



nishkamschool

westlondon

Newsletter from Nishkam School West London - Friday 12th February 2021

Virtues in focus : Selflessness & Love

Dear Families,

As we reach the end of another half-term of lockdown, I want to thank you for your efforts as parents / carers in ensuring that the pupils at NSWL have remained engaged in their education and continued to make progress in spite of the on-going national crisis. Our virtue in focus this week is love and much of what we have been able to achieve with the pupils this half-term has been as a result of your love and care for your children. Whenever I reflect on the virtue of love, my thinking always comes back to Chapter 13 of the Book of 1 Corinthians in the Bible, so I will leave you with this reflection on love to start your half-term. Have a lovely break and we hope to see you all soon.

1 Corinthians 13, Verses 4-8

Love is patient, love is kind. It does not envy, it does not boast, it is not proud.

It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

Love does not delight in evil but rejoices with the truth.

It always protects, always trusts, always hopes, always perseveres.

Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away.

Morning Prayer on Monday 22nd February

Our next virtual morning prayer session, available to all staff and families, will take place on Monday 22nd February from 8-8.15am. It will centre around the Christian theme of Lent and be run by Reverend Peter Vannozzi from St Francis of Assisi Church, Isleworth. Here is the link:

[Click here to join the meeting](#)

If you wish to attend, please remember to login using your child's Microsoft Teams account. This is the only way to access the event. We hope to see you there.

GCSE Options

Well done to Year 9 for being so engaged and asking so many questions in yesterday's GCSE options conference. The prospect of pupils making their choices and NSWL having a GCSE cohort for the first time is really exciting for all of us. If pupils and parents / carers in Year 9 or any other year group wish to read through the wealth of GCSE information that has been produced by our teachers, please click on this link, where you will find the GCSE options handbook as well as options videos from around the subjects:

<https://www.nishkamschooltrust.org/nswl/gcse-options>

Yours sincerely,

Mr T Cragg

Principal, Nishkam School West London

Dates for your diary



17th February 2021

Lent begins

Books give
a soul to the universe,
wings to the mind,
flight to the
imagination,
and life to everything.

- PLATO

Parent communication:

Hounslow Young
Facilitators



LOVE from Hounslow

Please see PDF information
sent with this
newsletter for workshops,
events and fun activities.

'Small acts of
selflessness and
kindness can
bring about
great changes
for the good.'

-Bhai Sahib Bhai
Mohinder Singh



Year 5 & 6 : Internet Safety Workshop Invitation

Dear **Year 5/6** parents/carers and pupils,

We are really delighted to share with you that PC Justice will be running a workshop based on **Internet Safety for parents and pupils**. The event will take place on **Tuesday 23rd February 2021 from 6pm-7pm**. This event will be extremely valuable and will inform you on how to keep yourself protected online and what you should do if you encounter any suspicious activity. Your child will receive an invite via their school Teams account where you can access the event. We kindly ask that you set your camera and microphone off before attending the event. There will be opportunities to ask questions at the end of the session.

Please also see the link below to attend the event using Microsoft TEAMS.

https://teams.microsoft.com/l/meetup-join/19%3ameeting_NmY0OGM1Y2EtMjVIZS00MTZiLWE3MWMtM2U3Mml4N2NjYzAw%40thread.v2/0?context=%7b%22Tid%22%3a%2287acc4d1-4313-423d-9e2f-a1f8fd3025f6%22%2c%22Oid%22%3a%22090a18ec-53c0-48b0-a7c8-da4e71da0746%22%7d

We look forward to seeing you there.

Miss Khinda

Speech Link Parent Portal

Nishkam School West London have bought into a Speech and Language intervention programme that supports children aged 4-14 years old. The website offers support in school and offers guidance to parents at home on how they can support their child if they are having any difficulties with their speech, language, or communication.

There are a range of games and activities for you to use at home to encourage your child's talking and listening. Some activities are aimed at developing your child's understanding by using everyday activities. The speech activities develop your child's ability to hear speech sounds.

