



12th February 2021
Newsletter

Dear Nishkam Family,

I hope you are safe and well and staying optimistic during these times.

I have had the pleasure of joining the children on their 'Teacher Time' calls over the last few weeks and I am blown away by the level of commitment pupils have shown towards their learning. A heartfelt thank you to our teachers who are working hard to evolve the remote learning offer for our children. We have also passed on your messages of thanks to teachers following the recent parent survey. In response to our review and your feedback, we are excited to announce a further offering of live teaching after the half-term break. Please check your child's Class Story page for more information.

It is clear from the work that children are producing that they are receiving a great deal of support and encouragement from you as parents and families. We know from your feedback that the quantity of work, having to support multiple children and/or working from home is presenting its own challenges and we appreciate your efforts despite these difficulties. Whilst we encourage children to complete all the tasks set, we want to ensure an appropriate balance that works for you and your family so that you and your child's wellbeing are a priority. Please contact your child's teacher via Class Dojo messages if you would like support.

In other news, I would like to take the opportunity to thank Mrs Chopra, our Year 5 teacher who leaves Nishkam this term. We wish her the very best of luck for the future and thank her for her hard work and commitment to the school. Mr Reeson, will be joining us from after the half-term and is very much looking forward to joining the Nishkam team. We also have some student teachers from the University of Birmingham joining us in Reception, Year 1 and Year 2 until the summer term.

We have much to look forward to this year and we hope that the recent developments bring us closer to being together at school. Below is a poem of hope written by Mannat in Year 1:

**I live in hope I can go back to school,
I live in hope I can play with my friends.
I live in hope things will get better,
I live in hope,
I live in hope.**

Have a restful half-term. Take care and stay safe.

Kind regards

Mrs G Kaur

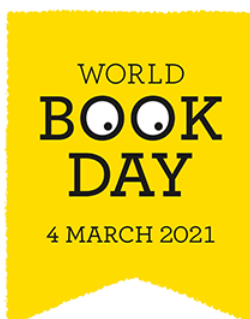
Dates for the Diary

ACADEMIC YEAR – 2020/2021

	First day of term	Last day of term
Autumn Term 1	Tuesday 1 st September 2020	Friday 16 th October 2020
Autumn Term 2	Monday 2 November 2020	Friday 18 December 2020
Spring Term 1	Tuesday 5 January 2021	Friday 12 February 2021
Spring Term 2	Monday 22 February 2021	Thursday 1 April 2021
Summer Term 1	Monday 19 April 2021	Friday 28 May 2021
Summer Term 2	Monday 7 June 2021	Friday 23 rd July 2021

Please note mid-term CPD day Friday 27th November for staff; the school will be closed to pupils.

SPONSORED BY
NATIONAL
BOOK
tokens



World Book Day takes place this year on Thursday 4th March and we would like to invite you to join us in helping our children to mark the special occasion.

Children are never too young to start their journey with books, and the benefits of reading are enormous - so we hope you will use World Book Day as an opportunity to celebrate the value of reading with your child. As we will be celebrating from home this year, things will look a little different...

Some ideas to try at home:

- Have a pyjama day and snuggle up with your favourite book! Or try and find an unusual (but safe) place to read. Upload some pictures for your teacher and friends to see!
- Upload a video of yourself to Class Dojo discussing your favourite book and telling us what it is you love about it.
- Get creative! Make a prop from your favourite book using only the materials you can find around your house. Upload some pictures for your teacher and friends to see!
- Join your teacher for a live story - they will let you know the time via Class Dojo!
- Lots more ideas can be found at www.worldbookday.com

We look forward to seeing and hearing about your World Book Day fun and hope that the day reminds us all of the joy that books bring to our world!

Support for Parents

E-Safety Session

On Monday we held our first Zoom parent workshop. Over 25% of our parents attended and shared some of the resources delivered this week during E-Safety week.

Below are some of the websites containing many of the helpful hints Mrs Sembi shared.

<https://www.thinkuknow.co.uk/>

<http://www.saferinternet.org.uk/>

<http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>

<http://net-aware.org.uk#>

For concerns about online sexual abuse or the way someone has been communicating online please visit ceop.police.uk/CEOP-Reporting

For help setting up parental controls or reviewing the privacy settings of a connected device or toy, you can get advice by calling the NSPCC/O2 Helpline on 08088005002.

