



Virtue in focus : Respect & Justice

Dear Families,

I would like to start by wishing all of our school community a very happy Bandhi Chhor Divas and Diwali. This is always a very special time of the year where we celebrate light over darkness. Bandi Chhor Divas reminds us of the importance of respect, freedom and inclusion. Diwali symbolises the spiritual victory of good over evil and knowledge over ignorance. I know that celebrations this year have not been the same as usual but I hope that you were able to find time to reflect and let the light of hope and courage enter your hearts.

It is a busy time in school as pupils and staff work towards our ambitious end of term targets. Thank you so much for all the positive feedback from our first virtual parents' evening. We had very high engagement and staff really enjoyed speaking to parents about their child's progress.

Recent events have meant that some families are facing different hardships so if there is anything that we can help with, please do get in contact. We are always here to support our families.



Wishing you a great weekend,

Best wishes,

S. Rai

Mrs Rai, Head of Primary Education.

Road Safety Week: Week Beginning 23rd November 2020

This year, as part of Road Safety Week, we will be taking part in a '**Be Bright Be Seen**' day on **Thursday 26th November**. We will be thinking about how we can keep safe on the Roads and the importance of reflective clothing in the dark. Children will be discussing these in more detail in class.

We would like to encourage all pupils to **wear one item of bright clothing** (Not a full Muffy day) For example, pupils could wear a fluorescent or bright coloured top.

As part of this, we would also like pupils to take part in the **Hounslow Borough Poster competition - closing date 4th December** (*see attached info.*) There are some great prizes to be won!

Please also encourage and talk to your children about the importance of road safety and reflective clothing, especially as the days are shorter and it is getting darker quickly.

A reminder that if you haven't already, please do load the App for **STREET TAG**. During the Street Tag experience, families, staffs and children record their distance walked by scanning virtual tags and collect points for our school. We are already on the leaderboard and would love it if more people participated in this great experience!

Thanks for your continued support, Mrs Seema Pun STAR travel lead.

23rd - 26th November

Year 6 Bikeability

27th November

INSET day

Staff training

30th November

Guru Nanak Gurpurab

Parent communication sent home this week:-

- **Whole school communication regarding single case COVID-19**
- **Parent communication regarding garden centre car park**

Attendance Figures

This week

All School (93.6%)

Reception	Year 1
92.9%	93.5%
Year 2	Year 3
95.2%	94.9%
Year 4	Year 5
95.7%	93.1%
Year 6	Year 7
91.8%	93.3%
Year 8	Year 9
93.8%	92.1%



Primary Phase: REFD

Reception students celebrated Bandi Chhor by making beautiful divas to celebrate the release of Guru Hargobind Ji.



"I made a diva to light the way for Guru Hargobind Ji to come home."

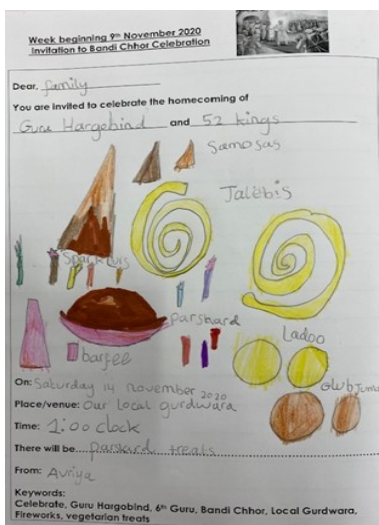
Pritviraj Reception Humility

Reception Truth made divas to celebrate Bandi Chhor.



Year 1's learned the story of Bandi Chhor and made an invitation to invite a friend to celebrate the homecoming of Guru Hargobind Ji.