You can use the new 'Can I have your attention please?' videos to help get your child get in the right mood for learning. There are daily tips to give you quick games and ideas to encourage a range of language skills.

Explore the Parent Portal and you will find a range of information, activities, blogs and top tips videos.

<https://speechandlanguage.info/parents>

Please contact the school SENDCo for any further information.

KS3 Dastar Challenge

Many of our KS3 pupils are now at the right age to begin tying a dastar daily. Lock down is a fantastic opportunity for our pupils to practise tying a dastar (turban). We are therefore setting a dastar challenge for all pupils who tie a dastar and anyone who would like to give this a go. To take part in this challenge we would like you to:

- Tie a dastar once a day for at least a month.
- Take a photograph of yourself each day after tying your Dastar
- At the end of the challenge period, you can submit your photos either as a collage or an animation (we would like to see at least 30 photos)
- The challenge will end on Monday 29th March. To celebrate we hope that those taking part in the challenge will wear their turban to school on this day and from this day onwards as we approach Vaisakhi. Our celebration will coincide with International Turban Day which is held is on April 13th, during our Easter holiday period.

If any KS2 pupils wish to join in with this challenge please encourage them to do so.

More information about the history of the turban, styles, significance, links to turban tying tutorials and how to submit your photographs will be available soon in a PowerPoint on SMHK.

We look forward to your entries.

Ms Khalsa



Dear Parents/Carers,

Please see Virtue of the week from our Nishkam Passport for Self- discipline & Confidence

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

Thank you,
Ms Sohail

Self-Discipline *Svai-Anushāsan*

'He alone obtains meditation, austerities, self-discipline, compassion and Dharmic faith, whom the Lord so blesses.'

GURU ARJAN DEV, SRI GURU GRANTH SAHIB, PAGE 966

Discipline means control. Self-discipline is self-control. It means getting yourself to do what is important to do, rather than being a leaf in the wind of your thoughts or feelings. With self-discipline, you can be moderate. You don't lose control of yourself when you feel hurt or angry, but rather decide how you are going to talk and what you are going to do. With self-discipline, you take charge of yourself. Using self-discipline to not stray from righteous conduct will be living with God's grace.

Signs of Success

I use detachment so my emotions won't control me.
I speak and act calmly when I am hurt or angry.
I get things done in an orderly and efficient way.
I create routines for myself.
I do what I promised without having to be reminded.

Self-Discipline helps me to be my own leader.

Confidence *Yakīn*

'When one's mind is fully immersed in the Shabad, one radiates faith and confidence, shedding egotism and corruption.'

GURU AMAR DAS, SRI GURU GRANTH SAHIB PAGE 162

'Always remember you are braver than you believe, stronger than you seem, and smarter than you think.'

A A MILNE

'Do not, therefore, throw away your confidence, for it carries a great reward.'

HEBREWS 10:35

When you have self-confidence, you trust that you have what it takes to handle whatever happens. It means being assertive and thinking for yourself and expressing your own ideas, opinions and talents. When you do this, you make a difference in the world in your own special way. Confidence brings the strength to try new things. Confidence is also having faith in something or someone. It is a kind of trust. When you are confident in others, you count on them. Confidence in God is a sense of trust that your Creator loves you and watches over you as you go through life.

Signs of Success

I remember that I am worthy, whether I succeed or fail.
I am willing to try new things.
I use the gifts God gave me.
I practise until I master something.
I think positively.

Confidence gives me the courage to be myself.



Eco warriors update

As a school we have been learning about waste and how we can be more environmentally aware in our everyday lives. We are focusing on recycling as well as looking at how we can reduce and reuse our waste.

Questions we will ask include:

What can be put into the different bins at school?

How can waste impact the environment that we live in?

What can we do to cut down our waste?