Our Safeguarding aims around E-Safety can also be found on our website

<https://www.nishkamschooltrust.org/npsb/attachments/download.asp?file=2863&type=pdf>

Thank you for all your feedback on the session too, we will consider your comments for future planning.

A few comments:

Learning about the statistics, knowing what to look at for when children are online, examples helped to understand that situations do occur if children are not educated on online safety.

Hopefully implement rules i.e. no devices at table and after set times

Rest

Take some time over the next week to rest. We all appreciate how difficult this first term has been for everyone. Please encourage some time away from devices this week.

Here are just some fun ideas for you to share at home:

Play board games

This family time benefits their brains, boosts their language development, and teaches them life skills.

Share the cooking

Cooking with kids is great family time. It is an opportunity to meal plan, look for recipes and share ideas on why and how to make meals healthier for the whole family.

There are some lovely recipes here. <https://www.bbcgoodfood.com/recipes/collection/vegetarian-kids-recipes>

Go for a walk

Walking is a great way of maintaining health in adults... but also great for children! Encouraging children to walk from the earliest age promotes healthy growth whilst also introducing them to the pleasure of regular physical exercise.

Whether to prevent the risk of excess weight or simply to share a family moment, walking is beneficial for the whole family!

Mental Health Week



Year 1 created gratitude boxes and cards to show what we are thankful for.

Reception children completed mindfulness paintings and 'squiggles'.



Shaan and Gia in Year 5 created a mindful line drawing



Year 3 created mindfulness jars to use for meditation.



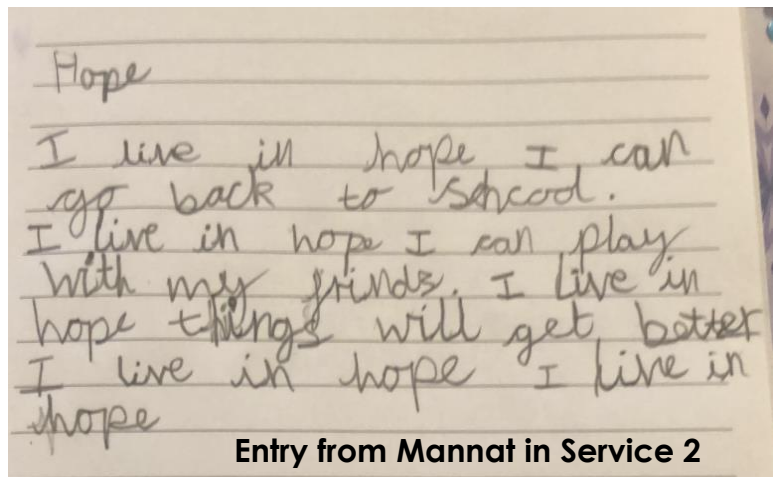
We believe that good mental health allows children to think clearly, develop socially and learn new skills. We use these opportunities to talk about our feelings as whole school community. Thank you for supporting these activities at home.

Keerat and Ekam showed love and patience working together on a mindfulness jar

Our Scrapbook of Hopes

The Scrapbook of Hopes challenge was a huge success. Pupils were invited to share words and pictures that showcase the fantastic work they do to spread the virtues of optimism, hope, inspiration and a love of reading in your school and local community.

Please see our entry page on the newsletter area of the website: <https://www.nishkamschooltrust.org/site/data/files/microsites/npsb/newsletters/A5B1DDBEFFEC0B3AD5DCB9DE1A80861A.pdf>



Entry from Mannat in Service 2

Nishkam Portrait Artist of the Year



Your challenge this year is to create a portrait of a woman you find inspiring. This could be a famous scientist, a singer or even a family member. Any woman you find inspiring. Artwork can be created in any medium – paint, pencil, oil pastel, clay, collage etc. Be as creative as you like!

To accompany your artwork, write a short explanation of why they find this person inspiring. This is an opportunity to think about the virtues they show through the things that they say and do.



Please upload a clear photo of your artwork onto the “Nishkam Portrait Artist of the Year” tab on your Class Dojo portfolio. Ensure the photo is clear so we can see all the effort you have put into your piece.

