



nishkamschool

westlondon

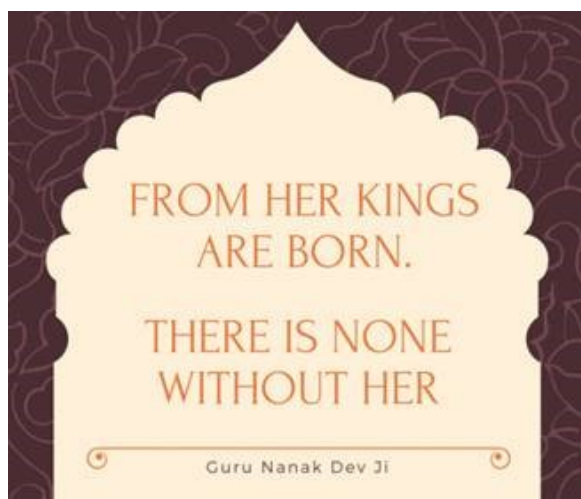
Newsletter from Nishkam School West London - Friday 5th March 2021

Virtues in focus : Self-discipline & Confidence

Dear Families,

There has been such a lovely buzz of excitement around the school this week as staff have been busy preparing for the pupils return on Monday 8th March. I am so pleased that we are going to be opening back up to all of our pupils and I am looking forward to seeing all of our families again. Teachers have told me that the pupils are just as keen to get back to school as they countdown to when they can see their teachers face to face and not through a screen. I want to take this opportunity to thank all of our pupils, parents and staff for adapting so well to a change in routines. It has been great to see the partnership between the school and home strengthen further through this challenging period of remote learning. Please do ensure that you familiarise yourself with all of the information that has been sent out about the school reopening as we all have to still adhere to the COVID restrictions and keep each other safe.

Our virtue in focus this week is confidence and this links very well with the celebration of 'International Women's Day' on Monday. This is a global day celebrating the economic, political and social achievements of women past, present and future. Pupils will get a chance to learn about the extraordinary contributions of great women both from a faith perspective and wider society. We want to empower our pupils to be aware of the fact that we are all responsible for our own thoughts and actions, and so we can actively choose to challenge stereotypes, fight bias, broaden perceptions and improve situations. We want all of our girls (and boys) to have the confidence to go out into the world and achieve great things! I will leave with you a quote from Guru Nanak Dev Ji, who was a great advocate for women's rights and spoke up against discrimination.



Wishing you a peaceful and safe weekend.

Best wishes,

S. Rai

Mrs Rai, Head of Primary Education.

Dates for your diary



8th March 2021

International Women's Day

**All Primary Phase Pupils
Return**

8th—10th March

**Only Secondary Pupils with
consent to attend
scheduled lateral flow tests
for COVID-19 in school**

11th March

**All Secondary Phase Pupils
return**

19th March 2021

Red Nose Day

Parent communication:

Secondary Phase re-opening letter

Pupils without consent to take a lateral flow test must remain at home until Thursday 11th March.

International Women's Day campaign theme:

#ChooseToChallenge

A challenged world is an alert world. Individually, we're all responsible for our own thoughts and actions - all day, every day.

We can all choose to challenge and call out gender bias and inequality. We can all choose to seek out and celebrate women's achievements. Collectively, we can all help create an inclusive world.

From challenge comes change, so let's all choose to challenge.



Dear Families,

I hope you are well and safe and looking forward to the pupils' return to school next week. Thank you very much to Mrs Rai for her opening message. I was also keen to write to you ahead of the school's reopening. This is a time of hope, opportunity and recovery for our pupils and it will be a pleasure to see them back in their lessons and around the building.

We understand that there may be some mixed emotions amongst pupils and families about the return to school. This week's virtue in focus, 'confidence', can help us to overcome some of those feelings.

I would encourage pupils to believe in themselves and have confidence in their own ability to continue their learning and achieve.

You can have confidence in the systems we have set up to stop the spread of coronavirus, as well as the skill and commitment of our teachers and associate staff.