Parents as Partners

We would ask parents/carers to encourage their children help recycle, reduce, and reuse their waste at home. Please watch the video by using the link below: <https://www.youtube.com/watch?v=SSIVXZrWMK4>



[What happens to our rubbish? | BBC Teach - YouTube](https://www.youtube.com/watch?v=SSIVXZrWMK4)

Two aliens discover that we are making similar mistakes to ones made back on their ruined home planet, their mission: to discover how we can all learn to car...

www.youtube.com

Bird feeders

During the Christmas holidays we encouraged you to make bird feeders so that we could put them around the school grounds. Although you are unable to bring these into school the birds still need our help as they struggle to find food in Winter. Can you please put your bird feeder in your outside space to feed and attract lots of birds. We hope that you see lots of different birds on your feeders! If you can, take a photo of a bird on your feeder please send them to your teachers on SMHK or to Mrs Lidder.

Thank you for your continued support,
Mrs K. Lidder
Eco co-ordinator



Congratulations to Jaskeerat in 5 Compassion
for passing the Piano Grade 1 Music Exam.

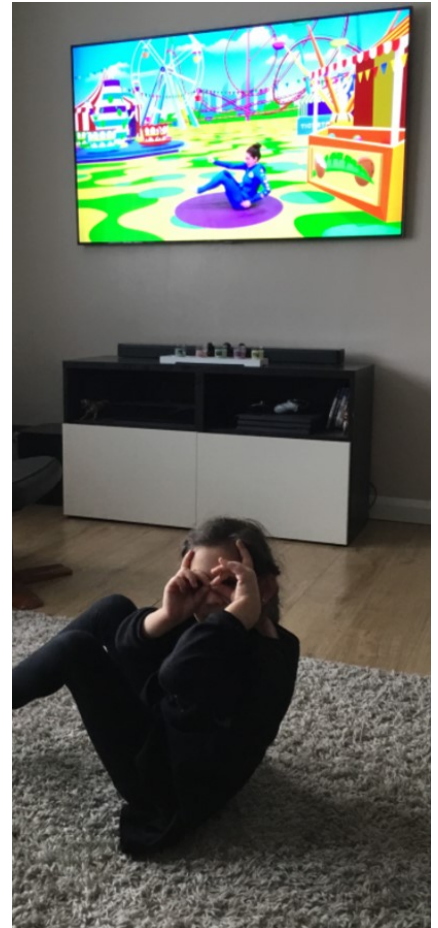
Well done!



Keeping Active in Lockdown Challenge

Everybody knows that an active life = healthy mind.

We sent out a challenge for you to complete as we are encouraging our families to stay as active as possible. That's why we are launching a Keeping Active in Lockdown Challenge. This was one for the whole family. See if you can spot your picture. Well done everyone! Miss Malhotra.





Primary Phase: Years 1 & 2

Key Stage One have been thinking about what makes a successful short story. A great story puts us right in the heart of its scenes. It involves carefully considered adjective choices to enrich our settings and characters with vivid detail. Before writing we orally composed our stories, using picture prompts as inspiration and drawing upon our wider reading to develop our ideas further. We embedded editing and up-levelling in our writing process, considering our work from the perspective of the reader. Read on and feel yourself being transported to the depths of the woods... Well done, each one of you!

(Right) Hardit 1 Truth, has managed to convincingly build suspense into his story: 'All of a sudden the green bushes moved.' He later used an exclamation mark for dramatic effect. The reader is given so many vivid details about Dhalsim, from his 'red eyes and green warts' to his 'powerful legs' and 'stretchy arms'.

The Troll and Friends

Once upon a time, in the deep dark woods, there was a greenish and little troll with red eyes and green warts all over his body. His name was Dhalsim and he lived by himself in the deep dark woods one dark winter evening a smart boy called Daniel and a naive girl called Rosie entered the woods on a monster hunt. All of a sudden the green bushes moved. Out came the greenish and little troll with red eyes and green warts on his body! Daniel and Rosie were shocked and scared! Daniel and Rosie ran and ran. Dhalsim used his powerful legs to get to a tree and used his stretchy arms to get from tree to tree. Dhalsim took gigantic leaps until he caught up to Daniel and Rosie. Dhalsim jumped in front of Daniel and Rosie and explained that he's a lonely and grumpy troll.