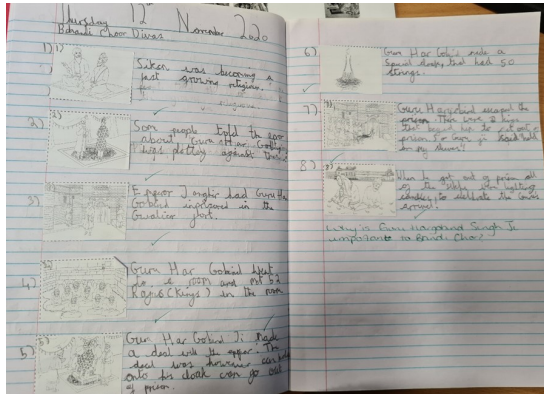
Year 2's also learned the story of Bandi Chhor and wrote a congratulatory message to Guru Hargobind Ji and used their creativity to design and decorate the Golden Temple.



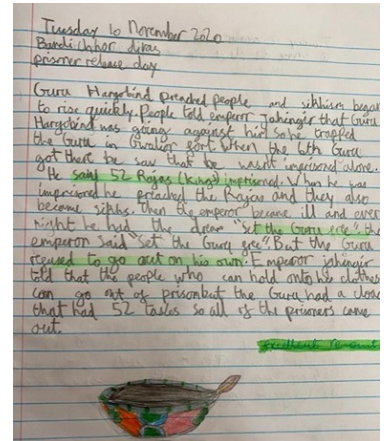
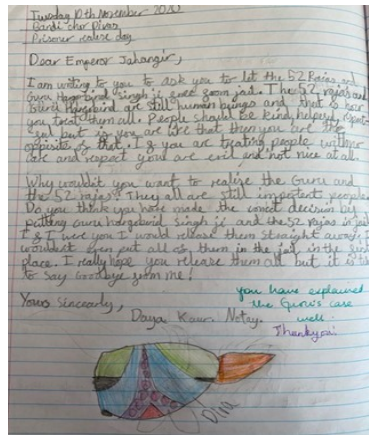


Primary Phase: REFD

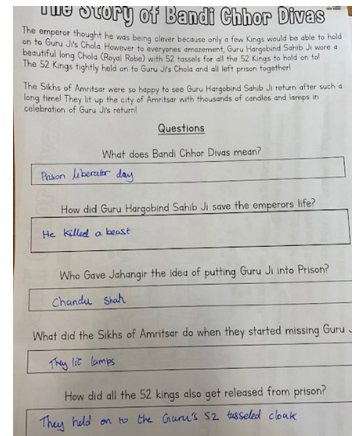
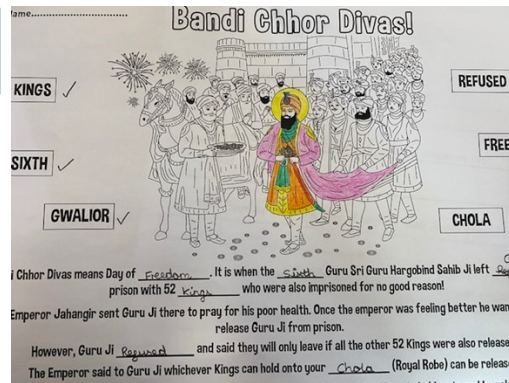
Year 3's sequenced the story of Bandi Chhor and wrote about it as well.



Year 4's discussed the story of the release of Guru Hargobind Ji and some pupils wrote persuasive letters to Emperor Jahangir asking for the release of the Guru.



Year 5's discussed the significance of Bandi Chhor and wrote about it.



Year 6 have been reflecting on the virtues displayed by Guru Hargobind Ji. In particular those of Justice, Equality and Compassion. 6 Contentment performed a reflective Bandi Chhor Assembly last week.





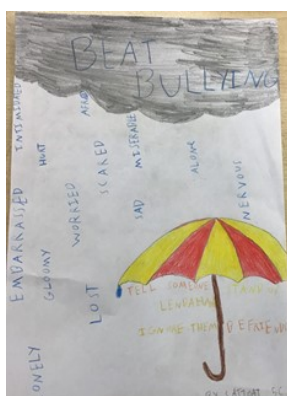
Primary Phase: Years 5 & 6

In Upper Key Stage Two we have had a brilliant start to the new term. The children are already producing some excellent work across all areas of the curriculum. We are showcasing some of the exceptional homework from across Year five and six. **Mrs Jatana**

Year 5 have produced some excellent posters in their PSHE lessons for Anti-Bullying Week and to promote Healthy Eating and on different biomes in Geography.



