

nishkamprimaryschool birmingham



Message from the Senior Leadership Team

22nd January 2021 Newsletter

Dear Nishkam Family,

We wish you all a very happy new year. As a school we were prepared to welcome our children back into school after what we hoped was a restful and peaceful holiday. However with the sudden announcement of a national lockdown, we find ourselves in a very different position. We are so proud of the resilience and optimism shown by the entire school community during this time and thank you all for your efforts in maintaining consistency for our children.

This term we have welcomed Mrs Glypti and Miss Gill to our Nishkam family. We are very excited to have both these new teachers and know they will make a valuable contribution to our school and to our children's educational journey.

Our virtues over the past couple of weeks have been courtesy and courage. May we continue through this difficult time with courage and continue to show courtesy towards each other through our actions and our words.

Mrs Westwood – Principal
Mrs Kaur – Interim Headteacher
Miss Prior – Interim Deputy Headteacher
Mrs Worthington – Assistant Headteacher
Mrs Glypti – Assistant Headteacher









Virtues

Our virtue focus this week:

KS1 – Courtesy
KS2 – Courage

Take some time to reflect on how you can use these virtues in your own life.

"Courtesy is as much a mark of a gentleman as courage."

THEODORE ROOSEVELT

I learned that **courage** was not the absence of fear, but the **triumph** over it.

The **brave** man is not he who does not feel afraid, but he who **conquers that fear.**- Nelson Mandela

Dates for the Diary

	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 23rd July 2021

Important Notices

We hope you have settled well into the new routines for remote learning. We appreciate that this has its challenges, especially where there are siblings at home, limited devices or parents are working from home. Again, we offer our support to any families who are struggling with the demands of remote learning. Please reach out to the class teacher via Class Dojo messages or the school office via enquiries.NPSB@nishkamschools.org to discuss the potential options available for you and your child.

Despite the challenges felt by all, our children have continued to demonstrate a positive attitude to their learning as well as excellence in the standard of their work.

We would also like to thank the teachers for their hard work in ensuring that children receive daily lessons of high quality as well as meaningful feedback to their children on every piece of work.

We are extremely pleased to be able to offer daily virtual calls to all of our children to allow them to have regular contact with their teacher and peers. This time also allows for expectations to be shared and even provides opportunities for the teacher to explain some aspects of the lesson to the class. We hope the children have found these calls to be useful.

You will have received a link to our survey on remote learning. Please take some time to review the remote learning and provide us with feedback on what is working well and also to allow us to make improvements where necessary.

Support for Parents

Laptops and Food Vouchers

The Department for Education (DfE) is providing laptops and tablets to schools to help children and families access remote education during coronavirus (COVID-19).

The laptop scheme is being offered to by the DfE to families who are eligible for free school meals.

The DfE are also offering Free School Meal Vouchers for all eligible families. The vouchers will be sent to parents next week and are worth £15 per child, per week.

Do you know if you are eligible for Free School Meal Vouchers? If you receive any of the benefits below you could qualify:

- Child Tax Credit (but not entitled to Working Tax Credit), and you earn less than £16,190
- Income Support
- Income Based Job Seekers Allowance
- Income Based Employment Support Allowance
- Part IV of the Immigration and Asylum Act 1999
- Guaranteed Element of Pension Credit
- Universal Credit

If you receive any of the above benefits, please use the following link to apply: https://www.nishkamschooltrust.org/npsb/form/?pid=312&form=148

You will receive confirmation of eligibility within 5 working days.

Supporting you to support your child in lockdown

We understand that the last year has been really stressful, especially for parents and carers. As we have entered another lockdown over the first two months of 2021, it's normal and entirely understandable if you're feeling overwhelmed frustrated, worried or exhausted about the situation.

You might be finding it harder than ever at the moment to know how to best look after your child's mental health and wellbeing

How can I support my child during lockdown?