Daniel, Rosie and Dhalsim became very good friends and started to play every Saturdays and Sundays.

Abraabara Melt Away Melt Away!

Deep in the forest under an old creeky bridge lived a stinky Wily Troll. He had a horrible spotty face and an awful stinky breath and he liked to eat anyone who tried to cross his bridge. Also in the forest lived a hairy Wolf called Wolgy and a cute little Fox called Foxy Loxy. Both were so friendly they would never hurt anyone but everytime they tried to cross the bridge the evil Troll would jump out from under the bridge to eat them. BAAAH! he would yell. Poor Wolgy and Foxy Loxy would tremble and run away.

Twice the clever little bird always watches the Troll from high above got so annoyed one day that she flew to Witch Zeldas house and told her all about the mean Troll. Zeldas was very upset to hear this so she picked up her broom stick and her cauldron and whizzed to the Troll and offered him to let Wolgy and Foxy Loxy cross the bridge. No! he roared, 'no one can cross my bridge.' Well said Zeldas angrily 'I will boil you in my magical potion then!' 'No you won't' said the Troll. Zeldas blue eyes started at him while her potion boiled and bubbled. Slowly slowly the wicked Troll started to melt. 'help help!' he screamed but it was too late he was completely melted, and that was the end of him!

As the ^{sun} rose the next day Wolgy and Foxy Loxy knew that good days were ahead!

The End

(Below) Dylan 1 Contentment, dramatically sets the scene for his story with the 'bubbling cauldron' and the gust of snow. Dylan has used an excellent balance of speech and description, helping us get to know the characters whilst moving the action on. We are all moved to help the 'upset, tired and hungry' bird find food.

The Witch, Wolf and Bird Winter Tale

Once upon a time a Witch was stirring her bubbling cauldron waiting for the moment it was 'ready' when all of a sudden the front door flew open and the snow storm came gushing through. A little bird was on top of the snow in the witch's house and he was very upset, tired and hungry. 'What's the matter little bird?' asked the witch. 'Winter is coming and I need some food, can you help me?' 'Of course I will, jump in my cauldron' said the witch.

On a freezing night four strange night hunters were looking for some juicy food because they were absolutely hungry. The hunters found a fluffy, dusty squirrel in a tall tree. They slowly, quietly climbed the tree. The hunters were very unlucky because when they used their nets to catch the squirrel it hopped and they fell down. The hunters felt really unhappy because their heads crashed on the rough ground and it hurt. And then the squirrel hopped on a nearby, short branch which was a blue, deep river. Then the four hunters rolled in magnificent long wooden boat to try and catch the squirrel again and when they tried to catch the squirrel it jumped really far and the hunters fell into the river and they fell really cold! Then the little night hunter gave the squirrel some nuts and so many squirrels came. Then they ran away because there were so many squirrels! But then they saw a small rabbit.

(Above) Rajan 1 Contentment, has demonstrated brilliant writing stamina and has written in such an engaging manner that the reader is completely absorbed until the end. Rajan has used a range of powerful verbs, including 'whizzed', 'roared' and 'bubbled', to bring his story to life.

(Right) Kriya 1 Compassion, has made her descriptions clear through her detailed adverb and adjective choices. From 'slowly, quietly climbed' to 'magnificent, long, wooden boat', each sentence has been carefully considered so that it is a joy to read. Kriya has also used the conjunction 'because' to explain the actions of her characters.

THE OLD WITCH

One day a girl was walking in a garden. She came across a cottage with a little old pot kept outside. To her surprise the pot said 'Please take the baked rice out, it's cooked'. The girl took the rice out and put it in the bowl. She saw that she had reached a witch's house. The witch kept her as a servant and made her work all day and all night. The witch warned her not to look up the chimney in the house. One day the girl was overcome by curiosity. Why has the witch forbidden me? Let me look! She found a bag of gold! She took it out and was about to run home with it when the witch returned. The pot said 'quick hide behind me'. So the girl hid behind the pot. The witch said 'look inside me!' as the witch bent to look inside the pot she fell into it. She howled in pain. Meanwhile the girl ran away from the witch carrying the bag of gold with her and lived happily ever after.