Kirat 5C



Satjoat 5C



Saakhi 5C



Daya 5C



Harveen 5T



Milveen 5T



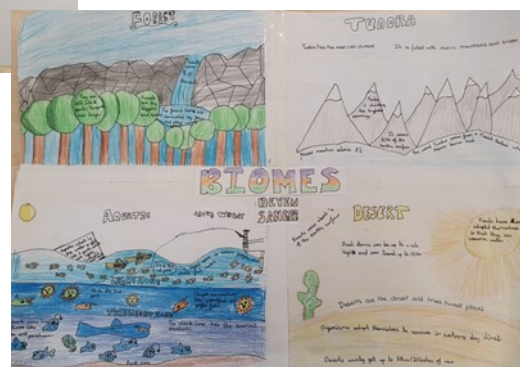
Munpreet 5T



Devan 5T



Harveen 5T





Primary Phase: Years 5 & 6

In History Year 6 have been learning about the Shang Dynasty and over the half term holidays the children produced some excellent pieces of homework about China.

Sehej 6H



Aryan 6Cn



Maya 6H



China has a big history which is full of art, politics, science and philosophy. It is home to the oldest of the major world civilizations. It was ruled by various dynasties for much of its history. The first is the Xia dynasty which formed around 2250BC. The Shang dynasty gained power around the 14th century BC. The most influential dynasty was the Han Dynasty which lasted over 400 years, and much of the culture today was created during this dynasty. Later famous dynasties, like the Song and the Tang continued to refine the culture and brought new innovations to the world, such as printed money, a permanent navy and a complex government that ruled over 100 million people.

The Qing dynasty weakened China due to western influences, European trade and a number of wars. Great Britain gained control of Hong Kong after the opium wars.

In 1958 Mao Zedong who established the Peoples Republic of China on 1st October 1949, embarked on a new plan called the "Great Leap Forward". Unfortunately, this plan backfired and China experienced a terrible famine including much starvation and death. Over the next several decades China struggled with political reform and economic policies, however it slowly recovered and became the major world power again and the second largest economy in the world.



Jayden 6Cn



Ruby 6H



Jaseena 6Cn



Secondary Phase: Drama

C/W

Monday 5th October 2020

Konstantin Stanislavski

1. What is a 'Theatre Practitioner?'

A theatre practitioner is someone who creates theatrical performances or creates a theoretical debate or communication. A theatre practitioner may take up traditionally separate roles such as a director, dramatist, actor designer, etc...

2. Who is Stanislavski?

Stanislavski was one of the most influential and the greatest modern theatre practitioner. His real name was Konstantin Sergeyevich Alexeyev however, he adopted this stage name in 1884. His family loved the theatre and as a result he was able to immerse himself in amateur theatricals as a boy.

3. Why is Stanislavski a relevant Theatre Practitioner to study for this unit of work?

Stanislavski is a relevant figure for our study in this unit because, as we are working towards making our own characters and embodying them. Stanislavski in this respect was particularly good at doing this as he took a unique approach to his character as all actors should. He believed, you should know your lines but also in addition, have a greater insight into the life of your character offstage and onstage. This enables you to fully understand



- One must work hard, practice and get experience in order to become a successful actor.

always born from.

This performance was successful because, Henry Thomas stayed in character and never allowed himself to corpse in, he was very consistent and had a strong sense of what he was doing (his ability to improvise was astounding). His use of both facial expressions and the way he manipulated his voice throughout the whole performance conveyed the emotions/feelings of the character very well. The strong use of silence on his part and the simple actions he took (e.g. nodding his head) gave us a crystal clear image of the way the character was feeling. Henry Thomas throughout the whole performance maintained a brilliant posture.

The way this monologue could be improved would be if Henry Thomas faced the audience more and used more gestures to improve his body language.

Otherwise this was a successful and solid performance.

Write down why these vocal techniques are important when acting...

• VOLUME

Volume is important because if the audience can't hear you, they won't understand the play.