We can all draw confidence from the fact that about a year ago, we didn't know any of this was going happen, yet we have successfully navigated two school closures, online learning, massive changes to routines and often challenging personal circumstances created by the situation to reach this point.

On a personal level, at the most difficult moments, I know that at my foundations, I can draw confidence from God, so I will leave you with this short but very powerful quote from the Bible:

"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

2 Timothy 1, Verse 7

I very much look forward to seeing you all next week.

Yours sincerely,

Mr T Cragg

Principal, Nishkam School West London



Department for Education

Asymptomatic testing information for parents and adults in households with children at school or college

Undertaking regular, rapid coronavirus (COVID-19) testing helps reduce transmission of the virus. Parents and other adults in households with children at school or college, who do not have symptoms, can now access regular, rapid coronavirus (COVID-19) testing. This includes childcare and support bubbles.

Tests are fast, easy and completely free. There are [different ways](#) for a household, childcare or support bubble to collect their test to take at home, twice-weekly:

- through your employer, if they offer testing to employees
- by collecting a home test kit from a local test site – anyone aged 18 or over can collect 2 packs of 7 tests
- by ordering a home test kit online – please do not order online if you can access testing through other routes, this frees up home delivery for those who need it most

If you have any queries about the tests, and you live in England, please call 119 (free from mobiles and landlines). Lines are open every day from 7am to 11pm.

Children of primary school age (and below) without symptoms are not being asked to take a test.

Testing is voluntary, but strongly recommended to all who are eligible. Alongside the vaccine, washing hands, wearing face coverings, and maintaining social distancing, rapid testing plays a vital role in reducing transmission rates. Getting into the habit of regular testing as part of our everyday lives will help us all to play our part and do what we can to protect each other.



Parent Information



London Borough
of Hounslow

GET TESTED today

The chance of a return to normal life on June 21st is not one any of us want to miss.

Hounslow still has one of the highest rates of infections in London.

With schools re-opening on Monday 8th March there will be more contact between families as parents/guardians drop off and collect children from school. Teachers will be taking part in testing twice a week and we want parents to support this effort by accessing our FREE Rapid COVID testing in the community.

Around 1 in 3 people who have COVID-19 don't show any symptoms and can spread it without knowing. We are encouraging ALL parents/guardians who will be taking children to school to get a COVID-19 test. Our centres are open 7 days a week.

What do you need to?

Book a test at www.hounslow.gov.uk/rapidtest or call: 0207 084 9697

Test sites open 7 day a week for people with out symptoms

- **Heston Library** New Heston Road, Hounslow TW5 0LW
- **Hounslow House** 7 Bath Road, Hounslow TW3 3EB
- **Isleworth Library** Twickenham Road, Isleworth TW7 7EU
- **Staines Rugby Club** Snakey Lane, Feltham TW13 7NB

If you have symptoms book a test here <https://www.gov.uk/get-coronavirus-test> or call 119

You might be eligible for support if you need to self-isolate. To find out if you qualify visit: <https://www.hounslow.gov.uk/hub>

Helps us safely release restrictions and get our children back to school

KEEP HOUNSLOW SAFE

London Borough of Hounslow

NHS Test and Trace

BE A COMMUNITY CHAMPION!

Do you live or work in Hounslow? We need your help to stop the spread of coronavirus and save lives.

HOW DOES IT WORK? It's simple:

- You sign up to be a community champion
- We give champions the latest information about Covid-19
- Champions share the messages with people in their community, however they want.
- Champions let us know what is or isn't working and help us to dispel myths or concerns

To sign up and for more information, visit www.hounslow.gov.uk/covidcommunitychampion

Keeping Hounslow Safe During Covid-19 – We want to encourage parents to sign up to be a Community Champion



Secondary Phase : British Science Week



Poster competition! (Secondary phase)

Encourage your children to get creative and enter the annual poster competition. They can make their poster about anything related to this year's theme:

'Innovating for the future'

You've got until **30th April 2021** to submit your entries digitally via the online entry form along with the name of the artist, email address and postcode location.

<https://www.britishscienceweek.org/plan-your-activities/poster-competition/>

We would also like you to send your entries to your Science teacher as we have lots of prizes available!

Look below at the in school prizes on offer!