The End

Moral of the story

BE KIND



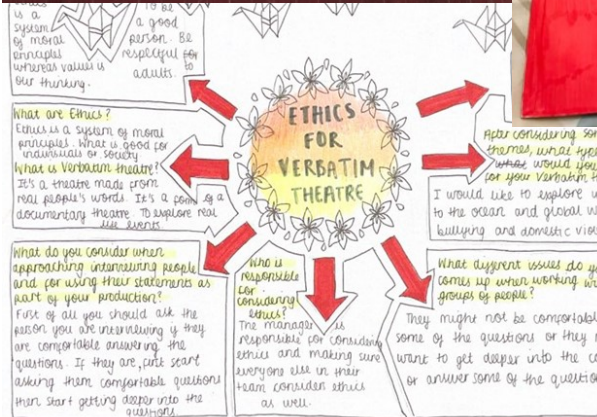
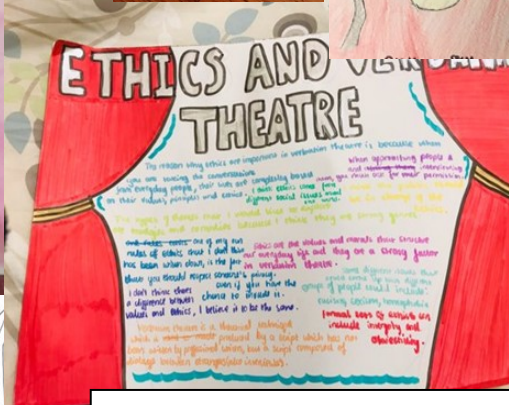
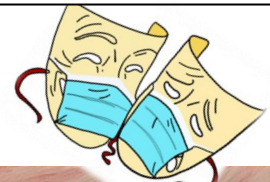
Secondary Phase: Drama

Fabulous Covid-inspired Greek Theatre mask designs! Some will appear as the Drama logo for Year 7 Drama NSWL Year 7: **Tara**. Followed by the following pupils:

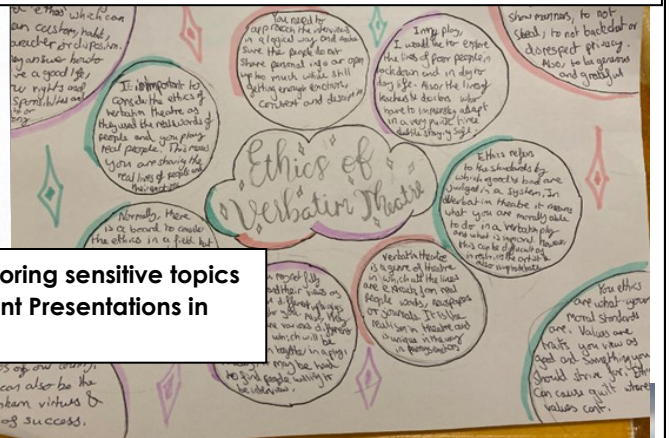
- Ishaani
- Pavithra
- Guneet
- Zara
- Sanam
- Prabhleen
- Keertun

For the Year 8 Drama NSWL logo: Kawneet. Well done Kawneet! Kiran and Jasmeet you are to follow next! I will change the logo throughout the term as there are just so many amazing designs!