Entries due no later than Wednesday 3rd March, so they can be judged and shared on International Women’s Day on the 8th March. That means you could work on it during the half-term if you would like.



Prizes

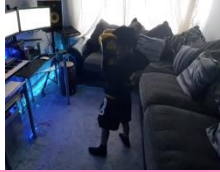
- 1st, 2nd and 3rd place will win positives and digital certificates.
- Winners will be featured in our digital gallery.
- Winners will get to join a special zoom Art activity with Miss Edwards.



Weekly Fitness Challenges



**Pavani
Humility 2**



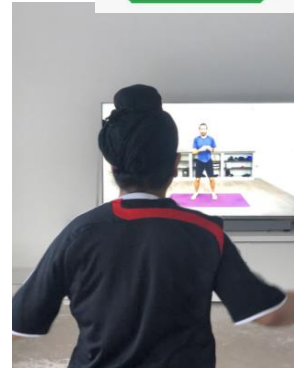
**Jaiveer
Humility 1**



**Amardeep
Optimism 1**



**Jaarvi
Optimism 1**



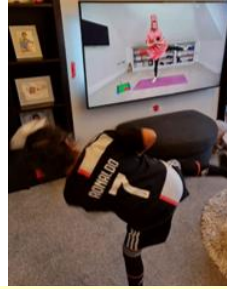
**Baldip
Contentment 1**



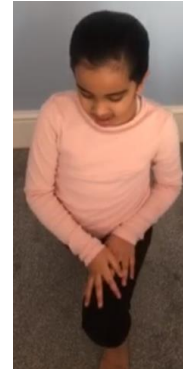
**Jasneet
Great knee
bends
Humility 2**



**Ekam
Yoga poses
Humility 2**



**Sukhjit
Compassion
2**



**Mehak
Compassion 2**



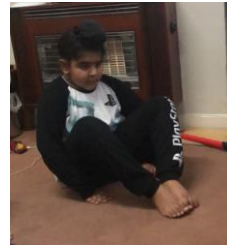
**Arjun
Contentment 2**



**Anmol
PE Card
Challenge
Humility 2**



**Sanmaan
Yoga Humility 2**



**Udham
Forgiveness 2**



**Meher
Truth 2**



**Harjas
Compassion 2**



**Amrit
Humility 2**



**Bhajan
Forgiveness 1**

Wow! We have been setting weekly fitness challenges and you have been demonstrating so many different ways to keep healthy and active at home! Thank you for being such incredible sporting superstars and for sharing how you have been exercising every day! Please keep sending your teachers videos and photos of what amazing activities you have been doing! Great job, everyone! - Mr Higgins

**Bhuvan
and
Kuvn
Truth 1
and
Humility 2**

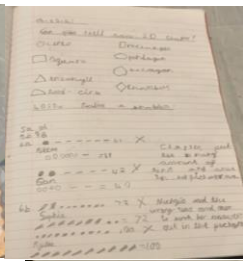
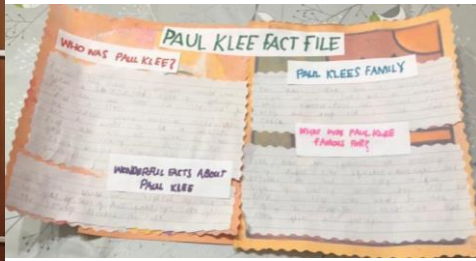


Truth

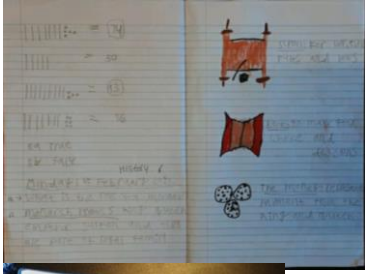


We have had a busy time in Reception, working hard on our new learning and applying our skills. We have continued to explore our topic 'Amazing Animals' and have learnt about where animals live and what they like to eat. In Literacy we have continued to develop our phonics skills and have used them to label our drawings and write sentences. In Maths we have been adding, doubling and halving. As always, we have been very creative and made animals with collage materials, paint, puppets and even food! Enjoy your well-earned break over the holidays!