What to look forward to in lessons when you return to school



Make sure you also check out some of these experiments you could do at home demonstrated by our science technician Mrs Islam

Making a 3d animal cell

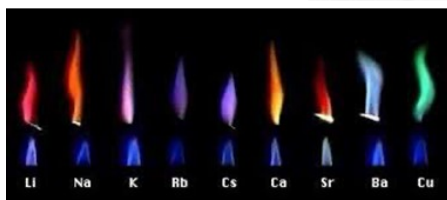
<https://youtu.be/SRGpAM01994>

Germination

<https://www.youtube.com/watch?v=ZpYxKRwBDko>

Blowing up a balloon

https://www.youtube.com/watch?v=UHG-u_9lEHw





Secondary Phase World Book Day 2021

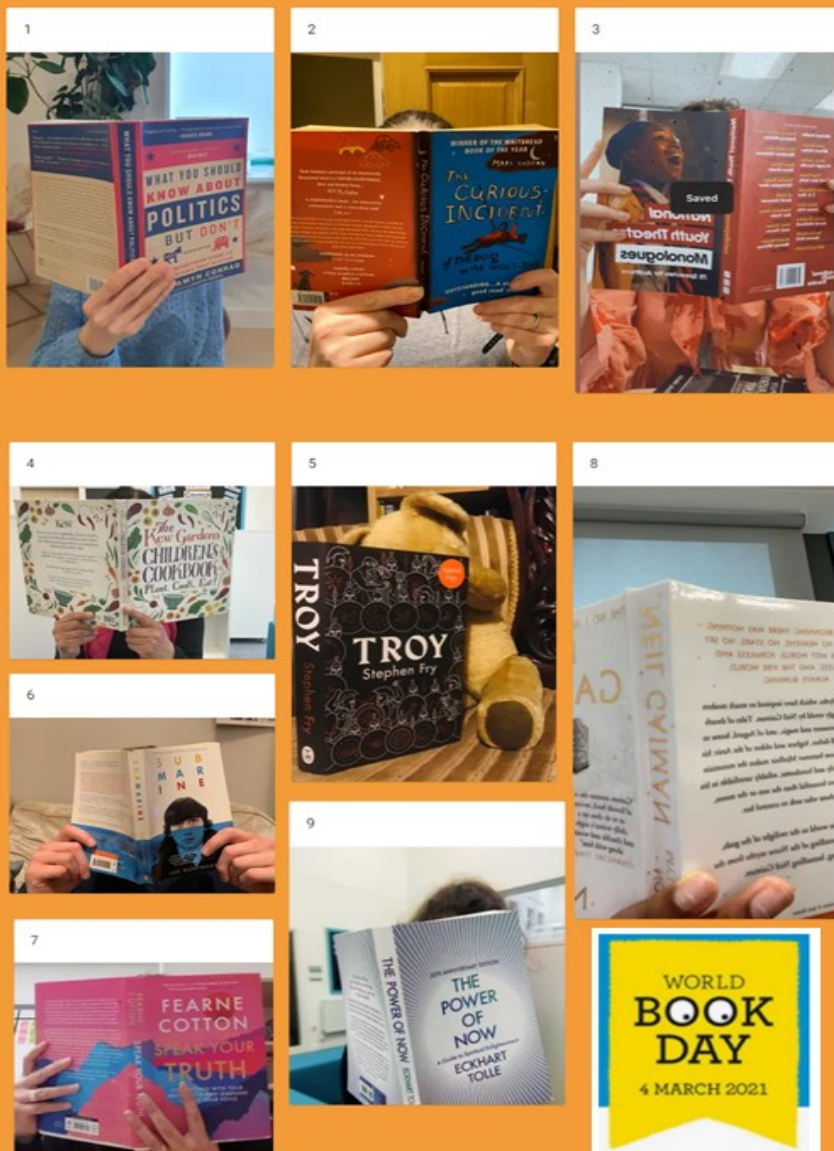
KS3 students have had time to explore the WBD titles they can buy with their vouchers. They have taken part in a 'House' creative writing competition using one of the books as a writing prompt and another competition set by Mr Evans to guess who's reading behind the book.

