Jack the Ripper's victims' by Hallie Rubenhold. Thank you to Miss Lake for this recommendation. This week, Mr John, Miss Lally and myself emailed all pupils in Years 7-10 with a range of activities and resources to complete at home. Look out for the next set of activities and resources which will be emailed to you on Friday 1 May.

Take care, stay safe and stay at home.

By Miss Guest

### Isolation activities

I've been making the most of the daily exercise outside by exploring parks nearby. I like to take part in a competition with my sister to see who can find the best dog. I won this week after seeing a group of five French bulldog puppies on their walk! Here's a picture I took on Wednesday at Sutton Park (Great for dog spotting).



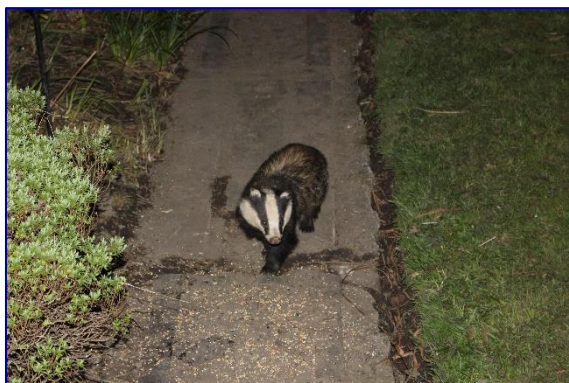
By Miss Jones

**Remember: Wash your hands regularly with soap and water for at least 20 seconds**

## Isolation Activities

We have a badgers sett in the garden that we didn't think was occupied, however the past couple of weeks, we have spotted 3 badgers that come out just after sun down and go next door for some food. Once they have had their main course, they sneak back under the fence and hunt around for anything nice in our garden. Apparently, badgers love nuts and fruit, so we have made sure that there is plenty of bird food left on the ground for them to hunt around for and also, any scraps we leave put outside on the path. The fruit has been a massive hit and has allowed me to get really close to the badgers, which they don't mind me watching them eat – they are very noisy. I managed to take a lovely close photo of one, that I intend to draw as an observational drawing.

Over the Easter holidays, I have started a Zentangle pattern on an old box I found in the loft, which I intend on covering the whole thing! It is time consuming but very stress relieving and perfect to do out in the garden on a nice day. I will show you the finished product when it is all finished!



By Miss Dowling

## Nutella and banana puff pastry (makes 10-12 squares)

### Ingredients:

Ready to roll puff pastry  
Small jar of Nutella  
1 banana  
Granulated sugar  
Water

### Equipment:

Knife  
Fork  
Teaspoon  
Baking tray  
Baking brush

### Method:

1. Peel the banana and chop into thin slices
2. Roll out the pastry and cut into 10-12 even squares
3. Add 1/2 a teaspoon of nutella onto each square only one the one side of the square, then add 2-3 slices of banana on top of the nutella filling
4. Fold the square and around square, press down using a fork to close so no hole are showing or the filling will drip in the oven
5. Brush the top with water and coat each square with a sprinkle of granulated sugar (so the top is caramelised)
6. Poke the top with a fork on each square to avoid any bursts in the oven
7. Add both the baking paper and square onto a baking tray and place in the pre heated oven onto the middle shelf using 180 or gas mark 4 for 25 minutes until golden
8. Serve best with vanilla ice cream



If anyone has any requests for making desserts please let me know and I will provide a step by step guide. I will pick one person at random per newsletter. I will provide you with my very own secret recipes. Please email all suggestions to [kkaur@sjw.bham.sch.uk](mailto:kkaur@sjw.bham.sch.uk)

By Ms Kaur

**Remember: To stay 2 metres away from other people**



## Growing plants from seed

Before school was closed, the SFC and the ARK were given a seed in a plant pot to grow. The seedlings emerged on the sunny Ark window sill and when school closed the little plants came home with me. The SFC plant was named James by Ms Kaur and I named the Ark plant Kevin. Both plants started off in their tiny plant pots on my sunny kitchen window sill. In five weeks they have been repotted twice and now spend their day in my garden. Once the chilly nights are over they will remain outside overnight. It is a pleasure to watch the plants grow. I wonder how all the other seeds potted and distributed to forms and teachers are doing? I will keep you updated on the progress of James and Kevin.



By Miss Slee

## Isolation Activities

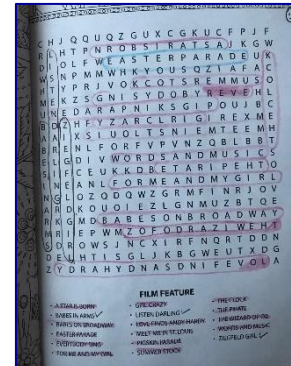
I have been trying to make the most of these difficult times by adapting my daily routine to include more of the things that I am passionate about. A few months ago, I joined a local crochet group where I was able to brush up on the skills I learnt as a teenager and this lockdown has been the perfect opportunity to put them to good use. Here you can see a few of the items I have made so far- a hot water bottle cover and an ice cream keyring!