• EMPHASIS

Emphasis is important because with emphasis the audience can really understand the character and it's emotions.

• PITCH

Pitch is important when the actor is speaking.

• PACE

Pace is important when the actor is speaking.

• RHYTHM

Rhythm is important when the actor is speaking.

What are the most important vocal techniques for an actor?

Some Nishkam virtues that are particularly important for an actor are:

confidence, creativity, enthusiasm and leadership.

These skills are important because if an actor gets on stage, their mind should be able to think of something on the spot...



What is a 'Freeze Frame?'

A freeze frame is when a group or a person is acting and they freeze in their current position and try to show emotions using body language however without moving. They don't have to be acting a scene they could be purposefully creating an image without moving.

... .. they are doing next.

3. What is drama to you?

To me Drama is the one subject where you can be free, express yourself in anyway and be whoever you want to be. Drama allows you to learn and have fun at the same time. Drama may seem easy but it takes a lot of concentration.



Secondary Phase: Computing

Pupils have continued making progress in Computing theory and practical skills.

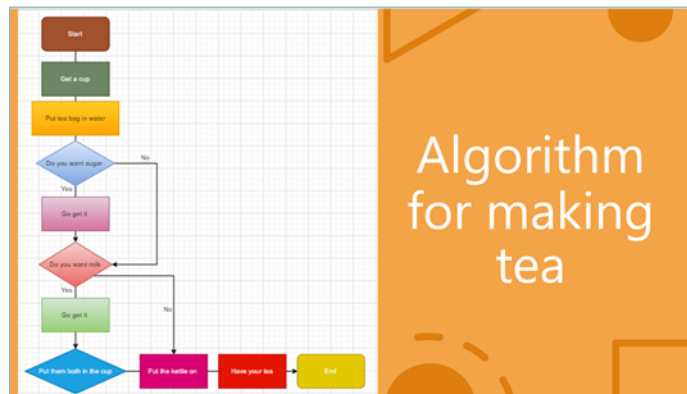
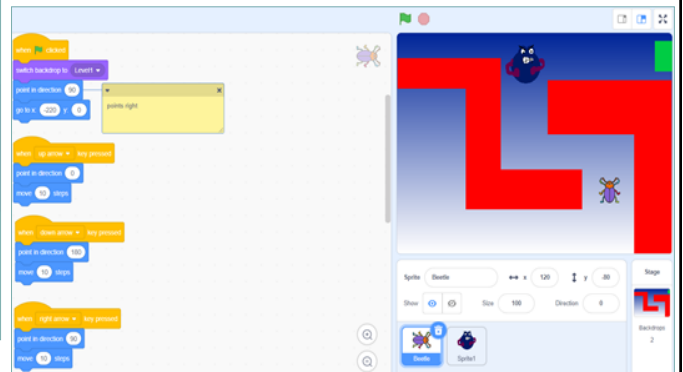
Year 7 started the half term with response to feedback actions, making improvements to their E-Safety presentations. This term they have been enthusiastic about developing games using Scratch programming language.

Year 8 pupils responded to feedback given on their flowcharts for making the perfect cup of tea. This term they have been rising to the challenge of learning the Python programming language through a series of tasks and challenges.

Year 9 pupils responded to feedback given on their algorithm designs used for everyday activities such as crossing the road. This term they have been implementing Python solutions following program specifications in flowchart and pseudocode.