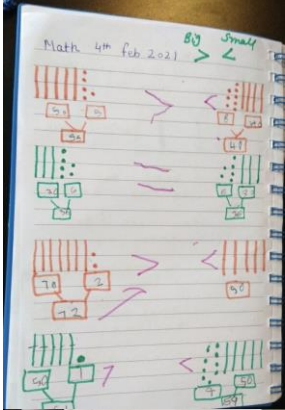
Service



In Year 1 we have been working very diligently and enthusiastically in all our subjects.



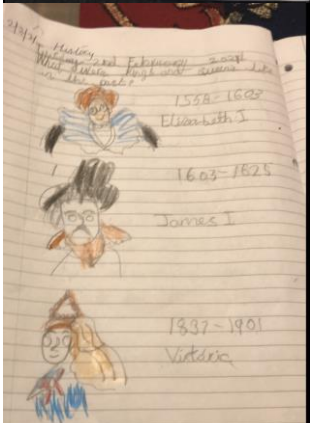
In English we have been writing fantastic fact files all about the artist Paul Klee. We have been learning to use capital letters correctly, including for proper nouns. Now we are writing diary entries about life in lockdown. We are describing what we can see from our window and how we are feeling during this unusual time.



In Maths we have been exploring place value, as well as solving addition and subtraction problems. We have been challenging ourselves to learn new strategies to help us find the answer. Now we are learning about length and height. In History we have been learning about monarchs, how they changed over time and creating timelines.



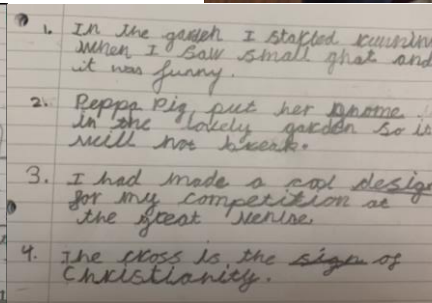
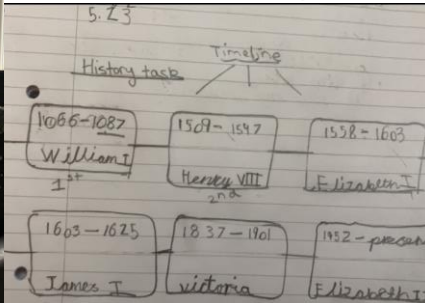
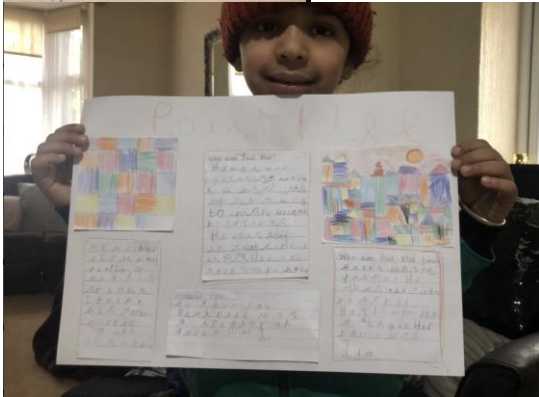
In Computing we have been learning about keeping safe online.



We are so proud of everyone's hard work and the progress they are making.

Enjoy a safe and relaxing break.

We look forward to seeing you after the holidays.



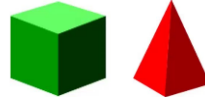
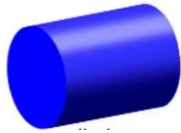
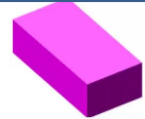
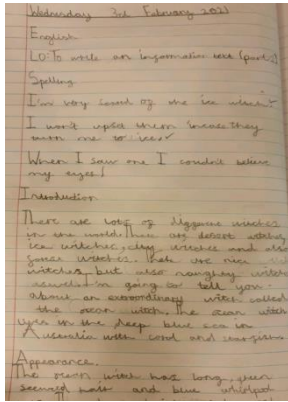
Humility



MINDFULNESS



In English we used our creativity and imagination to design and draw our very own witch. We then wrote a non-chronological report. We took time to plan our writing by using the box-up method. We challenged ourselves by improving our sentences with adventurous vocabulary.



For Maths we looked at 2D and 3D shapes. We learnt new Mathematical terminology such as 'vertices' and 'symmetry'. We also named the shape by looking at the properties. Our quizzes have helped us to recap our previous learning.