- Talk with them about what's going on, keeping communication as open as you can.
- Let them know that it's okay to feel however they feel – whether that's scared, worried, angry, sad or something else.
- Try to answer your child's questions and reassure them in an age appropriate manner.
 While you don't need to know all the answers, talking things through can help them feel calmer.
- Encourage your child to do the things that help them when they're finding things difficult. This will be different for everyone – it could include things like doing exercise or going for a walk, watching a favourite film, reading a favourite book, cooking or baking, talking to friends, or drawing or writing.
- Reassure them this will pass, you're there for them, and you will get through this together.
- They may even be worried that things will never get better. Recognise how difficult this is, while also letting them know that the pandemic will not last forever.

Birmingham Children's Partnership

Emergency and ongoing help for Birmingham



January 2021

Dear Parent or Carer

As lockdown three begins, we want to let you know about the help that is available to families. Please find detailed information about where you can find help for now and the longer term. If you want to talk to someone about help please contact your <u>local team</u> who can advise on all issues for all families.

<u>From Birmingham with Love</u> — information and help for families with translations in Arabic, Bengali, Bulgarian, Chinese, Pashto, Somali, Punjabi, Polish and Urdu.





Coronavirus advice. Use the local NHS website for the latest Birmingham guidance.



Emergency food assistance. Birmingham has announced an emergency food package — please contact one of our <u>local team</u> who will be able to help directly with a grant for food, often within 48 hours. There are also <u>food banks</u> across Birmingham that are here to help.



Mental health support. For young people aged 11-25 there are forums, guides and counselling available completely free at <u>Kooth</u>. If your child 0-25 needs support, get in touch with <u>Pause</u> by calling 0207 841 4470 or <u>email</u>. Adults can get support from <u>MIND</u> by calling 0121 262 3555. Or for urgent help call Forward Thinking Birmingham on 0300 300 0099. And remember to stay active.



Parenting support. We've pre-paid for each parent, grandparent and carer to access £88 of <u>online</u> <u>courses</u>. Use the code COMMUNITY to access support for children from bump to 19.



Local offer. See the <u>local offer website</u> for details of other services including for children with additional needs (SEND).



Financial help. If you've lost your job, or are struggling for food or rent, there are services that can help. <u>Local welfare provision</u> can make a big difference if you are in a crisis and need food, fuel or basic white goods. <u>Discretionary Housing Payments</u> may be able to help with rent.



Domestic abuse. For women and children affected by domestic abuse please see <u>quidance</u> or confidentially contact <u>Birmingham and Solihull Women's Aid</u>. For men, please contact <u>Respect</u>. Also <u>Ask for ANI</u> and the <u>Safe Spaces</u> scheme where victims can access help through pharmacies.



Bereavement support. It's a terrible time to lose a loved one — you can get help by calling 0121 687 8010 or from <u>Cruse</u>,

For any other help, from public services or community groups, then please contact our voluntary sector <u>local team</u>. There are ten area hubs across the city which can connect you to support. If you are worried about a child, please call Birmingham's Children's Advice and Support Service on 0121 303 1888. You can <u>chat</u> to the Police, or in an emergency (including child abuse) please call 999.

Stay safe and well in these difficult times and please don't hesitate to seek help if you need it.