The nationwide panic has led to a shortage of protective items such as face masks. A lot of the face masks sold are not very environmentally friendly and only meant for single use. I researched online about reusable masks that my family and I could use when going out to shop for essential items. I came across a video on YouTube and dug out a lot of old pieces of fabric from my previous sewing endeavours to make these masks for my family and friends.



I have also been doing a lot of fun activities such as word searches and playing connect 4 with my children. Somehow, I can never manage to find the last word in word searches, so it is nice to have my 12-year-old daughter around to help me find it. I am still waiting for the day I beat my husband at connect 4, wish me luck!



By Mrs Gandhi

## Isolation Activities

Hello everyone!

The last few weeks I've tried my hand at gardening. I had the wonderful opportunity to gain some tips from my mother-in-law when she came to stay with us last spring so I'm putting them into action!

I took an old cable wheel and painted it in grey, took out a few panels, popped in some soil and filled it with some of the herbs that I grew from seeds last year. We currently have oregano, sage, mint, chives, basil and rosemary growing in the garden and we use them throughout the year in our recipes.

As we've been at home for some time now I've also had a lot more vegetable peelings and grass cuttings than usual. We started using a compost bin last year having been inspired by Mrs Clayton! We are waiting on the arrival of a new hatch door and I have bought a second compost bin to keep up with the demand. You can put vegetable peelings, grass cuttings, cardboard, and newspaper into a compost bin so they're great for recycling and keeping things from going to the landfill! Next year we will have plenty of good quality compost for the garden.



Last year my mother-in-law showed me how to make new baby spider plants. She took a small spiderling off one of the stalks of a grown plant and popped it into some water. We did this at home, leaving the spiderlings for a week or so.



The spiderlings began to grow bigger.



After a few more weeks the spiderlings grew roots in the water.



We planted the spiderlings into some soil and watched them get even bigger. There are 4 plants now from the original two that we began with. Soon they will be big enough to re-pot again!



By Mrs Ellis



## Year 8 Welcome Back (to work at home!)

Welcome back! I hope you had a lovely Easter time with your family and perhaps spoke with other family members and friends over the phone, Whatsapp, Zoom, Houseparty or Googlemeet. As we could not go to church on Palm Sunday we decided to use the palm leaves in our garden to make palm crosses and we placed them on the door steps of loved ones.

It was also an experience going to Mass in our living room.



Even though we could not see family we still decided to do an Easter tree and window display. We have never done this at Easter time but it was a great activity to do as a family even if my littlest boy pulled the glasses of the poor little toy chicks. He said, 'Oh no, poorly chick'.



Now it is term time I hope you are able to access the school work on the school website. If you can't or you need more work please email me or your teachers. Alternatively, you could attempt some of the Year 9 developmental homework.

There are lots of lessons on the BBC website that you can access and they all look fantastic. If you watch any of them, let me know what you think!

It has now been four weeks that we have needed to stay home and stay safe. It might be very frustrating for you, but I urge you not to be tempted to meet up with friends. It is important that we all stick to the guidance and keep everyone as healthy as possible. We will all see each other soon.

Stay strong. I am thinking of you all and you and your family are in my prayers. God bless.

## Year 8 Window Display Challenge

This week I set you the challenge to enter the window competition. You only had one day to do this.

The first challenge was to celebrate St George's day on 23<sup>rd</sup> April which was Thursday. Here's my attempt with my two boys who are 2 and 3 years old.

WINDOW DISPLAY CHALLENGE	
Got bored kids? Got bored adults?! Why not create a fun themed window display for everyone to enjoy when they're out for walks around the town!	
Upcoming themes with decoration ideas:	
23rd April	<b>St George's Day</b> England flags, dragons, knights, princesses
1st May	<b>International Space Day</b> Rockets, planets, stars, astronauts
20th May	<b>International Bee Day</b> Bees, flowers, trees, beehives
1st June	<b>Dinosaur Day</b> Dinosaurs, footprints, volcanoes, trees
13th June	<b>Queen Elizabeth II's (Official) Birthday</b> Crowns, birthday cakes, balloons, gifts



Well done to Mille Rahman who is our first window display challenge WINNER!! Fantastic work Mille.

I hope to see more of you get involved in the next one on 1 May which celebrate international space day.