For Science we have been learning about animals and humans. We explored the life cycle and measured our body parts. We recorded our findings and were able to discuss which body parts we think are the most important.



We practised lots of virtues during our Wednesday mindfulness challenge for Children's Mental Health Week. We felt the emotions of tranquility and peacefulness and had a chance to express ourselves. The 'mindful jars' we made reminded us that when things get busy, we can be still and meditate to help relax our minds.

Compassion

We have had lots of fun with our learning in Year 3. Take a look at a selection of our wonderful work!

- ✓ In **English**, we have been inspired by the story of Aladdin and experimented with speech punctuation. We have challenged ourselves to apply fronted adverbials and a wider range of conjunctions to our writing.
- ✓ In **Maths**, our learning has been focused on length and perimeter. Not only have we been searching high and low to find things to measure (using cm and mm), we have also loved learning about how to find the perimeter of 2D shapes.
- ✓ **Science** has involved us learning about the magnificence of magnets. We have learnt lots of new vocabulary and enjoyed carrying out scientific experiments.
- ✓ We have also been demonstrating the virtues of creativity, prayerfulness, kindness, courage, determination and mindfulness; we had fun in the snow, made calming mindfulness jars to aid meditation, activated our artistic talents and flexed our muscles for our fitness challenges.

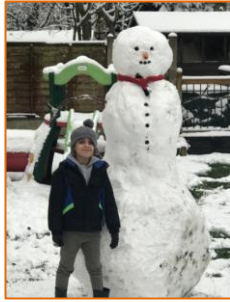


Enjoy your half-term break; rest in the knowledge that, even though we've not been in the classroom, you have still managed to fill your brains with lots of new learning! Well done everyone for your hard work!

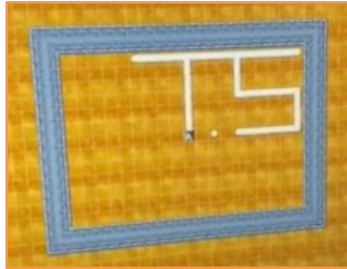
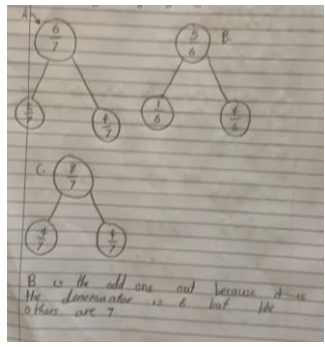
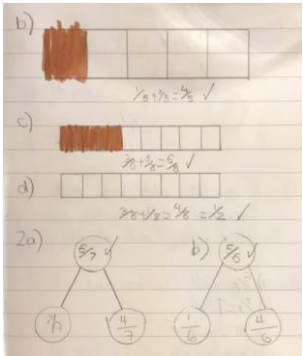
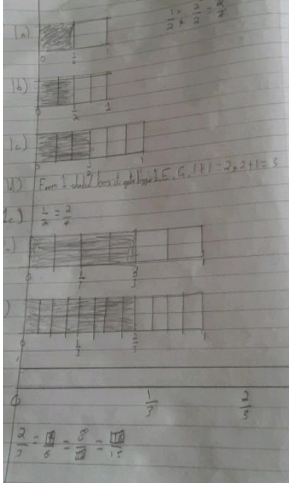
Forgiveness



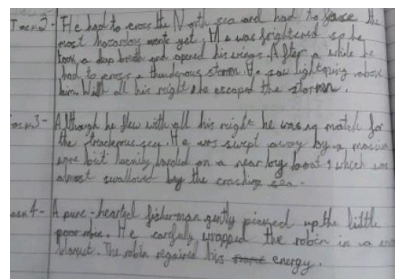
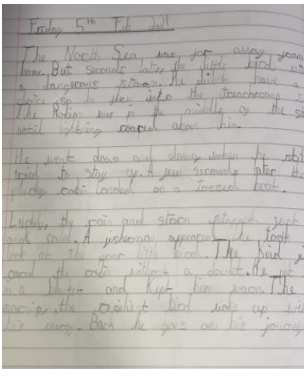
Outdoor fun
A lot of us have been busy enjoying the wonderful snowy weather outside!