Our £1 books line-up for 2021



Guess the Teacher

Who's behind the book?



WORLD
BOOK
DAY
4 MARCH 2021



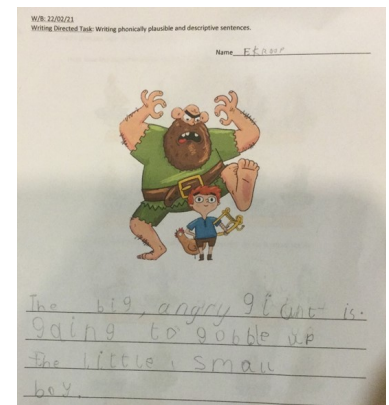
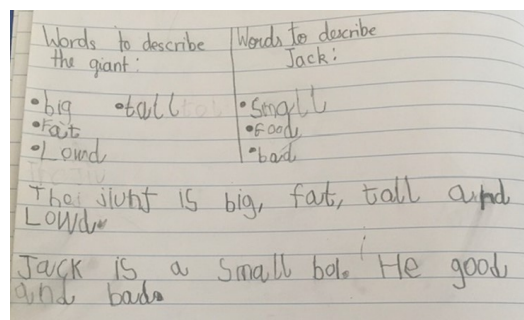
Primary Phase : Reception

The children will be returning to school next week and we are so excited to welcome them back! The children have worked so hard at home and this is evident in their online submissions. The topic for this term has been fairytales, and the children have been reading the stories of 'Jack and the Beanstalk' and 'The Enormous Turnip'. They have been exploring how to plant a seed and discussing whether Jack made good choices in the story. We have been so impressed by the character descriptions that the children have been writing. They have used lots of adjectives to describe what the giant in the story looks like. Over the lockdown period, the children have also learned so many new sounds in their phonics lessons. It has been wonderful to see them use this in their writing and be so confident when segmenting words whilst writing sentences. Some children have even started writing using their cursive handwriting and we are so proud! In Maths the children have been exploring adding, capacity and weight. The children have been creating part whole models, exploring the 10 frames and solving addition questions. Additionally, they have been using the language of 'heavy' and 'light' to describe the mass of an item and using the scales to measure weight. Children at home were finding practical ways of solving their addition such as adding cars and putting groups of fruits together. The children have covered so many topics over the past few weeks, and we are looking forward to welcoming them back on Monday!

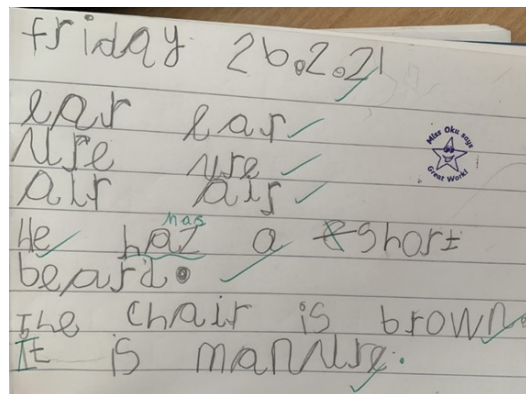


In Reception Truth Class, Simreen has been investigating the weight of items, she has used the scales, been estimating and comparing heavy and light.

Shiv

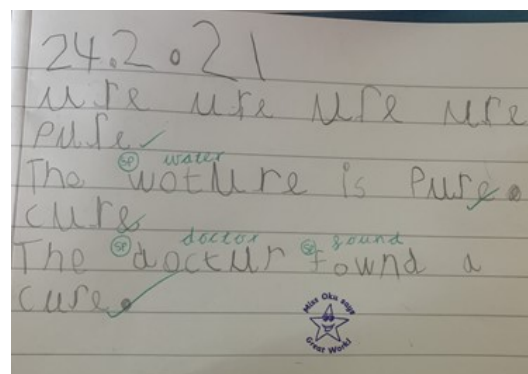


Ekroop

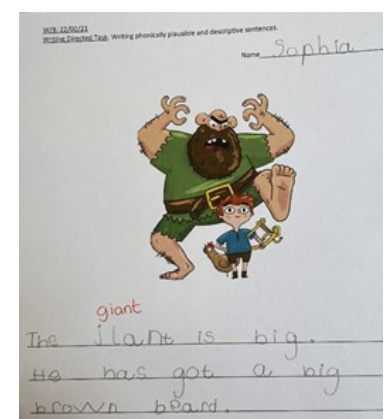


In Contentment class the children have really enjoyed doing their writing and they have been using their phonics really well!