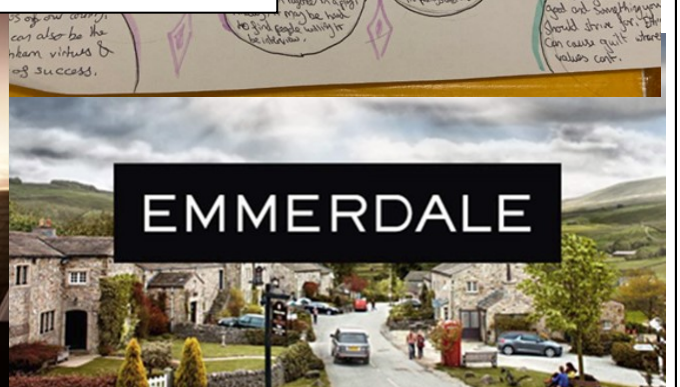
DRAMA KS3 TERM 2



An industry professional, Actor and Director Mr Dean Michael Gregory held a Q&A for Year 9!



Year 9 have been studying Verbatim Theatre. They are exploring sensitive topics and have created some amazing Mind Maps and PowerPoint Presentations in preparation for their KAT 2 Verbatim Assessment.





Secondary : Food & Nutrition



At Nishkam School West London, Food and Nutrition is a key focus. Year 7, 8 and 9 pupils who are in school have been cooking up a delight!

They have thoroughly enjoyed preparing and cooking Tomato, mozzarella and basil Puff Pastry, Apple Crumble and Hot Chocolate.

Mrs G Johal





Independent Artwork KS3

Here is a small selection of artwork pupils are creating at home under lockdown conditions. These drawings and paintings are not linked to their school work and I have been really impressed by the quality of work, determination and independence pupils have displayed. Well done! Creating art is a fantastic activity to do which is proven to benefit one's health and wellbeing. I encourage as many of you as possible (parents and pupils alike) to do something creative this week! Ms Khalsa

Jovan Year 7



Jasleen Year 9

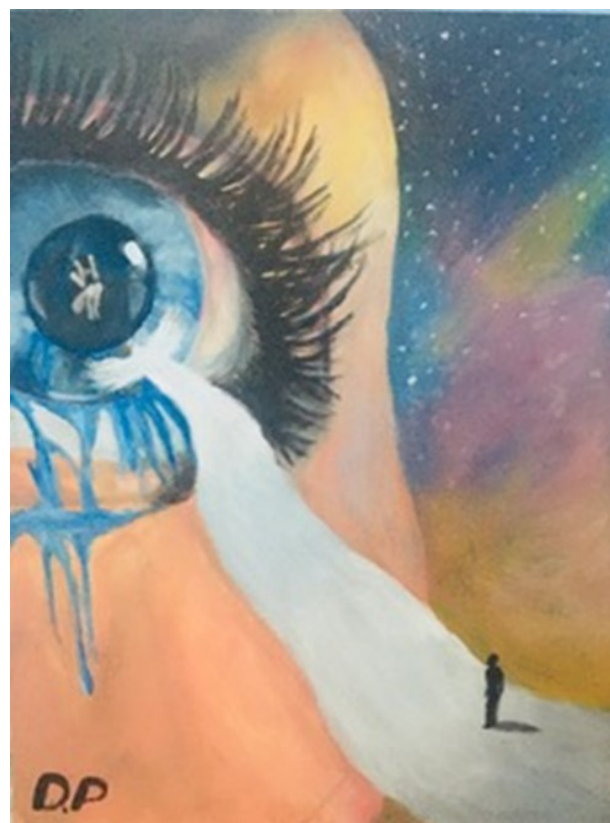


Sanvi Year 7



Gurleen Year 9

Ravleen Year 7



Diya Year 9



Steps you can take to help keep your child safer online

Parental controls: Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so they shouldn't replace the need for you to support and advise your child using the internet. For more information and step by step instructions on setting up parental controls, visit [Parental Controls & Privacy Settings Guides - Internet Matters](#).

Supervise their online activity: Keep the devices your child uses in communal areas of the house such as the living room or kitchen, where an adult is able to supervise. Primary-age children should not access the internet in private spaces alone, such as in a bedroom or bathroom.

Explore together and chat little and often: Ask your child to show you their favourite apps, games and sites and encourage them to teach you how to use these. Ask them if anything ever worries them online. Make sure they know they won't be in trouble and can get help by talking to you or another adult they trust if anything happens online that makes them feel worried, sad or scared.

