



Dates for your Diary

Tuesday 11th March
Year 4 Ingestre Hall Residential meeting for parents 9:00am-9:30am. Please come to door number 3.

Monday 16th March
World Appreciation Week – adjoined with Eco-Sikh Week

Monday 16th March
Service 1 Parents Assembly – Mothers' Day at 9:00am to 9:30am. Please come to door number 3.

Forgiveness 1 visiting St Michael's C of E Academy – Faith Link Day

Wednesday 18th March
Year 6 Faith Visit to Coventry Cathedral. Packed lunch required.

Thursday 19th March
Humility 1 faith visit to Hindu Temple

Tuesday 24th March
Humility 2 faith visit to Hindu Temple

Wednesday 25th March
Year 2 SATs parent workshops. 2 sessions: 8:50am and 2:50pm

Wednesday 25th March
Year 1 visit to Legoland. Packed Lunch required.

World Book Day 2020



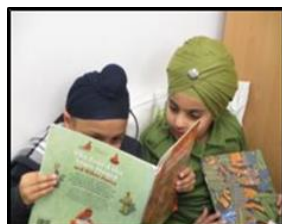
Thank you for all your support and creativity with World Book Day this year.

Our pupils look forward to dressing up as their favourite character and we had some fantastic costumes this year.



Children also enjoyed a paired reading session with children from other year groups.

We know children love being read to but they also discussed words encountered and had a chance to talk to their peers about books.



Welcome Message

Dear Parents,



It is my great pleasure to be able to introduce myself to you as the Principal of Nishkam Primary School and Director of Primary Education for the Nishkam Trust.

I am thrilled to be joining the Nishkam family and I am hoping to get to know you all as soon as I possibly can. My role within the Trust will involve me working across all three of the Trust primary schools. For the interim, however, I will be based at Nishkam Primary School Birmingham for at least three days a week. This will most likely be a Monday, Tuesday and a Wednesday. My role will be to support the Interim Head Teacher and Leadership Team.

Over the last week, everyone has made me feel incredibly welcome and our children are an absolute delight and an asset to us all. I have high hopes and aspirations for ensuring the best possible outcomes for our children and look forward to working in partnership with you going forward.

Please feel free to come and introduce yourselves to me when you see me in school.

Kind regards,

Mrs D Westwood

Love Enrichment Day Activities with Year 2



"In year 2 we had lots of fun making fairy cakes to gift to our love ones."



Love Enrichment Day Activities with Contentment 1



During this enrichment day, we explored the virtue of Love. We learnt that love is limitless to give and receive. Our class brought items and explained to the class why we love these things and how it reminds us of love. (Jaanvi)

We created artwork on love. Some people did a rainbow around a heart and others did what love could mean to them. Everyone used bright colours because love is a nice thing; they did not use black or brown because love is a positive thing. (Devjan)



We also had the opportunity to make cheesecake! We mixed the ingredients together to make the sweet treat. This reminded us that love is sweet, we had an option to share it with someone we love at home.



HAPPY WORLD BOOK DAY



Here are just some of our character costumes



Friends of Nishkam

Friends of Nishkam (FON) are a parent volunteer group who work alongside the school to help enrich the lives and education for our children. ALL parents are most welcome to join and we hold a monthly meeting (first Monday of each month) to discuss events and activities we are organising and or hosting.



At our February Love Bake Sale, we raised £189.50. Thank you to all volunteers and for all donations received.

Our Easter Bake Sale will be on 03.04.2020. All Volunteers and donations are most welcome. Please note that ALL donations must be egg, gelatine and nut free.

Our annual Summer Fete will be held on 26.06.2020 at Nishkam Primary School, Birmingham. We require parent Volunteers and donations for raffle prizes. For more info you can email friends.of.nishkam@gmail.com. More information with regards to the actual fete will be given shortly. The Fete promises to be a fun filled day for both parents and children with many activities, various food stalls, silent auction, raffle and lots more!!

Our next meeting will be on 20.04.2019. FON members, and any other parent who would like to participate, should meet at the Nishkam Primary School reception for 8.55am, so we may start the meeting promptly at 9am.

Coronavirus

We will continue to update parents with any information we may receive from the Department of Education.

Personal hygiene is the most important way we can tackle COVID-19, especially washing hands more. The catch it, bin it, kill it strategy for those with coughs and sneezes is essential.

Wash your hands more often for 20 seconds with soap and hot water.

In addition to handwashing before eating and after sneezing, we should also wash hands after using toilets and after travelling on public transport.

The Department of Education have again explained that face masks for the general public, pupils or students, or staff are not recommended to protect from infection, as there is no evidence of benefit from their use outside healthcare environments.

Please keep reminding children to keep their hands clean.

What makes our hands dirty?

We get microbes on our hands from everything that we touch like door handles, school desks, the floor or our pets. We also get microbes on our hands when we hold hands, pick our nose or sneeze into our hands!

Why should we wash our hands?

We wash our hands to get rid of bad microbes that might make us ill. It is important that we wash our hands after using the toilet, before eating or cooking, after stroking animals or after coughing or sneezing.