Caius



Sophia



Aadam



Secondary Phase : History

Key Stage 3 pupils have continued to impress with their commitment to online learning. Year 7 have explored the role of the Church in Medieval times and have solved the case of the murder of Thomas Becket! Year 8 have looked at the changing nature of power and the shift from Crown to Parliament. Year 9 have been focusing on Modern History with a unit on revolution in Russia, before moving on to the challenges experienced in Weimar Germany. All year groups have produced some very impressive work over the course of the term. Being able to construct an essay is a crucial skill in History and one that many of our pupils excel in. Here is just one example of the many excellent pieces of work which have been submitted:

Why was there a revolution in Russia in 1917?

During the late 19th & early 20th centuries, before the outbreak of the Great War and rise of revolutionaries, Russia was a country rooted with deep problems. It was a very superstitious and backwards nation. Russia was ruled by the Romanovs, who had been in power for over 300 years. Being an autocracy, the leader of the nation, also known as the Tsar, had supreme control over everyone. He was able to make any decisions and changes he liked, and no one was deemed more superior than him. Its outdated economy meant the nation was a very unfair one, with over 80% of the population, being poor.

19th century Russia was arguably a very unequal place. There was a very defined line between the rich and the poor; the huge contrast in their living conditions and opportunities reflects that. Five out of four Russians were peasants who worked on land out in the countryside. They struggled immensely. They lived in unsteady houses made of wood and straw, disease was often present, and starvation was among them. Having said that, it is notable to mention the 1% of the population which were made up of nobles.

Such a small percentage owned 25% of all the land in Russia! Peasants were often in debt to these landlords, when they were already struggling to make ends meet for themselves. Furthermore, in the big cities also, workers faced this same mistreatment. Thousands of factory workers lived in filthy, crowded, disease-ridden dormitories, and they worked long hours for very little wages. The proletariat wanted a call for change, and that change for them meant revolting and getting rid of the autocratic government.

The autocracy was made of the Tsar, who held all the power. The proletariat were frustrated with him and had been frustrated with the way in which the country had been run for many decades. Tsar Nicholas II's predecessors, had numerous assassination attempts set upon them, most notably Nicholas' grandfather, Alexander II who was killed by a bomb in a revolutionary attack. As a whole, Nicholas was not a very good ruler. Poor decisions were made by him, he refused to accept any reduction of his "God-given" power, and he did not acknowledge the plight of the Russian people. There was also suspicion of a Siberian peasant, Grigori Rasputin, who had been called upon by the royal family to "heal" the Prince Alexei who was a haemophiliac. But people began to question Rasputin's real position, and many believed that he was influencing the Tsar and Tsarina, in many of their decisions. Rumours began to circulate of an affair between the Tsarina and Rasputin, and that actually, Rasputin was the one running the country. To the Russian people, Rasputin symbolised everything that was wrong with its imperial government. The court and the royal family became objects of ridicule, to be despised. This growing unpopularity of the Romanovs and the absolute power they held, was one of the main reasons for the growing tension and infuriation in Russia, which would eventually lead to a revolution.

During the 1890s, a middle class began to emerge; being educated, they were full of new ideas about change and reform in Russia. This was during a time of industrial change for Russia within its big cities, with a growing means of production. The bourgeoisie wanted control, so to keep them happy, the Tsar created the Duma, which was like a parliament, yet it actually held no real power.