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. For a breakdown of report services, visit: [Supporting your child with reporting unwanted content online](#)

Take a look at Thinkuknow: Thinkuknow is the national online safety education programme from the National Crime Agency. Thinkuknow offers learning activities, advice and support for children and young people aged 4-18 and their families. The [Jessie & Friends animations](#) for 4 to 7s will help you start a conversation about online safety and for 8-10's, there's the [Play Like Share animations](#) and the [Band Runner game and advice website](#).

Help your child identify trusted adults who can help them if they are worried: This includes you and other adults at home, as well as adults from wider family, school or other support services who they are able to contact at this time. Encourage them to draw a picture or write a list of their trusted adults.

Talk about how their online actions affect others: If your child is engaging with others online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

Use 'SafeSearch': Most web search engines will have a 'SafeSearch' function, which will allow you to limit the content your child can access whilst online. Look out for the 'Settings' button on your web browser homepage, which is often shaped like a small cog.

Visit Thinkuknow.co.uk/parents for more information on keeping your child safer online.



Pupil of the Week Certificates : 05.02.21

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

R Compassion:	Harnoor Kanija	R Truth:	Aadhya Verma
R Humility:	Aviraj Cheema	R Contentment:	Krish Jain
1 Compassion:	Anika Bhatia	1 Truth:	Harbir Sahota
1 Humility:	Avriya Purewal	1 Contentment:	Yuvraj Sandhu
2 Compassion:	Jaden Dawit	2 Truth:	Maahi Kaur
2 Humility:	Sargun Dawan	2 Contentment:	Naina Sinha
3 Truth:	Raisha Kapoor	3 Compassion:	Jaspreet Seerha
4 Contentment:	Aaryan Sharma	4 Humility:	Jasmine Maan
5 Truth:	Avneet Munde	5 Compassion:	Daya Matharoo
6 Humility:	Tejpal Sahota	6 Contentment:	Keshmin Kapoor
7 Compassion:	Harneesh Jawanda	7 Truth:	Keertun Samra
7 Humility:	Simrath Grewal	7 Contentment:	Guneet Chopra
8 Compassion:	Simar Nagpal	8 Truth :	Saihajleen Malhi
8 Humility:	Ravjyot Rana	8 Contentment:	Navneet Medan
8 Love:	Isaac Brander	9 Compassion:	Arya Sud
9 Truth :	Nirveen Singh	9 Humility:	Imaan Mahon
9 Contentment:	Rehaan Gupta-Chaudhary	Faith: 1 Compassion	Daya Mann



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:	Wismadh Assi	R Truth:	Anahadpreet Singh
R Humility:	Joban Sahota	R Contentment:	Parvathy Venod
1 Compassion:	Anelisse Crisan	1 Truth:	Jeena Dhiman
1 Humility:	Whole Class	1 Contentment:	Jinisha Madan
2 Compassion:	Lia Malhi	2 Truth:	Rosey Bal
2 Humility:	Savroop Dusanjh	2 Contentment:	Ajayveer Bansal
3 Truth:	Jeeya Bhatia	3 Compassion:	Gayatri Jegatheeswaran
4 Contentment:	Hari Sodhi	4 Humility:	Sachpreet Soor
5 Truth:	Jovun Bhatia	5 Compassion:	Saakhi Virdee
6 Humility:	Esher Sawhney	6 Contentment:	Jaanvi Ghare
7 Compassion:	Sasmitha Ravi	7 Truth:	Eesha Mann
7 Humility:	Sanvi Anand	7 Contentment:	Prabhleen Notay
8 Compassion:	Zorawar Singh	8 Truth :	Rashpreet Arora
8 Humility:	Ashwinder Sumal	8 Contentment:	Kanishka Vig
8 Love:	Eshveer Singh	9 Compassion:	Jasleen Rooprai
9 Truth :	Simran Gill	9 Humility:	Sehjeev Juneja
9 Contentment:	Manveer Chawla	Faith: 1 Compassion	Ayva Bhachu