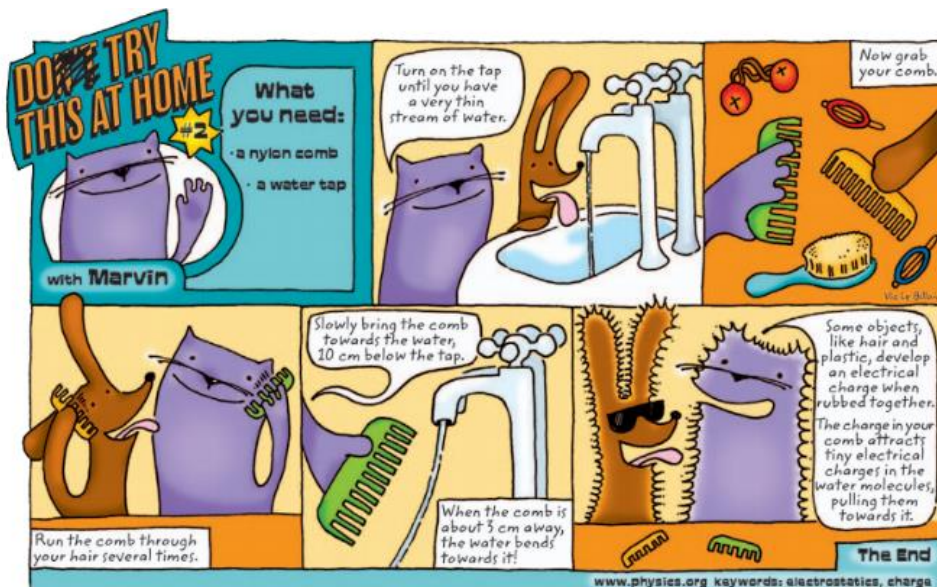
By Mrs Breslin



## Science Lockdown Activity

Hello! I hope you are doing well and staying safe.

Here is a fun science activity you can do at home this week. Any plastic comb should work, but a metal comb will not. I have tried also rubbing together the sleeves of a pile sweater and it works. Other synthetic materials might also work. If you try this, drop me a line by e-mail saying how it went!



By Dr Consonni

## Year 7 Arts and crafts competition

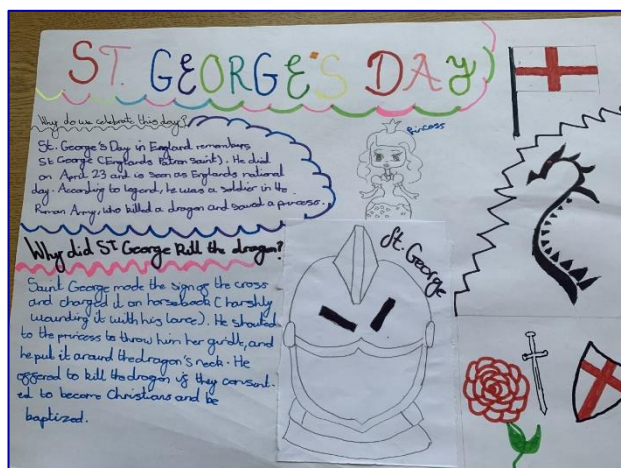
We would like you to create a window display at home for others to enjoy as they take their 30 minute walks around the community as part of their daily exercise.

The upcoming themes to complete are as follows:

- 23 April Saint George's Day
- 1 May International Space Day
- 8 May VE Day
- 20 May International Bee Day
- 1 June Dinosaur Day
- 13 June Queen Elizabeth II Birthday

You can paint, craft, draw or use your ICT skills, it's completely up to you! Snap a picture of your design and email it to your form tutor. Winners will be featured in the newsletter. Good luck!

**Saint George's Day poster**  
Created by:  
Sophia Baloghova 7WIO

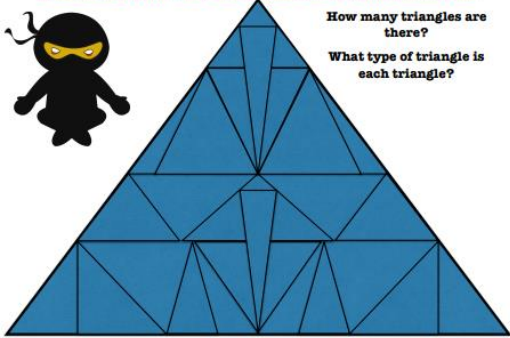


Hallo dear Ninjas,  
I am very curious if you managed to find all triangles.

**TRIANGLE HUNT- FIND THE TRIANGLES IN THE TRIANGLE**



How many triangles are there?  
What type of triangle is each triangle?