By the time 1914 came around, the Russian people found themselves dragged into WW1, just after many men had been sent out to fight in the Russo-Japanese war where they endured a humiliating defeat. Great suffering was brought upon soldiers and civilians alike. An estimated 2 million Russian soldiers and another 2 million civilians died during the First World War. Russia was losing the war at an embarrassing feat; troops were underfed, badly equipped and morale was extremely low. At this point, the people were more against the Tsar than ever, including officers and soldiers. On top of that, during this time people were facing food shortages; this was the last straw for people and as result 140 000 workers went on strike in Petrograd and in February, rioting broke out in the city. People rebelled in the streets of St Petersburg and Moscow, storming the gates of the Tsar's palaces. The whole nation was against the Tsar and he had no choice but to abdicate.

The Provisional Government took power after the Tsar's abdication, yet people were still against this as like the Tsar, they did nothing to help the struggling people of Russia. As a result of this, the whole idea of communism was becoming very popular during this time. Vladimir Lenin, also referred to as the father of communism, was the leader of the radical Bolshevik Party (supporters of Lenin). He preached his ideas of a communist nation where the system would be one of fair pay, financial equality and freedom of speech; this appealed to a great number of people. The Bolsheviks were determined to spread these revolutionary ideas of Karl Marx, where the people would finally get liberty. All that remained in the way of that up until this point was the provisional government. In October 1917, 8 months after the abdication of Nicholas II, Lenin decided that the conditions in Russia were ripe for revolution. The Bolsheviks stormed the winter palace and overthrew the old Provisional Government, successfully gaining control of what had just become a communist Soviet Union.

In conclusion, I think that the most significant reason as to why revolution broke out in 1917, was because of Tsarism and its ideas absolutism which had encased Russia for centuries. The Tsar and his family deeply believed in their "divine right to rule". The Tsar was resistant in giving up any amount of his power. There was no democratic system within Russia, with no political parties and no parliament. This meant that no debate was allowed and people in Russia didn't have an opportunity to vote and elect who they wanted to rule Russia; it would always be the Tsar. Because of this, the people were never happy, especially because the Tsar would never take into consideration their issues. He seemed to just dust them off to one side and the people felt that they were not being heard and they had no rights. Because of the Tsar's incompetence, it ultimately led to all of the other events happening (disaster for Russia during war, the idea of communism which appealed to many, the influence of Rasputin etc). He struggled to govern the nation and eventually lost control of them; the ideas of Tsarism were seen as outdated, unpopular and people decided that there was no room for it in Russia anymore. This spark for change would eventually lead to in 1917, the biggest social and political revolution this word has ever seen.

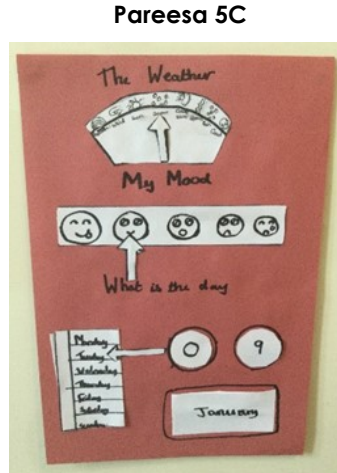
By Jasleen, 9CM

MFL Spanish & French

Y5 and Y6 pupils have been set creative tasks about the topics currently studied in Spanish.



Esher 6H



Pareesa 5C



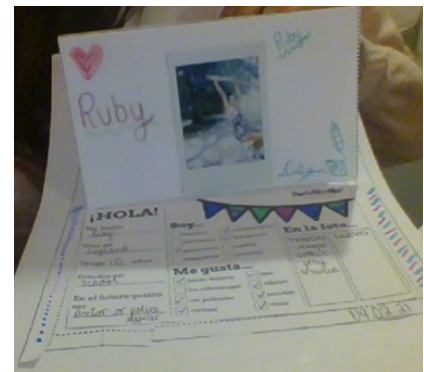
Jayden 6C



Angelie 5C



Jovun 5T



Ruby 6H



Pretty 9T

Y7, Y8 and Y9 pupils have prepared egg-free crêpes for the French celebration of la Chandeleur.