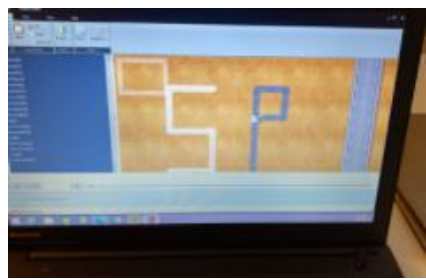
Maths
The children have been working diligently to further understand fractions. We are so proud of Year 4 for showing determination and courage in a topic that they have found challenging!



Music
We've got some great musical talent in Year 4! Forgiveness thoroughly enjoyed their unit on body percussion- particularly the beatboxing lesson.



English
Using the video clip 'The Robin', we revisited the structure of a story, analysed characters' actions and feelings and generated rich vocabulary. Throughout the unit, we developed our understanding and application of: descriptive language, fronted adverbials and subordination.

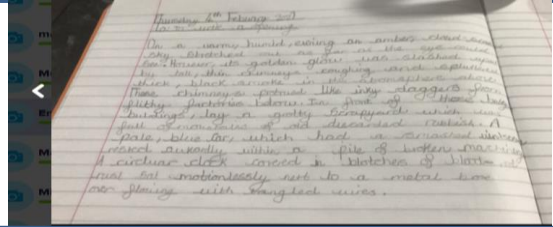


Computing
We've been learning about programming this term. We have used Scratch and RoboMind to create shapes and letters, change the size of an object and use the 'repeat' function.

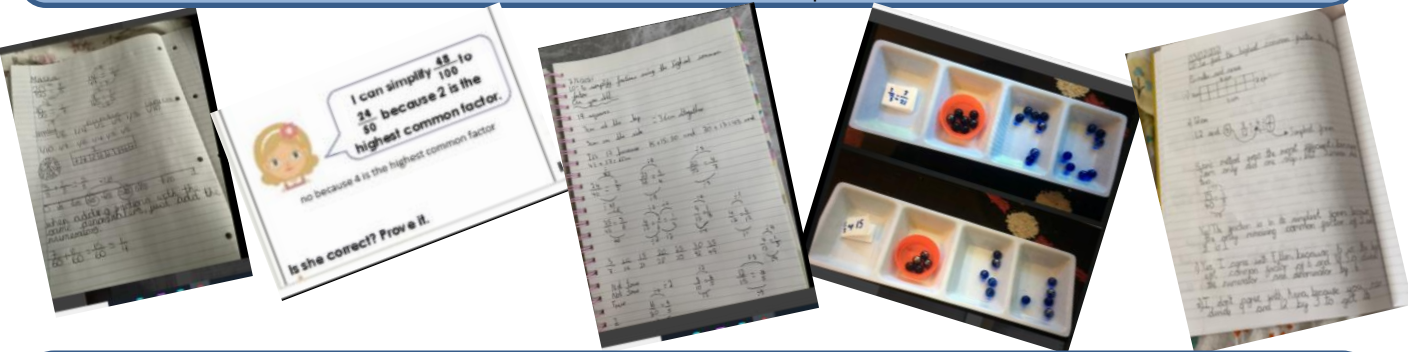
Contentment

In English, Year 5 have been non-finite and finite clauses. They used their knowledge of this to create a descriptive paragraph.

On a dark winters evening, the skies amber polluted. A young little boy appeared from behind the rusted car. Wearing scruffy clothing and looking very dirty, he got closer and closer to the pile of rusted metal curiously looking for something worth money. He got close and could see the scrap of metal, He could see something shining bright at him, he couldn't get his hand through the scrap and the rusted metal. He looked around top see what he could find to help lift the heavy weight rotted metal. He could it! He found a rod he slowly started to move all the metal out the way. There is was! What he had been looking for and eagerly been waiting to get his hands on.....



In Maths the focus has been on fractions. The children learnt how to find equivalent fractions, compare fractions, find the highest common factor and how to write a fraction in its simplest form. They have represented fractions in a variety of ways to help them solve fraction-based problems.



This week in History, the children have been exploring the topic of Romans.