With best wishes,

Chris Naylor
Chief Executive, Birmingham City Council

Paul Jennings Chief Executive

Chief Executive, NHS Birmingham and Solihull CCG

















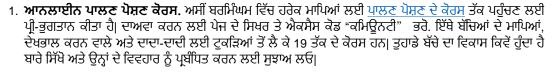


ਪਿਆਰ ਨਾਲ ਬਰਮਿੰਘਮ ਤੋਂ



ਅਸੀਂ ਸਾਰੇ ਕੋਵਿਡ -19 ਅਤੇ ਲੌਕਡਾਊਨ ਦੇ ਨਾਲ ਮਸ਼ਕਲ ਸਮੇਂ ਤੋਂ ਲੰਘੇ ਹਾਂ। ਬਹੁਤ ਸਾਰੇ ਪਰਿਵਾਰਾਂ ਲਈ ਇਹ ਗਰਮੀਆਂ ਦੀਆਂ ਛੱਟੀਆਂ ਦੌਰਾਨ ਸੌਖਾ ਨਹੀਂ ਹੁੰਦਾ, ਇਸੇ ਲਈ ਅਸੀਂ ਇੱਥੇ ਸਹਾਇਤਾ ਲਈ ਹਾਂ। ਇਹ ਸਾਡੇ ਕੁਝ ਸਹਿਭਾਗੀਆਂ ਦੀਆਂ ਬਹਤ ਵਰਤੀਆਂ ਜਾਂਦੀਆਂ ਸੇਵਾਵਾਂ ਅਤੇ ਸਹਾਇਤਾ ਹਨ. ਜਿਹੜੀਆਂ ਸ਼ਾਇਦ ਜ਼ਿੰਦਗੀ ਨੂੰ ਥੋੜਾ ਆਸਾਨ ਬਣਾਉਣ…







2. **ਮਾਨਸਿਕ ਸਿਹਤ ਸਹਾਇਤਾ.** ਇਨ੍ਹਾਂ ਮੁਸ਼ਕਲ ਸਮਿਆਂ ਵਿੱਚ, ਸਾਨੂੰ ਆਪਣੀ ਮਾਨਸਿਕ ਸਿਹਤ ਦੀ ਦੇਖਭਾਲ ਕਰਨੀ ਪੈਂਦੀ ਹੈ_। 11-25 ਸਾਲ ਦੇ ਨੌਜਵਾਨਾਂ ਲਈ, ਕੋਥ (<u>Kooth</u>) ਵਿਖੇ ਫੋਰਮ, ਗਾਈਡ ਅਤੇ ਸਲਾਹ ਉਪਲਬਧ ਹਨ. ਜੇ ਤੁਹਾਡੇ ਬੱਚੇ ਨੂੰ 0-25 ਨੂੰ ਸਹਾਇਤਾ ਦੀ ਜ਼ਰੂਰਤ ਹੈ, ਤਾਂ 0207 841 4470 ਜਾਂ ਈਮੇਲ ਤੇ ਕਾਲ ਕਰਕੇ ਆਪਣੇ ਵਿਰਾਮ ਨਾਲ ਸੰਪਰਕ ਕਰੋ. ਬਾਲਗ MIND ਵਿੱਚ 0121 262 3555 ਤੇ ਕਾਲ ਕਰਕੇ ਸਹਾਇਤਾ ਪ੍ਰਾਪਤ ਕਰ ਸਕਦੇ ਹਨ। ਜਾਂ ਤੁਰੰਤ ਸਹਾਇਤਾ ਲਈ ਫੌਰਵਰਡ ਥਿੰਕਿੰਗ ਬਰਮਿੰਘਮ (<u>Forward Thinking Birmingham</u>) ਨੂੰ 0300 300 0099 'ਤੇ ਕਾਲ ਕਰੋ|



3. **ਵਿੱਤੀ ਮਦਦ.** ਜੇ ਤਸੀਂ ਆਪਣੀ ਨੌਕਰੀ ਗਆ ਚੱਕੇ ਹੋ, ਜਾਂ ਭੋਜਨ ਜਾਂ ਕਿਰਾਏ ਲਈ ਸੰਘਰਸ਼ ਕਰ ਰਹੇ ਹੋ ਤਾਂ ਸੇਵਾਵਾਂ ਹਨ ਜੋ ਮਦਦ ਕਰ ਸਕਦੀਆਂ ਹਨ। ਸਥਾਨਕ ਭਲਾਈ ਪ੍ਰਬੰਧਾਂ (<u>Local welfare provision</u>) ਨਾਲ ਵੱਡਾ ਫ਼ਰਕ ਪੈ ਸਕਦਾ ਹੈ ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਸੰਕਟ ਵਿੱਚ ਹੋ ਅਤੇ ਤੁਹਾਨੂੰ ਭੋਜਨ, ਬਾਲਣ ਜਾਂ ਚਿੱਟੇ ਮਾਲ ਦੀ ਜ਼ਰੂਰਤ ਹੈ। ਵਿਵੇਕਸ਼ੀਲ ਹਾਊਸਿੰਗ ਭੂਗਤਾਨ (<u>Discretionary Housing</u> Payments) ਕਿਰਾਏ ਵਿੱਚ ਸਹਾਇਤਾ ਕਰਨ ਦੇ ਯੋਗ ਹੋ ਸਕਦੀ ਹੈ। ਅਤੇ ਬਰਮਿੰਘਮ ਵਿੱਚ ਫੂਡ ਬੈਂਕ (food banks) ਹਨ ਜੋ ਮਦਦ ਲਈ ਇੱਥੇ ਹਨ।