Eat the Rainbow Challenge

This term, the School Council have been looking at how we can have healthy school lunches.

They have worked together with the NPSB head chef and have added healthier options to the school lunch menu. With the unveiling of the new salad bar, the School Council launched the **"Eat the Rainbow challenge"** for the whole school. This was to encourage everyone to eat five different types of salad and vegetables a day. The challenge was a huge success! Pupil voice feedback was very positive and many pupils are continuing to eat a variety of salad and vegetables every day.

Tips for Parents

Bring the Rainbow home too:

- Pick a colour theme of the week. Get as many fruits and veggies of that colour as you can find, then let the whole family taste them all. Add favourites to your regular shopping list. Put at least one produce item of each colour on the shopping list every week.
- Buy what's in season to enjoy peak flavour and lower prices.
- Rinse fresh fruits and veggies as soon as you get home so they're ready for kids to grab and eat. Store them within kid reach.
- Let kids play with their food (just a little). Allowing them to build their own food rainbows and sculptures may inspire children to eat them.
- Serve fresh fruit as dessert. If your child is used to a lot of sweets, sprinkle on some granola, a drizzle of honey or vanilla yogurt, then over a few weeks transition to just fruit.



Heathy School Lunches

With the success of the Rainbow challenge, pack lunch children were also bringing in more fruit and vegetables. This was amazing to see! The children were all motivating each other to eat healthier.



However, packed lunch children are bringing in items that we would like to avoid at Nishkam Primary School. These items are full of unhealthy fats and high in sugar.

Foods to avoid during lunch	Alternative ideas
Crisps	Baked crisps/ mini cheddars/ crackers
Chocolate/ biscuits/cakes/sweets	Fruit/ vegetable sticks/ dried fruit/ mini cheese/ yoyo snacks
Juice	Water only
Fried food/ samosa/ spring rolls	Wraps/ baguettes/ quesadilla
Take away food	Baked food
Jelly	No added sugar jelly
Sweet popcorn	Sugar free popcorn
Muller corner yogurts	Yogurts with less sugar



Wondrous Word of the Week

Nishkam Primary School successfully introduced the 'Wondrous Word of the Week' last year in order to improve children's written and spoken vocabulary. It would be wonderful if you could encourage your child to share what they have learnt and support them to discover how to use the word outside of the school setting too.

Maybe they can:-

- share what they have learnt,
- look it up in a dictionary,
- see how many times they can use the word in conversation,
- practise spelling the word.

Year Group	28th February	6th March
Reception	mischievous	sneaky
Year 1	capacity	fantastic
Year 2	furious	elusive
Year 3	grateful	precious
Year 4	magnificent	extraordinary
Year 5	grotesque	innovate
Year 6	glut	quaint

Nishkam Reader – Lifetime Achiever!

Reading with your child is vital. Research shows that it's the single most important thing you can do to help your child's education. It's best to read little and often, so we would like you to try to put aside some time (20 minutes) for it every day.

Creating a regular 'special time' to read together can help children see the magical world that can be unlocked by the opening of a book, comic or magazine and learn to love the time when they have your undivided attention.

Talking about what you've just read together helps children think about what they've read, boosts their imagination and grows their confidence. It's also a good way to pick up on new words and check that they understand what they've read.

We would like your child to read aloud at home with an adult for 20 minutes every day. Once they have read, please sign and date their reading record with a brief comment about what they have read. Children will then be awarded certificates accordingly to encourage and praise their success.

30 Days	60 Days	90 Days	120 Days	150 Days	180 Days	210 Days	240
Harveen S, Jai S, Jaylen Harman R, Avneet	Jayden, Vismadh, Hari, Amarjot M, Harjot G, Prableen, Mehak, Aljit, Jagtaaran Mehtab, Dilraj	Harsahib, Prableen, Aljit, Sidharth, Jagtaaran Mehtab, Gursukh	Aljit, Prem, Baldip Mehtab	Amreet, Avani, Ranjoht, Khankhor, Darpreet, Radhika, Amreen & Veer	Manmeet	Devjot, Manveer & Kirpal	Manveer, Kirpal, Sienna & Anav

Class Dojo

Children's behaviour in class is monitored by use of the 'Class Dojo'. Positives are awarded for good work and showing values. The children with the most positives in each class are celebrated in assembly along with the class that has the most positives for the week. Well done to all the children listed below and keep up the good work!