Correct answer is: 42

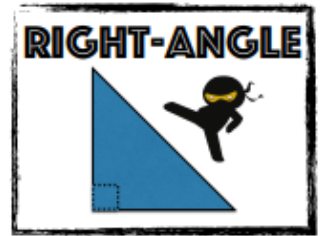
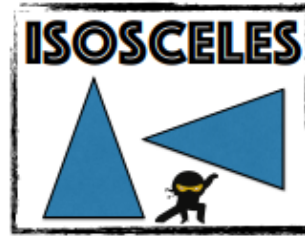
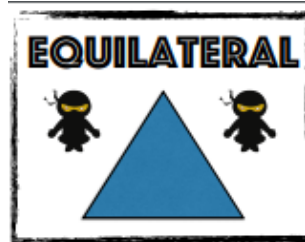
This week challenge:  
Match properties to the triangle

**PROPERTIES PAIRS - MATCH PROPERTIES TO THE TRIANGLE**

3 equal sides  
3 equal internal angles  
no right-angles  
3 x 60 degree angles  
3 lines of symmetry

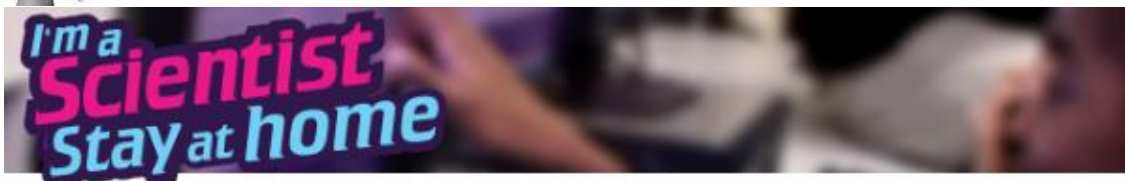
2 equal sides  
2 equal angles  
1 line of symmetry  
no right-angle

no equal angles  
no equal sides  
no lines of symmetry  
no parallel lines



One box is empty, write properties for correct triangle by yourself.  
Stay safe Ninja,

Mrs Pawlowska



Hello Everyone, I hope you are all safe and keeping well. Some of you would be familiar with online event, *I'm a Scientist - Get me out of here!* I am introducing similar event, [\*I'm a Scientist - Stay at home!\*](#)

The *I'm a Scientist* team have been at home for the past few weeks, busily planning to help students connect with scientists and engineers during school closures.

**You can now take part in [\*I'm a Scientist, Stay at Home!\*](#)**

## How it works

Running throughout the summer term, *I'm a Scientist, Stay at Home* is divided into zones, and you will be assigned to one of these zones.

I have already emailed your login details, which will give you access to the zone. I will book live CHAT on weekly basis and advise you of time and date so that you can join live chat with real scientists (from comfort of your own home).

You can also send questions through the site in ASK, and VOTE for your favourite scientist each week to be the weekly zone winner.

You can also win PRIZES for asking best Questions.

## The best bits

### **Real time interaction with scientists**

By taking part in live CHATs, students stay engaged with science through interacting with real scientists, engineers and technicians.

### **Site security & safeguarding**

Only students given access by their teacher can login to the site, and all student content is moderated.

### **Monitor your students' engagement**

Teachers will be able to see which of their students have logged in, and if they have asked questions on the site. They can also download a transcript of your live CHAT after it closes.

## Key dates

**20th April-17th July** - *I'm a Scientist, Stay at Home* is live! Students have their live CHATS and send questions in ASK

Keep checking your email for Updates on Live chats!

HAVE FUN!

**Mrs Habibullah**



# #RAMADANATHOME - RAMADAN 2020 UNDER LOCKDOWN

*Statement from the Muslim Council of Britain, 20 April 2020*

As the MCB publishes guidance on #RamadanAtHome for Ramadan under lockdown, Harun Khan, Secretary General of the Muslim Council of Britain, said:

**"The message for this Ramadan is clear: fast and pray at home and share Ramadan digitally. This is the way to worship Allah and help save lives.**

**"Away from mosques and loved ones, there is no doubt that Ramadan in 2020 will look very different. But there are many ways we can still engage with our communities socially and spiritually and make the most out this blessed month.**

**"We have already seen incredible work in Muslim communities in response to the pandemic. Community initiatives have sprung up to help the vulnerable and mosques are using the power of the internet to serve the religious and spiritual needs of communities. Ramadan is the best time to continue this valuable work in supporting the people around us, regardless of faith or colour.**

**"Ramadan is about connecting to God through worship, reflection, compassion and giving back to others. It is important to use this time to reconsider the way we live our lives and the way we relate to Allah, our communities and those in need. We must be sure to celebrate Ramadan in the safest way possible: in our homes."**



## #RAMADANATHOME TOP TIPS

It is important to plan our Ramadan activities given these restrictions. Consider:

- **Online** – Stream Islamic lectures or *taraweeh* to your home, either pre-recorded or live.
- **Prayers** – Organise prayers including *taraweeh* at home as a family and pray as a congregation in the home. Since it is no longer possible to do *l'tikaf* in the mosque, consider doing this at home.
- **Virtual Iftars** – Try to organise virtual *iftars* with extended family and the community through the many online video calling facilities available.
- **Plan food** – Plan your *iftar* menus in advance so that you can limit multiple shopping trips and limit exposure given social distancing measures.
- **Drink well** – Hydrate well for the long work days. Dehydration can lead to tiredness, headaches, lack of focus/concentration.
- **Energy foods** – Eat high energy, slow burn foods for *suhoor* (starting your fast) – It is important that you remain energised throughout the workday, especially as we can experience heightened levels of anxiety during these times.
- **Breaks** – Take regular breaks to reflect and take time for yourself.
- **Mental Health** – Life can be full, and we try to fill it with more worship during Ramadan. We all want to pray more and this can help with anxiety but it is important to be good to yourself – sometimes it is quality over quantity.

## Ramadan and Eid 2020 during COVID-19

This Ramadan and Eid will be very different in Birmingham during the Coronavirus outbreak.

During this difficult time we have to remain within our homes, the houses that we live in and only go out for essential food or brief periods of exercises, maintaining 2 metres distances while outside of the home and washing our hands regularly.

This Ramadan, along with our Islamic faith leaders, we ask that everyone:

- observe Ramadan at home, in the house that you live in, do not go to family or friends houses or meet them outside of the home.
- pray at home, in the house that you live in with the people you share the house with, and do not attend any Mosque or other family or friends houses to pray.
- do not leave the house to distribute food but donate online or via food banks instead.

On the 23 March 2020 the UK Government officially announced that all places of worship should close, and both the Muslim Council of Britain and British Board of Scholars and Imams advised Muslim communities that they must pray from home and not congregate together for worship. This currently continues for the duration of Ramadan.

## 13 year olds and upwards



AskFm



BBM



Bebo



Facebook



Flickr



Foursquare



Google+



Habbo



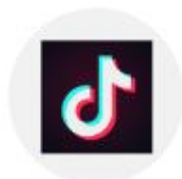
Instagram



Kik



LinkedIn



TikTok



Reddit



Snapchat



Tumblr



Twitter



Vimeo



YouNow



YouTube



Yubo



Houseparty



Monkey



Whisper

---

## 14 year olds and upwards



---

## 16 year olds and upwards



WhatsApp



meet me





# What parents need to know about NETFLIX



**18+**  
The account holder must be 18 or older.

Launched in 1997, Netflix is now one of the world's leading online streaming services, providing users with unlimited access to a huge selection of TV shows and films. It's available on any internet-connected device that supports the Netflix app, from smart TVs and games consoles to tablets and smartphones, and is becoming increasingly popular with a younger audience. This is unsurprising given consumer attitudes are changing more towards video-on-demand (VoD) services. That's why we've created this guide to help parents and carers understand exactly what Netflix is about.

## Inappropriate content

Netflix hosts and produces content for all ages. It has a wide variety of films and TV programmes for young children, teens and adults and its extensive catalogue can provide hours of entertainment. Children can search for almost anything but if they share the same account as an adult, it can also open them up to viewing material that is adult themed or inappropriate. Netflix doesn't check who's watching so children could access films or TV shows that contain violence, nudity or foul language.



## Risk of hacking

With millions of users in over 190 countries, Netflix is often targeted by hackers and phishing scams which try to illicit usernames and passwords to gain access to accounts. If successful, hackers can steal payment details or try to sell your data on the dark web, providing others with the opportunity to profit. Given Netflix doesn't provide 2-factor authentication, it's important to ensure your login details remain secure.



## Binge-watching

With the ability to access Netflix on almost any device, it can be easy to fall into 'binge-watching' TV series, with users finding it difficult to turn it off without knowing what happens next. The autoplay function also means that the next episode usually plays within seconds of the last ending and the Netflix algorithms mean that recommended programmes are very often similar to those you've just watched. This can easily lead to spending hours in front of the TV through the day or staying up through the night, potentially affecting sleep, mood and the ability to concentrate the next day.



## Screen addiction

In addition to binge-watching, the fact that Netflix is available on almost any device with an internet connection means that parents may find it difficult to prize children away from a screen. With a huge collection of children's TV programmes and the latest film titles, children could start watching on the TV, continue on the tablet and finish on their games console. Increased screen time means that they may spend less time learning, playing outside, find it difficult to sleep or communicate less with family and friends.