4. **ਘਰੇਲੂ ਬਦਸਲੂਕੀ.** ਘਰੇਲੂ ਬਦਸਲੂਕੀ ਤੋਂ ਪ੍ਰਭਾਵਿਤ ਔਰਤਾਂ ਅਤੇ ਬੱਚਿਆਂ ਲਈ ਕਿਰਪਾ ਕਰਕੇ ਮਾਰਗਦਰਸ਼ਨ (guidance) ਵੇਖੋ ਜਾਂ ਗੁਪਤ ਰੂਪ ਵਿੱਚ ਬਰਮਿੰਘਮ ਅਤੇ ਸੋਲੀਹੁੱਲ ਵਿਮੈਨ ਏਡ (<u>Birmingham and Solihull Women's Aid</u>) ਨਾਲ ਸੰਪਰਕ ਕਰੋ। ਪੁਰਸ਼ਾਂ ਲਈ, ਕਿਰਪਾ ਕਰਕੇ ਰਿਸਪੈਕਟ (Respect) ਨਾਲ ਸੰਪਰਕ ਕਰੋ।



5. **ਨਸ਼ੇ ਜਾਂ ਸ਼ਰਾਬ ਨਾਲ ਸਮੱਸਿਆਵਾਂ.** ਇੱਕ ਨਵਾਂ, ਵੱਖਰਾ ਐਪ ਸਟੀਡਿੰਗ ਫ੍ਰੀ ਕਹਿੰਦੇ ਹਨ ਐਂਡਰਾਇਡ ਜਾਂ ਐਪਲ ਤੇ ਉਪਲਬਧ ਹੈ. ਪੂਰਵ-ਅਦਾਇਗੀ ਪਹੁੰਚ ਲਈ ਕੋਡ "birmingham11" ਦੀ ਵਰਤੋਂ ਕਰੋ. ਕਿਸੇ ਨਾਲ ਗੱਲ ਕਰਨ ਲਈ ਚੇਂਜ ਗਰੋ ਲਿਵ (<u>Change</u> Grow Live).



6. **ਸੋਗ ਸਹਾਇਤਾ.** ਕਿਸੇ ਅਜ਼ੀਜ਼ ਨੂੰ ਗੁਆਉਣਾ ਇਹ ਬਹੁਤ ਭਿਆਨਕ ਸਮਾਂ ਹੈ - ਤੁਸੀਂ 0121 687 8010 ਤੇ ਜਾਂ ਕਰੂਜ਼ (Cruse) ਤੋਂ ਫੋਨ ਕਰਕੇ ਸਹਾਇਤਾ ਪਾਪਤ ਕਰ ਸਕਦੇ ਹੋ।