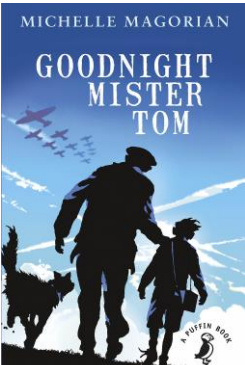


During our music lessons, children explored different instruments, identifying them in a piece of music and imitating the sounds they make with familiar objects found in the home. The children had a lot of fun recreating the sounds.



Optimism

In English, we have been writing horror narratives! Spooky! We practiced the writing skills of including semi-colons to join clauses and accurately punctuating direct speech. Yet again, it was great to see the children applying these skills to their final drafts! Thanks a lot for scaring me senseless, Year 6!



The NURSE Worm

As I stepped into the bathroom, I felt a cold gust of wind that sent chills down my spine. I turned around and saw Brad standing there staring at me. "Ahh, Brad you scared the life out of me, Brad hello!"

"BOO," shouted Brad

"Ahh," I screamed, "stop doing that, one day you are going to give a heart attack."

"I'm here, I'm here, I'm here, what's wrong I heard someone scream, like twice," said Jordy out of breath.

"That was just Josh," said Brad with a grin on his face.

"Come on we still have to get out of here," I said

"Joshua that's weird," said Jordy with a demented look on his face.

"What's weird?" I asked

"It's just that I'm reading a fictional history and in here it shows a bathroom which is identical to the one we are standing in, its like the house in the book is the house we are standing in," said Jordy.

"Don't say that," shouted Brad, "So what, what's so bad about that?"

"In here it says that anyone that enters the house will turn into a ghost at sundown," exclaimed Jordy, "well there's more, unless they can get out."

"So, all we need to do is escape by sundown," said Brad. "It's not as easy as it seems," I said, "It's not as if a door is going to appear out of nowhere."

"Look over here a door appeared out of nowhere," said Brad.

"Well, it's not like it's going to lead outside," I said hopefully.

"Look it leads outside," said Brad opening the door.

"Seriously," I said.

"Why do you sound so disappointed?" said Jordy, "we are finally free."

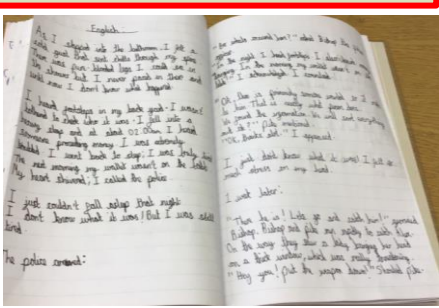
As we walked out, I could feel the moonlight on my skin, it was still night. "We are free!" shouted Brad.

"Oh, everyone is still asleep," I said, "and we should be too."

"Good night," said Brad.

"Bye," said Jordy.

And as all went to our houses and fell asleep.



For our reading lessons, we have been enjoying the book 'Goodnight Mister Tom' by Michelle Magorian. This story ties in wonderfully with our study of World War II.

Spooky stories by: Harjap, Prabhjot and Pavan.

In our screen-free afternoons, we have been switching off our electronic devices and creating zentangles and paper aeroplanes!



Paper aeroplanes by: Ganeev, Alisha and Milveen.
Zentangles: By Gursimar, Haris, Harjap, Dilraaj and Simran

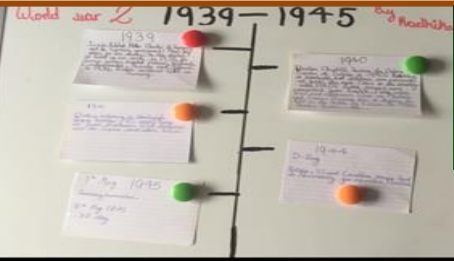


In Maths, we have completed our unit on Algebra, and we have moved on to Measurement. Children have been performing related conversions, both within imperial measures and between imperial and metric. This week, we are focusing on calculating the perimeter and area of simple and compound shapes.



Ganeev's and Simran's outstanding work.

Our history lessons provided us with an insight into the scope of World War II, the Blitz and how the British people responded. Eye-witnesses described first-hand the experience of being evacuated to the countryside. Children had to become Photo Detectives imagining that we had been selected by the Ministry of Information to evaluate the effectiveness of certain propoganda posters!



Left: Radhika's WWII timeline
Right: : Gursimar's poster analysis