## Netflix party

Netflix Party is a free extension on Google Chrome that gives users the ability to watch a film or TV show online simultaneously with friends or family in different locations. It also provides the ability to chat to each other during the stream. Users can create a party and send a link to people they want to invite, however the link can be copied and distributed further, meaning children could potentially be open to a group chat with people they don't know. It should be noted that Netflix Party isn't an official Netflix product and needs to be downloaded separately to the app.



## Safety tips for parents & carers

### Create a Netflix Kids experience profile

One of the biggest advantages of Netflix is the ability to control what content your children can watch. Setting up a Netflix Kids experience profile means that children only have access to TV shows and movies which have been carefully selected for kids. The look and feel of the app is simpler and children can't access any account settings.



### Set maturity ratings & block content

If your child is a little older, parents can create a separate profile to their own and set a maturity rating that means children will see only TV shows and movies that fit that rating. The three categories of rating for the UK are kids (all U, PG), teens (12, Guidance, Teen) and adult (15, 18, mature, adult). You can also block specific TV shows and movies from individual profiles which means they don't show up in the browse or search results.



### Have an open & honest conversation

Parents can review the TV shows and films that have been watched on each profile under their account. If your child seems upset or shocked by something they have seen or if you are concerned about anything they've viewed, try to talk to them about it and have an open and honest conversation to help understand any concerns.



### Switch off autoplay

Netflix has two autoplay features that can be switched on and off across different accounts and takes effect across all devices. Parents can disable the ability for consecutive episodes to play automatically and for previews to play when browsing. Both can help to limit the amount of time children spend on the app.



### Lock your profile

It's important to keep your own account secure so that children can't freely switch between profiles and potentially access more adult-themed content or change access levels. Parents can set up a Profile Lock PIN which means only they can access their own Netflix account.



### Set screen time limits

Although switching off autoplay will help to stem programmes playing continuously, children can just as easily choose to play the next episode themselves. Whilst Netflix has no options to help limit viewing time, many devices now allow parents to set screen time restrictions, so you can switch off the app automatically when you think they've had enough.



## Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



## Create a strong password & always log out.

Given that Netflix doesn't use 2-factor authentication, the need for a unique username and strong password is even more important. Try to use a different password to ones you've used before and use a mixture of numbers, letters (uppercase and lowercase) and symbols, with a minimum of 8 characters. Always log out when not using your account so that if your device is lost or stolen, your account remains inaccessible.





# Do you need any support?

## Food:

Food Parcels collections 5-6pm Daily (hunger relief)

Midland Langar Seva Society

Dale End Bus Stops (Stall)

Birmingham City Centre

B4



Food Bank Centres

New Life Weslyn Church

Holyhead Road

Handsworth

Birmingham

B21 0RA

0121 507 0734

(Thursdays 1-3pm)

Salma Food Bank Project

Unit 8

Ash Court

Crystal Drive

Smethwick

B66 1Q

07767164246

If you qualify for Free School Meals, please check your emails as you've been sent a code which you can use online to arrange food for your meals. If you have any questions or issues, please reply to the email you received.

## Wellbeing, Health & Fitness:

- Join Joe Wicks, the Body Coach on YouTube in his daily PE lessons.

- [www.kooth.com](http://www.kooth.com)

Free, safe and anonymous online support for young people

- [www.youngminds.org.uk](http://www.youngminds.org.uk)

If the current news on coronavirus is making you feel anxious, concerned or stressed, this website has tips to help.

- BBC Radio 1: My Mind & Me Advice on a variety of topics.

- [www.mind.org.uk](http://www.mind.org.uk)

Tips & guidance on a variety of things that might be concerning you at the moment.

Most importantly, keep in touch with your family, friends & teachers.

## Bereavement & Loss:

If you or anyone in your family suffers the loss of a family member or friend at this difficult time, there are some websites below that may help & comfort you:

Winston's Wish

Website: <https://help2makesense.org/>

Email: [ask@winstonswish.org](mailto:ask@winstonswish.org)

Cruse Bereavement Care

Website: <https://www.hopeagain.org.uk/>

Phone: 0808 808 1677

Childline

Website: [www.childline.org.uk](http://www.childline.org.uk)

Phone: 0800 1111

Grief Encounter

Website: <https://www.griefencounter.org.uk/young-people/>

Phone: 0808 802 0111

Please remember you are not on your own- if you need more support, please email Miss Marston, Mr Price or Mrs Crooks.

## Support During Ramadan:

Ahead of Ramadan starting this week, people living in Birmingham and Solihull are being encouraged to take care of their health during the fasting period; and to ensure that they continue to practice social distancing during the COVID-19 pandemic. For more support, visit these websites:

- Muslim Council of Britain: <https://mcb.org.uk/resources/ramadan/>

- Birmingham Central Mosque: <https://centralmosque.org.uk/timetable/>

## COMMUNICATION AND AUTISM TEAM (CAT)

COVID-19 & Advice for Parents / Carers



Currently the nation is experiencing a situation we have not seen before. It is requiring us all to change our normal routines and may be causing your child with autism to feel concerned and present some challenges for you as a parent and/or carer.