7. **ਪਰਿਵਾਰਾਂ ਲਈ ਸ਼ੁਰੂਆਤੀ ਸਹਾਇਤਾ.** ਜੇ ਤੁਹਾਡੇ ਪਰਿਵਾਰ ਵਿਚ ਕਿਸੇ ਨੂੰ ਜਨਤਕ ਸੇਵਾਵਾਂ ਜਾਂ ਕਮਿਊਨਟੀ ਸਮੂਹਾਂ ਤੋਂ ਵਧੇਰੇ ਸਹਾਇਤਾ ਦੀ ਜ਼ਰੂਰਤ ਹੈ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਡੀ ਸਵੈਇੱਛੁਕ ਖੇਤਰ ਦੇ ਸਥਾਨਕ ਲੀਡਾਂ (voluntary sector local leads) ਨਾਲ ਸੰਪਰਕ ਕਰੋ. ਸਾਡੇ ਕੋਲ ਦਸ ਖੇਤਰ ਹਨ ਜੋ ਤੁਹਾਨੂੰ ਪੂਰੇ ਸ਼ਹਿਰ ਵਿੱਚ ਸਹਾਇਤਾ ਲਈ ਜੋੜ ਸਕਦੇ ਹਨ।



ਜੇ ਤਸੀਂ ਕਿਸੇ ਬੱਚੇ ਬਾਰੇ ਚਿੰਤਤ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ 0121 303 1888 'ਤੇ ਬਰਮਿੰਘਮ ਦੇ ਚਿਲਡਰਨ ਐਡਵਾਈਸ ਐਂਡ ਸਪੋਰਟ ਸਰਵਿਸ ਨੂੰ ਕਾਲ ਕਰੋ. ਐਮਰਜੈਂਸੀ ਵਿੱਚ, ਬੱਚਿਆਂ ਨਾਲ ਬਦਸਲਕੀ ਸਮੇਤ, ਪੁਲਿਸ ਨਾਲ 999' ਤੇ ਸੰਪਰਕ ਕਰੋ. ਤੁਸੀਂ ਪੁਲਿਸ ਨਾਲ ਗੱਲਬਾਤ (chat) ਵੀ ਕਰ ਸਕਦੇ ਹੋ.















Caught Reading at Home...



Pavneet caught reading George's Marvellous Medicine.



Japji caught reading George's Horrid Henry.



Hari caught reading
Terrible Tudors



Vismadh caught reading Demon Dentist

Sevak engrossed in a Roald Dahl classic.



Yashraj caught reading The Scorpion Legion in a comfy spot.



Devjyot caught reading a poem from his Funny Poem book.

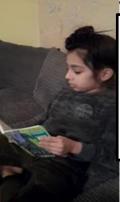


Arjun
caught
reading
in a
quiet
spot at
home!



The state of the s

Jaiveer from Humiity 1 caught reading Flat Stanley.



Gurmaan from Compassion 2 caught reading The Twits by Roald Dahl.



Simrt from Humiity 1 enjoying reading Invisible Stanley.

> Gaurav in Humility 2 reading the Gruffalo.



Sanmaan in Humility 2 reading about Dinosaurs.



Alexsander in Service 2 reading an animal story.



Hasahib in Service 2 reading about Kipper.



Phajneek in Service 2 reading Knuffle Bunny.



Kirin in Service 1 reading The Red Coat.



Priya enjoying her Mr Men collection. Humility 2.

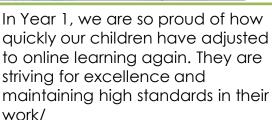
Truth

Reception have been very busy at home practising their phonics, numbers and shapes. We have shared the stories Dear Zoo, Monkey Puzzle and What the Ladybird Heard. It has been wonderful to see everyone each morning on Zoom, this week, to sing together and share our learning. All your teachers are so proud of each one of you for how quickly you have adapted to home learning. You have shown the virtues of diligence, patience, and optimism as you have completed your work at home. Also, a huge thank you to all the parents for your hard work and support ensuring children are completing their tasks and continuing their learning remotely. Here is a snapshot of the fantastic work you have been uploading.



Service



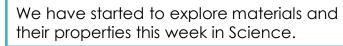


In English, we have been exploring using our senses to create vivid description in our story writing. We have used adjectives to improve our writing. We have also worked very hard to develop our pre-cursive handwriting.

In Maths, we have been exploring numbers to 50. We have represented numbers in a range of ways and partitioned numbers into tens and one. We have challenged ourselves to order numbers and complete number patterns.