Children Awarded with the Most Positives

Class Name	w/e 28th February	w/e 6th March
Truth 1	Pavan	Govind
Truth 2	Ryan	Phajneek
Service 1	Baani	Gopal
Service 2	Sanmaan	Puran
Humility 1	Amarjot M	Ranjot
Humility 2	Jaya K	Aljit
Compassion 1	Avneet	Arjan B
Compassion 2	Simar	Harleen
Forgiveness 1	Kuljot	Gurfateh
Forgiveness 2	Gurjap	Shaan & Suhaavi
Contentment 1	Dilraaj	Harjap
Contentment 2	Sukhmani K	Rhea
Optimism 1	Namandeep	Kulmeet & Santokh
Optimism 2	Ishveer	Jasnoor

Good Workers

Class Name	w/e 28th February	w/e 6th March
Truth 1	Parneet	Harkiya
Truth 2	Abdulrahman	Harsahib
Service 1	Ria	Arjun M
Service 2	Jeet	Supriya
Humility 1	Mayati	Avani
Humility 2	Param	Jay D
Compassion 1	Devjot	Gurmanpreet
Compassion 2	Jaskaran	Diya B
Forgiveness 1	Amarbeer	Shaan
Forgiveness 2	Diya	Jujhar & Jayden
Contentment 1	Kirpal	Gursimar
Contentment 2	Sukhmani S, Wedh	Sukhdeep & Sukhmani KK
Optimism 1	Whole class & Arashdeep	Bandhan
Optimism 2	Whole class	Gurdaat & Jagmohan

Good Handwriting Award

Class Name	w/e 28th February	w/e 6th March
Truth 1	Harsharan	Simmer
Truth 2	Manohar	Jasmine
Service 1	Nimrat	Gurvire
Service 2	Jasneet	Jagjeevan
Humility 1	Harman	Harjot S
Humility 2	Prableen	Kirtan
Compassion 1	Teghbir	Devjot
Compassion 2	Harry	Harleen
Forgiveness 1	Preeya	Jugjeev
Forgiveness 2	Kundan	Gia
Contentment 1	Mehtab	Arjun
Contentment 2	Rhea & Munveer	Swaraj
Optimism 1	Avneet T	Arnav
Optimism 2	Gursukh & Amarpreet	Bhajneek & Shaan

"An Equal World is a Flourishing World"



#EachForEqual

International Women's Day Event,
At the Nishkam Centre
Wednesday 11th March,
5:30 - 8:00 pm

Age 12+

Networking &
Refreshments



Inspirational
Speakers

Workshops

Programme:

- Deborah Moseley - Chair of Corporate Black Workers Support Group, BCC
- Dr Arpinder Bansi - Kaur Values
- Barrister Zainab Bibi - LLB (Hons) 1:1 Project Lead, Nishkam Centre
- RBS Sikh Network

- Careers Advice & Guidance - Kaur Values
- Jaskiran Kaur PHD - A look into the history of Princess Sophia Alexandrovna Duleep Singh, a prominent suffragette in the UK, through Taran 3D Art
- #What's Your Boggart? Mental Health Therapy



Commitment to
#EachForEqual



Progress ourselves and blaze a trail for others!

Register your interest here: <https://nishkamwomensday.eventbrite.co.uk>



nishkam
centre



International Women's Day

PROTECTING MOTHER EARTH SEMINAR

CELEBRATING INTERNATIONAL WOMEN'S DAY 2020

SUNDAY 8TH MARCH, 2:00 - 4:30 PM

NISHKAM CENTRE - 6 SOHO ROAD BIRMINGHAM B21 9BH

The UN Climate Change Conference COP26 is taking place in November 2020, in Glasgow, UK. As human beings we all have a responsibility to protect and care for the environment. The Founders of the different religions have all spoken of the need to treat Mother Earth with dignity and respect. The seminar will provide an opportunity to learn what the different Religious Scriptures say about the environment and what we can do practically to help overcome the negative impact human beings have made on it.

Launch of 'Let Earth Breathe, Plant Trees' Project

Speakers:

- Bhai Bahib Bhai Mohinder Singh, OBE KSG Chairman of Guru Nanak Nishkam Sewak Jatha and Nishkam Group
- Ravinder Kaur Nijjar, Chair of RfP UK Women of Faith Network (Sikh)
- Ruth Tetlow, Chair of 'Footsteps: Faiths for a Low Carbon Future (Christian)
- Dr Lakshmi Vyas, President Hindu Forum of Europe (Hindu)
- Zarina Ahmad, CEMVO - Climate Change & Environmentalist (Muslim)

FREE EVENT, REGISTER YOUR INTEREST BELOW:

<https://www.eventbrite.com/e/protecting-mother-earth-seminar-tickets-95096244427>

Religions for Peace
United Kingdom Women of Faith Network

nishkam
centre

For further information contact Ravinder Kaur Nijjar - rknijjar@ukfn.org

[in](#) [twitter](#) [instagram](#) [facebook](#) @nishkamcentre 6 Soho Road, Birmingham B21 9BH

Ladies Pamper Session

At the Nishkam Centre

**Pamper your favourite lady -
just in time Mother's Day!**

Treat your sister, daughter, mother, grandmother, aunt,
in-laws or best friend to a day of relaxation!



Saturday, 21st March

11 am - 4 pm

Food & Drinks Provided

£20 Single Ticket | £30 For Two

To Book:

Pay with cash or card at Reception or book on <https://nishkampamperday.eventbrite.co.uk>



- **Mendhi**
- **Mini Facial**
- **Makeup Tutorial**
- **Hair Tutorials**
- **Nail Painting**
- **Mini Massage**
- **Free Goodybag**