The Communication and Autism Team are here to help you during this difficult time. Our families and children are really important to us and we are here to provide you with support through our telephone helpline service.

You can get advice and support on a range of topics, including the following:

- Strategies to support access to home routines
- Motivating and engaging your child
- Tips for helping your child /young person to manage their school work at home
- Social communication and interaction
- Sleeping, eating and personal hygiene
- Wellbeing
- Structure and routine
- Coping with new routines
- Helping your child to understand what is happening
- Looking after yourself

We would like to assure you that our support remains available to you by telephone throughout this period.

If you would like to access this service please email [CATParentEnquiries@birmingham.gov.uk](mailto:CATParentEnquiries@birmingham.gov.uk) with the following information:

- Your name
- The telephone number you would like to be contacted on
- The name of your child's school
- Times and dates you are not available

We will then arrange for a member of the team to call you back as soon as possible.

**"We can do this if we all work together as a family"**

Birmingham SEND Youth Forum

Visit [www.birmingham.gov.uk/localoffer](http://www.birmingham.gov.uk/localoffer)

Follow us on Twitter: @A2Education #coronavirushelp



## BIRMINGHAM EDUCATIONAL PSYCHOLOGY SERVICE HELPLINE FOR PARENTS AND CARERS



**As a parent or carer at home with your children during the school shut down, do you feel that you need someone to talk to about how you can cope with this challenging time for families?**

Birmingham Educational Psychology Service is providing a telephone helpline for parents or carers who feel would benefit from a consultation with a psychologist to support with any concerns.

Areas of concern you may wish to discuss could include:

- Anxiety around the current situation and its impact on your child and family
- Supporting you to support your child's emotional needs
- Concerns about family relationships
- Concerns about friendships, learning, daily structure and activities
- How to best look after yourself so you can support your child

The concerns can be related to school or family life.

You will be offered an initial telephone consultation of 30 minutes with a psychologist and a potential follow-up 30-minute consultation at a later date.

If you would like to access this service please email [epsparenthelpline@birmingham.gov.uk](mailto:epsparenthelpline@birmingham.gov.uk) with the following information:

- Your name
- The telephone number you would like to be contacted on
- The name of your child's school
- Times and dates you are not available for a consultation
- Whether an interpreter is required for you to access this service

We will aim to get back to you as soon as possible to confirm a time and date for your consultation.

For more information and useful resources, visit [www.birminghameducationsupportservices.co.uk/Services/4524](http://www.birminghameducationsupportservices.co.uk/Services/4524)

**"We can do this if we all work together as a family"**

Birmingham SEND Youth Forum

Visit [www.birmingham.gov.uk/localoffer](http://www.birmingham.gov.uk/localoffer)

Follow us on Twitter: @A2Education #coronavirushelp



## INFORMATION FOR PARENTS OF CHILDREN WITH LEARNING/SPECIFIC LEARNING DIFFICULTIES INCLUDING DYSLEXIA



Currently the nation is experiencing a situation we have not seen before. It is requiring us all to change our normal routines and may be causing your child with a learning difficulty to feel concerned and present some challenges for you as a parent and/or carer.

The Learning Difficulties Service are here to help you during this difficult time. Our families and children are really important to us and we are here to provide you with support through our telephone helpline service.

You can get advice and support on a range of topics, including the following:

- Strategies to support access to home routines
- Motivating and engaging your child
- Tips for helping your child /young person to manage their school work at home
- A range of fun activities to do with your child
- Wellbeing
- Structure and routine
- Coping with new routines

We would like to assure you that our support remains available to you by telephone throughout this period.

If you want to know how the Pupil and School Support Service can support your child on their return to school, please take a look at our parent webpage: [access2education.birmingham.gov.uk/parents](https://access2education.birmingham.gov.uk/parents)

If you would like to access this service please email [LDParentEnquiries@birmingham.gov.uk](mailto:LDParentEnquiries@birmingham.gov.uk) with the following information:

- Your name
- The telephone number you would like to be contacted on
- The name of your child's school
- Times and dates you are not available

We will then arrange for a member of the team to call you back as soon as possible.