Nanaki 8M



Kavneet 8M



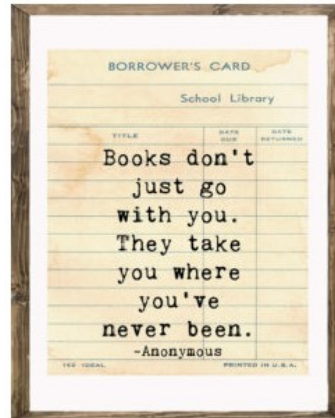
Aditya 7M



Eshveer 8L



Everyone's a Reader at Nishkam



What can I read next?

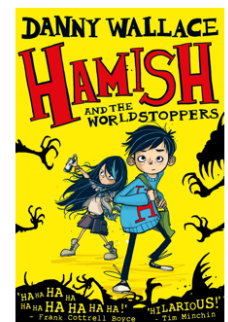


Title: **Sam Wu is Not Afraid of the Dark**

Authors: Katie & Kevin Tsang

Recommended by: Miss Hatvany

Read this book if you've ever been camping or would like to go on a trip. Watch out when you get to p.116 - my heart was beating quickly and I got shivers down my spine!



What I'm going to read next: **Hamish and the Worldstoppers** by Danny Wallace. The opening sentence has given me so many questions: *'Hamish Ellerby's eyes were the size of satsumas as he sat completely still in his chair...'*

Title: **Bayou Magic**

Author: Jewell Parker Rhodes

Recommended by Ms. Parkhouse

Recommended for Years 3 – 6

Read this if you want a little magic, mystery, adventure and hope in your life! Maddy discovers something incredible, but then...disaster strikes! Will Maddy be the hero and save the day?



What I'm going to read next: **Windrush Child**

Recommended for Years 5 and 6

This book is part of a historical fiction series and features Leonard – a 10-year-old, who is part of the Windrush generation. I want to learn all about this significant British historical event, so I can't wait to get stuck in!

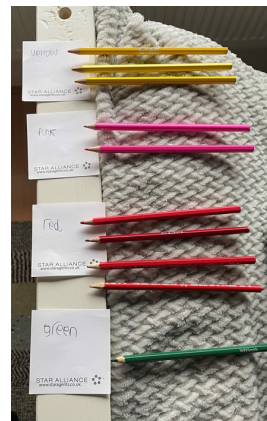
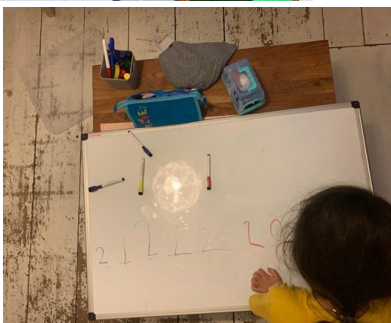


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Photography Lockdown Challenge

Week 3 - Submit by 1pm Friday 5th February - Theme - Learning...



#Learning to Knit





Dear Parents/Carers,
Please see Virtue of the week from our
Nishkam Passport for:

- Creativity
- Commitment

Please discuss experiences and examples
of how this Virtue has been used at home
with your families.

Thank you
Ms Sohail

Creativity *Rachnātmaktā*

*'He created the Creative Power of the Universe,
within which He dwells.'*

GURU NANAK DEV, SRI GURU GRANTH SAHIB, PAGE 83

*'Imagination is the beginning of creation. You imagine what you
desire, you will what you imagine, and at last,
you create what you will.'*

GEORGE BERNARD SHAW

Creativity is the power of imagination. With creativity, people
can discover new ideas, new thoughts that might never have
been thought of before. Creativity is a way to use what the
Creator has given you, to bring something new into the world. It is
seeing something in a new way, finding a different way to solve a
problem or get something done.

Signs of Success

I discover the gifts I have.
I use knowledge and training to develop my gifts.
I think of new ways to make things work better.
I use my imagination.
I take time for inspiration.

Creativity helps me to use the talents God gave me.