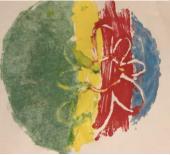
In Art, we have studied the artist Paul Klee and explored colour mixing. We have created our own artist's studies. We also challenged ourselves to make prints using objects.

In Music, we have explored high and low pitch. We have sung songs and changed the pitch within our songs.











Humility



We are immensely proud of how Year 2 have adapted to our new online learning. Thank you for the support they are receiving at home; we are proud to say they have kept up the high standards expected at Nishkam. There are so many examples to choose from, here are a few for you to look at.









We had fantastic fun in **Art** learning about our chosen artist Kandinsky. We learnt all about colour mixing and how we can make new Secondary colours from the Primary colours we already have.

For **English** we have been looking at the story of The Marriage of Ganesh and developing our inference skills. We also learnt all about how writers create mood in their writing.













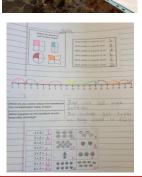


For **Maths** we have been learning all about division and multiplication. We have been using different ways to represent our calculations and applying our knowledge in solving word problems.





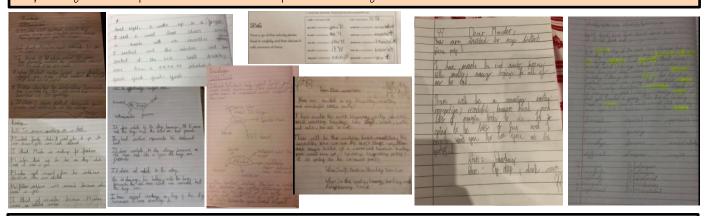




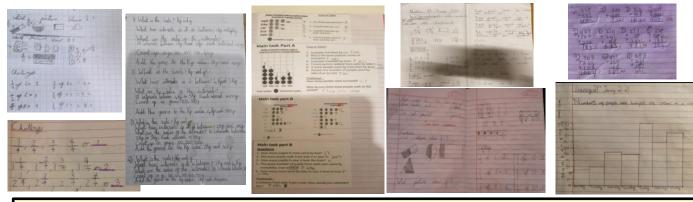
Compassion

Year 3 have produced some excellent work in English, Maths, Art and History. Thank you so much for demonstrating the virtues of courage, diligence and optimism. Your parents also need a special mention for supporting the home learning experience; we are extremely grateful. So many examples of great work to choose from. Here is a snapshot for you to enjoy:

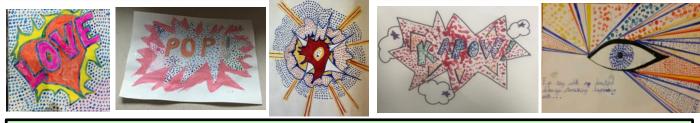
English: In English, we have explored formatting our set of instructions on how to make a mighty monster pizza. We also wrote invitations asking other monsters to come to our pizza party! We have been awesome at including our sequencing words, imperative verbs and descriptive vocabulary.



Maths: In Maths, we have been learning about mass and capacity, and have also been solving problems relating to measures. Additionally, we have been using bar models and have completed lots of work on statistics.



Art: In Art, we learnt about a great artist called Roy Lichtenstein and colour mixing. We even had the opportunity create our own masterpiece inspired by the artist.



History: In History, we used our researching skills and learned all about the Ancient Egyptians. Throughout the week, we created a fun fact file making sure we had included our key presentational features.



Forgiveness

Year 4 have worked so hard and have shown the virtues of resilience, diligence and determination in all their work during our lockdown learning. Thank you parent for your constant support. Here is an overview of what Year 4 have been learning:

Maths: In Maths, we started with learning about area before moving onto time. As well as practising these skills, we have been applying our understanding to problem solving and reasoning problems.

English: In English, we have been developing our journalistic writing skills. We have been learning about the features and structure of a newspaper as well as formal, journalistic language. As well as applying these skills, we have also practised the skill of editing and improving. We can't wait to 'publish' our reports to show off what we have learnt.