**"We can do this if we all work together as a family"**

Birmingham SEND Youth Forum

Visit [www.birmingham.gov.uk/localoffer](http://www.birmingham.gov.uk/localoffer)

Follow us on Twitter: @A2Education #coronavirushelp



## PHYSICAL DIFFICULTIES SUPPORT SERVICE (PDSS)

Help and advice for parents of children with a physical difficulty



Currently the nation is experiencing a situation we have not seen before. It is requiring us all to change our normal routines and may be causing your child with a physical difficulty to feel concerned and present some challenges for you as a parent and/or carer.

The Physical Difficulties Support Service (PDSS) are here to help you during this difficult time. Our families and children are really important to us and we are here to provide you with support through our telephone helpline service.

You can get advice and support on a range of topics, including the following:

- Strategies to support access to home routines
- Motivating and engaging your child
- Tips for helping your child /young person to manage their school work at home
- A range of fun activities to do with your child
- Wellbeing
- Structure and routine
- Recording work
- Using ICT
- Physical play and activities

If you would like to access this service, please email [PDSSParentEnquiry@birmingham.gov.uk](mailto:PDSSParentEnquiry@birmingham.gov.uk) with the following information:

- Your name and your child's name
- The telephone number you would like to be contacted on
- The name of your child's school
- Times and dates you are available for a telephone conversation

A PDSS teacher will respond to your request.

Visit the Access 2 Education website: <https://access2education.birmingham.gov.uk/parents> for suggested ICT Programmes and top tips to support your child whilst working at home.

**"We can do this if we all work together as a family"**

Birmingham SEND Youth Forum

Visit [www.birmingham.gov.uk/localoffer](http://www.birmingham.gov.uk/localoffer)

Follow us on Twitter: @A2Education #coronavirushelp



# BIRMINGHAM SENSORY SUPPORT SERVICE

*Support while children,  
young people and their  
families are at home*



Currently the nation is experiencing a situation we have not seen before. It is requiring us all to change our normal routines and may be causing your child with a sensory impairment to feel concerned and present some challenges for you as a parent and/or carer.

The Sensory Support Service are here to help you during this difficult time. Our families and children are really important to us and we are here to provide you with support through our telephone helpline service.

You can get advice and support on a range of topics, including the following:

- Strategies to support access to home routines
- Motivating and engaging your child
- Tips for helping your child /young person to manage their school work at home
- Advice on the use specialist equipment in relation to hearing or vision loss
- Advice and support in relation to Radio Aids
- Wellbeing
- Structure and routines
- Helping your child to understand what is happening
- Looking after yourself

Help can be provided through email, phone, WhatsApp, video, or Skype (with subtitles if necessary).

We would like to assure you that our support remains available to you by telephone throughout this period.

If your child is already supported by Sensory Support, in the first instance please contact your child's allocated Teacher of the Deaf or Teacher of the Vision Impaired on their mobile number or email address. If you are unable to make contact with them, please use the email address below to contact the Sensory Support Service.

If your child has a hearing or vision loss and they are not already known to the Birmingham Sensory Support Service and you would like to access support from a Teacher of the Deaf or Teacher of the Vision Impaired, please email: [SSParentEnquiry@birmingham.gov.uk](mailto:SSParentEnquiry@birmingham.gov.uk)

We will require the following information:

- Your name
- Your child's name
- The telephone number you would like to be contacted on
- Details of your child's hearing or vision loss, including diagnosis and hospital they attend
- The name of your child's school/setting where applicable
- Whether an Interpreter is required for you to access this service

A member of the team will aim to get back to you as soon as possible.

*"We can do this if we all work together as a family"*

Birmingham SEND Youth Forum

Visit [www.birmingham.gov.uk/localoffer](http://www.birmingham.gov.uk/localoffer)

Follow us on Twitter: @A2Education #coronavirushelp



BIRMINGHAM  
CHILDREN'S TRUST



WEST MIDLANDS POLICE

NHS



# Pause.

ForwardThinking  
Birmingham

The  
Children's  
Society

Need someone to talk to?  
Struggling to cope with feelings?  
We're here for you.

We are operating a telephone-based service while Pause in Digbeth is closed. Drop us an email on [askbeam@childrenssociety.org.uk](mailto:askbeam@childrenssociety.org.uk) in the first instance.

Or call [0207 841 4470](tel:02078414470) and we will arrange for one of our friendly staff to call you back but email is much quicker.

## Who can use us?

You can use us if you have a Birmingham GP and are:

- Under 25 years old (If you are under 14 you will need to have a parent / caregiver with you when we call to give consent).
- Or if you are a parent / caregiver looking for support for their child who is under 25 years old.

## How can we help?

We can offer:

- Self-help strategies, skills for managing difficult situations and feelings.
- A non-judgemental listening ear.
- Details for other organisations that might also be able to help you.
- Each call lasts around 20-30 minutes which focuses on ways forward.

## Our Opening Hours:

Email or Call Us - 10am - 6pm, 7 days a week