Commitment *Vachanbadhta*

*'In the Society of the Saints, vibrate and
meditate on Him with commitment forever;
He is the Inner-knower, the Searcher of hearts.'*

GURU ARJAN DEV, SRI GURU GRANTH SAHIB, PAGE 1278

*"I will do this!" is an affirmation that makes the whole universe
rejoice, and with that commitment, you will find the universe
conspiring to help you achieve your goal.'*

WALLY AMOS

Commitment is when you care deeply about a person, a goal
or a belief and go for it wholeheartedly. You don't hold back or
hesitate to act on it fully. You make a promise and keep it. You go
the extra mile. You are faithful to your relationships and do not
allow problems to make you waver. Keeping your commitment
strengthens your inner integrity. It deepens your capacity to carry
responsibility with grace.

Signs of Success

I give 100% to whatever I do.
I am confident in my choices.
I keep my agreements.
I am loyal to those I care about and who care about me.
I have strength to go the distance.

I am thankful for the gift of Commitment. It brings passion to my
purpose.



Steps you can take to help keep your child safer online

Chatting, being kind and making friends online

Primary-age children may not have previously had much experience with video chatting apps such as zoom, FaceTime and Skype, but may well be using them now for education or to keep in touch with family and friends.

To make sure your child has a positive experience video chatting online, read this [guide for parents and carers](#)

The internet has many positive opportunities for children to learn and play, but it can also be used in negative and unkind ways.

It's really important to speak to your child about being kind online, and how they can get help if they see or hear anything that makes them feel worried, scared or sad. Use these [conversation starters](#) to help your child understand the importance of being kind online.

The term 'online friend' can be used to describe people you only know through the internet, or those that you also know offline. Some children make friends online by meeting new people through online platforms such as gaming sites.

To help children have positive online friendships, read this [handy guide](#).

Helpline numbers





Pupil of the Week Certificates : 12.02.21

Congratulations to all the pupils who were awarded merit certificates for Pupil of the Week:

R Compassion:	Shayna K	R Truth:	Utam S
R Humility:	Jagjeet M	R Contentment:	Aadam S
1 Compassion:	Reece S	1 Truth:	Jeevan R
1 Humility:	Ashar K	1 Contentment:	Anokhi G
2 Compassion:	Aatharv J	2 Truth:	Gurpal G
2 Humility:	Jayson G	2 Contentment:	Jasmine T
3 Truth:	Tarndeev M	3 Compassion:	Kuljot P
4 Contentment:	Jas B	4 Humility:	Jugjot P
5 Truth:	Avni L	5 Compassion:	Ganeve V
6 Humility:	Sehej B	6 Contentment:	Gureet R
7 Compassion:	Ravleen B	7 Truth:	Karam D
7 Humility:	Dilveen S	7 Contentment:	Anjali S
8 Compassion:	Lilly G	8 Truth :	Rashpreet A
8 Humility:	Sharanpreet S	8 Contentment:	Ekkam S
8 Love:	Bjorn P	9 Compassion:	Kritpal S
9 Truth :	Sampuran D	9 Humility:	Devneet M
9 Contentment:	Manal K	Faith: 1 Compassion	Jesleen G



Pupil of the Week Certificates : 05.03.21

Congratulations to all the pupils who were awarded merit certificates for Pupil of the Week:

R Compassion:	Suraj A	R Truth:	Simreen G
R Humility:	Giaan S	R Contentment:	Arjun G
1 Compassion:	Zayn H	1 Truth:	Jasjot R
1 Humility:	Vaani G	1 Contentment:	Sehejbir S
2 Compassion:	Gyan M	2 Truth:	Whole class!
2 Humility:	Bhavneel K	2 Contentment:	Aryan K
3 Truth:	Gursahej K	3 Compassion:	Jeevan H
4 Contentment:	Khushi B	4 Humility:	Kiana B
5 Truth:	Armaandeep D	5 Compassion:	Anaiya H
6 Humility:	Pavan K	6 Contentment:	Savneet C
7 Compassion:	Avleen K	7 Truth:	Angad N
7 Humility:	Sachveer C	7 Contentment:	Guneet C
8 Compassion:	Jazveen C	8 Truth :	Maneet B
8 Humility:	Rajveer S	8 Contentment:	Malveen D
8 Love:	Iniya J	9 Compassion:	Shyla P
9 Truth :	Sahara J	9 Humility:	Amolak S
9 Contentment:	Sid K	Faith: 1 Compassion	Gurnaam B