History: In week 1, we took a step back in time and learned all about the Vikings. Throughout the week, we added to our own fact files with new and interesting information about the Vikings and how they lived.



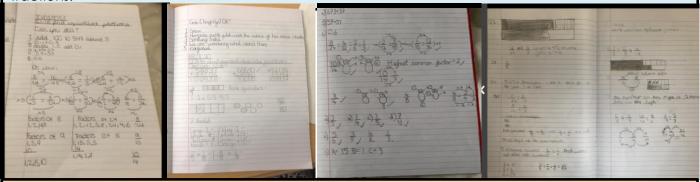
Art: In week 2, we started our Art unit on colour. We learned all about colour mixing and tones before exploring the artist Munch. At the end of the week, we created our very own version of Munch's famous painting, *The Scream*, and evaluated our work.



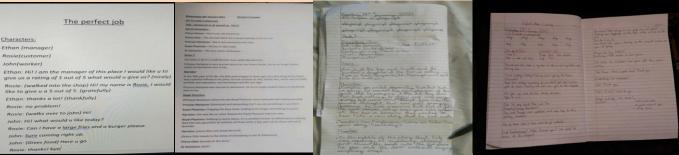
Contentment

Year 5 have shown great diligence, determination and resilience in the learning this term. Please take a look at their learning.

Maths: Year 5 began the term by learning about formal methods of multiplication and division before moving onto our current topic of Fractions. During this topic, the children will be learning about equivalent fractions, comparing fractions as well as adding, subtracting and multiplying fractions.



English: In English, we have been exploring a new book called *Clockwork* by Philip Pullman.



Science: In Science, we have begun our new topic of Space. We have been looking closer at our solar system and created interesting ways to display it. We also researched the British astronaut Tim Peake.



Art: In week 1, Year 5 began their topic on colour. Here the children explored the amazing artist Yayoi Kusama. They learnt how her fascination with polka dots and bright colours inspired her to create unusual and striking pieces of art. To deepen their understanding the children explored the colour wheel and created their own pieces of art in the style of Yayoi Kusama.



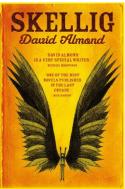


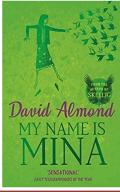






Optimism





For our reading lessons, we have been enjoying the book 'Skellig' by David Almond. When we have finished reading 'Orphans of the Tide' by Struan Murray, we'll start reading, 'My Name Is Mina', which is the prequel to 'Skellig'! It's excellent!

In English, we have been writing first person recounts based upon the real-life exploits of Jacqueline Auriol, a French aviator, who set several world speed records. We practised the writing skills of including relative clauses and apostrophes for possession; it was lovely to see the children applying these skills to their final drafts! Super work, Year 6!

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Characteristics (1997) and the control of the contr

Wedh's stunning final draft.

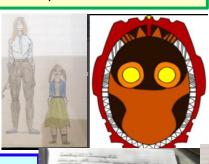


Above: Harjap, Amar Below: Amardeep, Milveen, Alisha, Jhilmil. Jaanvi.

In our Art lessons, we have been completing a variety of different challenges: folding origami dragon's eyes; creating African masks; life drawing; designing cars of the future; and imitating the style of Ale Giorgini's lockdown









inspired artwork!

You're all such a talented bunch!

In Maths, we have completed our unit on percentages, and we are moving on to algebra. Children will be exploring algebraic equations, using simple algebraic inputs to form expressions and using simple formulae to work out values of everyday activities such as the cost of a taxi, or the amount of medicine to take given a person's age.

Radhika's and Gursimar's outstanding work.

In our Science lessons, we have just started studying the topic of animals including humans. So far, we have looked at the circulatory system and the heart. Children have been investigating how exercise affects our heart rate and how the Latin saying "mens sana in corpore sano," which translates to "a healthy mind in a healthy body," is more relevant now than ever.



Left: Milveen's science investigation

Right: : Sukhmani's diagram of the heart