Unit 1 E-Safety Presentation - First Version

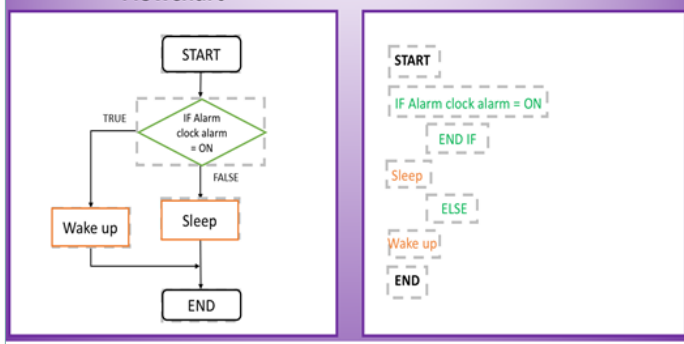
1. Add Screenshots



Algorithm
for making
tea

Flowchart

Pseudocode

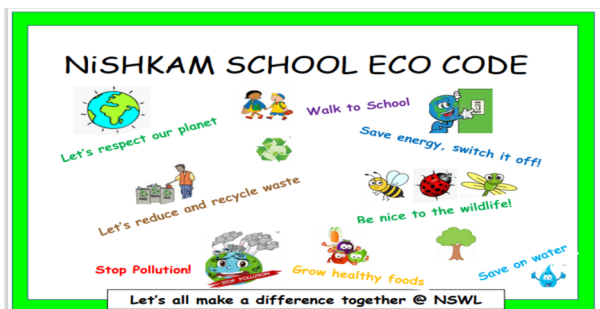




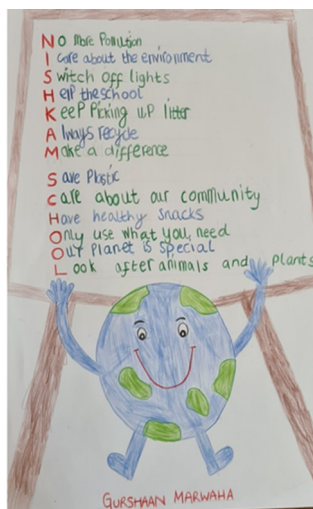
Eco Poster Homework News

As part of our Eco Schools work, we asked the Year 2 children to design an Eco Code poster. Thank you to everyone who designed an Eco Poster. It can be seen from just the few examples how creative and the hard work our children have put into their posters. Each and every poster is amazing!! A very big thank you to the parents who have helped the children do a fantastic job! All the posters are creative, eye catching and really do make you want to read them. I have included a few examples here.

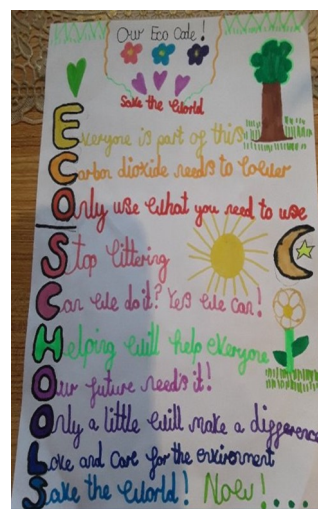
Aryan 2 H



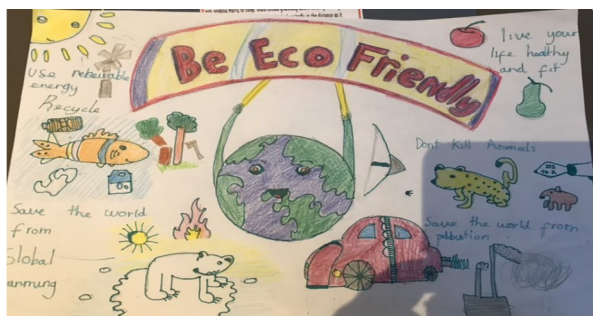
Gurshaan 1CM



Navshaan 5CM



Rohan 4



Satpreet 5CM



Amanpaul 3CM



Amanpaul 3 Compassion

The Eco Code posters will be put up in every classroom and around the school. Sadly only one will be displayed on the Eco board and I wish I could include all of them as they are all amazing. The Eco Committee chose **Satpreet in 5CM** because it had an eye-catching image, headline which drew us in to read the other parts of the Eco Code.

We hope that all children are inspired and enthused by this and try to keep to the code, working together to make Nishkam School West London a greener and better place. **K. Lidder- Eco Co- Ordinator**



HOW FAMILIES CAN TAKE CARE OF EACH OTHER'S MENTAL HEALTH DURING A SECOND LOCKDOWN

 @BELIEVEPHQ

TIME AND SPACE



Make sure you are giving each other time and space to relax

DAILY CHORES



Support and help each other with daily chores around the house

TEAMWORK



Work as a team and make decisions together so that everyone feels involved

PHYSICAL HEALTH



Encourage everyone to take care of their physical health. Make sure everyone is getting enough sleep and eating a well balanced diet

EXERCISE

Support and encourage each other to stay active and exercise.

POSITIVE RELATIONSHIPS



Encourage each other to maintain positive relationships by staying in regular touch with friends and family

TALKING



Encourage each other to talk about mental health. If you notice someone is struggling ask how you can help

CHECKING IN



Check in with each other on a regular basis - "how are you feeling today? is there anything I can do to help you?"

KINDNESS



Be kind and caring towards each other. Listen to each other and be understanding

LEARNING EXPERIENCES



Identify key learning experiences from the previous lockdown and identify some things you did previously that were helpful

SELF CARE



Identify some activities you can all do individually and as a family that will provide you with a sense of pleasure, achievement and relaxation

HELPFUL BEHAVIOURS



Encourage each other to identify helpful behaviours that you can engage in individually or as a family that will help reduce any stress, anxiety or worry





Pupil of the Week Certificates : 13.11.20

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

R Compassion:	Kamil Hussnat	R Truth:	Sehaj Braich
R Humility:	Ishwarjot Dhillon	R Contentment:	Fatehjeet Arora
1 Compassion:	Pritpaal Matharoo	1 Truth:	Kirpal Bumrah
1 Humility:	Alaina Singh	1 Contentment:	Aayan Noman
2 Compassion:	Sukhjovan Sangha	2 Truth:	Kartar Bal
2 Humility:	Nisha Dua	2 Contentment:	Ekampreet Singh
3 Truth:	Mehar Sekhon	3 Compassion:	Gursahib Singh
4 Contentment:	Jaspreet Gogar	4 Humility:	Anokh Bambra
5 Truth:	Bhavandeep Chawla	5 Compassion:	Kirat Sandhu
6 Humility:	Ekkam Kalsi	6 Contentment:	Jasmeen Mangat
7 Compassion:	Zara Obhrai	7 Truth:	Karam Dokal
7 Humility:	Arjan Sahota	7 Contentment:	Avleen Kaur
8 Compassion:	Jasman Singh	8 Truth :	Ranvir Jagdev
8 Humility:	Ravjyot Rana	8 Contentment:	Harmanpreet Kaur
8 Love:	Gurleen Singh	9 Compassion:	Ziinudiin Abdirahman
9 Truth :	Harkaran Multani	9 Humility:	Ishveen Khaneja
9 Contentment:	Sid Krishnan	Faith: 2 Humility	Tanveer Singh Dhillon



Pupil of the Week Certificates : 20.11.20

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

R Compassion:	Lawand Faad	R Truth:	Ishaan Ladva
R Humility:	Martino Fayiah	R Contentment:	Shiv Mathur
1 Compassion:	Harseerat Sangha	1 Truth:	Jasveen Sehmi
1 Humility:	Ashveen Kaur	1 Contentment:	Kabir Chandhok
2 Compassion:	Tanveer Chopra	2 Truth:	Jeevan Dua
2 Humility:	Agampreet Singh	2 Contentment:	Gurbani Nagpal
3 Truth:	Zorawar Gill	3 Compassion:	Amanpaul Gill
4 Contentment:	Krishang Sharma	4 Humility:	Gurveer Sidhu
5 Truth:	Sahib Hans	5 Compassion:	Yuvraj Sahota
6 Humility:	Ruby Gill	6 Contentment:	Gian Flora
7 Compassion:	Siddarth Sharma	7 Truth:	Jasnoor Madhan
7 Humility:	Guneet Randhawa	7 Contentment:	Jasneet Kaur
8 Compassion:	Luke Smith	8 Truth :	Ishaanveer Buttar
8 Humility:	Aarish Vadsariya	8 Contentment:	Seva Singh Hundal
8 Love:	Ishaan Muthreja	9 Compassion:	Rinal Gaba
9 Truth :	Pretty Mehta	9 Humility:	Gurmanbir Singh
9 Contentment:	Kamldeep Singh	Faith: 1 Compassion	Jovan Toor