



## Virtue in focus : Purposefulness & Prayerfulness

Dear Families,

I hope you are very well and if you were celebrating Guru Nank Gurburab on Monday, that in spite of the circumstances, you were able to enjoy the celebrations. It was wonderful to see so many pupils in cultural dress, adding an extra bit of colour to our day. There were also special Guru Nanak Dev Ji assemblies, prayer sessions and dedicated faith lessons across both phases.

In fitting with Guru Nanak Gurburab, we have been focusing on the virtues of prayerfulness and reverence this week. I would like to share a reflection with you from our staff bulletin written by Mrs Babbra, one of our secondary Associate Teachers, that really struck a chord with me:

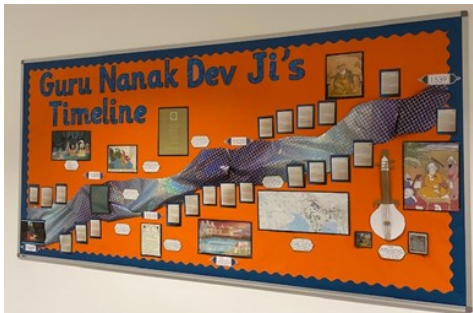
### Prayerfulness- " The state or quality of being prayerful"

How to cultivate prayerfulness

*Talk to God – and listen to him.* It gets easier the more you do it.

Release time from unused corners of your day. Driving to work, doing housework, or performing exercise may be good times for you to speak with God. That's a great start but being prayerful is also about turning your face toward God's at any moment in the day.... words will come!

*"Let your life reflect the faith you have in God. Fear nothing and pray about everything. Be strong, trust God's word, and trust the process."* – Germany Kent



Yours sincerely,

Mr T Cragg

Principal, Nishkam School West London

### NSWL Admission Consultation

Like all schools in the UK, Nishkam schools review our admissions policy and arrangements on an annual basis. The aim is to ensure that the arrangements continue to be appropriate, and that they comply with all of the relevant requirements. Any changes that are made are required to go through a 6-week consultation process with relevant stakeholders. This year we have not made any material changes. We have, however, made some minor changes to improve clarity. If you have an interest, please take the time to look at the new document. Any comments are always gratefully received.

<https://www.nishkamschooltrust.org/nswl/page/?title=Consultation+for+Admissions+Arrangement+2022%2D2023&pid=1863>

### Dates for your diary



**11th December**

Christmas Jumper Day

Please bring £1 donation

**12th December**

FoN Christmas Event

**16th December**

Christmas Arts Celebration

**18th December**

School ends at 13.30

Christmas Holidays

**4th January 2021**

Staff INSET day

**Tuesday 5th January 2021**

School Starts

### 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 **(90.4%)**

Reception	Year 1
91.4%	91.9%
Year 2	Year 3
91.1%	89.6%
Year 4	Year 5
92.1%	89.2%
Year 6	Year 7
88%	89.5%
Year 8	Year 9
90.9%	88.9%



## Christmas Festivities Guidance – Reminder

### Christmas Cards

For this year, we will be asking pupils and staff not to bring in or distribute any cards to each other as these are high touch items and can increase risk of virus spread. Families can email the school to pass on any thank you messages if they wish to do so.

### Christmas Gifts

We are aware that at this time of year, families do like to show their gratitude to staff with gifts but we humbly request that no gifts are brought into school for staff so that infection risks can be minimised. We are encouraging donations to local food banks or charities instead. Please see details of local food banks that require urgent support <https://www.hounslowfoodbox.org.uk/>

### Christmas Lunch

We are really pleased to share that Christmas lunch will be served to pupils on Friday 11<sup>th</sup> December on the same day as 'Christmas Jumper Day'! Please book by Thursday 10<sup>th</sup> Dec 12pm.

### Christmas Parties – Primary Phase only

We will be having more 'scaled down' class parties this year so that bubbles can be maintained. We will be asking each pupil to bring in a treat and a drink for themselves to have during the afternoon of Christmas fun! There will be no sharing of food, so please only send in enough for your child. All food must be vegetarian (no egg and no nuts). Class parties will be on **Thursday 17<sup>th</sup> December**.

Best wishes,

*S. Rai*

Mrs Rai, Head of Primary Education.

## Following our text message earlier today here are further details on the FoN Christmas Event:

Dear Parents/ Carers,

We are really looking forward to having families join us for a wonderful new COVID secure event 🌲. Some of Santa's 🧑🏻🎅 cheeky elves have been mischievous and now run away! We need the children of Nishkam to join us for a fun hunt through the local streets to find the missing elves. If they solve the puzzle 🧩 they win a prize and get free entry into the Raffle prize draw!

Book your tickets online, pick up a Trail map at NSWL anytime **between 11-3pm on Saturday 12th December** - where drinks and snacks will be available too.

Siblings, friends and relatives are welcome to join the Elf Trail too.

So please make sure to book your tickets 📅 early at :

[www.pta-events.co.uk/fon-nswl/](http://www.pta-events.co.uk/fon-nswl/)

See you there,  
**Friends of Nishkam**



Hounslow Community FoodBox "Give a little, help a lot!"

The FoodBox will be providing Christmas hampers for selected families, who have relied on the FoodBox this year. These hampers will have some festive treats for young and old and gifts for children.

Final donations to be made by Friday 11<sup>th</sup> December

- Tinned & fresh potatoes or mash
- Tinned vegetables - sweet corn, peas, carrots, beans etc
- Tinned Fruit
- Pasta sauces
- Tomato sauce
- Tea, coffee, sugar
- Cereals
- Non-food items such as toiletries
- Jam/preserves
- Small cooking oil
- Tinned soup
- Baked beans
- Rice
- Flour
- Tinned custard and Rice Pudding
- Squash
- Long life milk
- Baby food & milk, nappies
- Small toys and treats for children
- Christmas treats such as treats such as mince pies, Christmas puddings, biscuits, and chocolates.
- Pet food
- Cleaning products



## Christmas Jumper Day - Friday 11th December 2020

On Friday 11th December millions of people in the UK will be putting on a Christmas jumper to raise money for a great cause and Nishkam will be taking part in Christmas Jumper Day again this year! **On Friday 11th December** pupils will be allowed to **wear a Christmas or winter-themed jumper alongside their normal school uniform.**

Please try to avoid buying new jumpers. Instead you could re-use an old one, swap with a friend or family member, or decorate a plain one you already have!

Christmas Jumper Day is organised by **Save the Children** and we are asking that pupils bring in **a donation of at least £1 to support this worthy cause.**

## Road Safety week

Thank you for supporting our Road safety week and our special 'Be Bright Be Seen' day. Children learnt a lot about the importance of Road safety, wearing reflective clothing and drivers being careful not to speed.

Last week Year 6 took part in Bikeability training that was provided by Hounslow Council. The training lasted a week and gave the children the skills and confidence for all kinds of cycling. By the end of the training the children had achieved either a level 1 or level 2 award in riders' skills and confidence for cycling on roads. The children who took part thoroughly enjoyed themselves and gained a lot of confidence in cycling independently.



## THANK YOU

**£5047.50**



A huge thank you to everyone at Nishkam School West London who got involved and donated for 'Children in Need' this year. It was a massive success! It was so lovely to see our wonderful School Council take such an active role in promoting Children in Need. Through Muffti Day and our 'Act Your Age Challenge', the school has raised £5047.50! We should all be so proud of ourselves for being able to give back especially during these difficult and uncertain times. We can't wait for our next fundraising event!

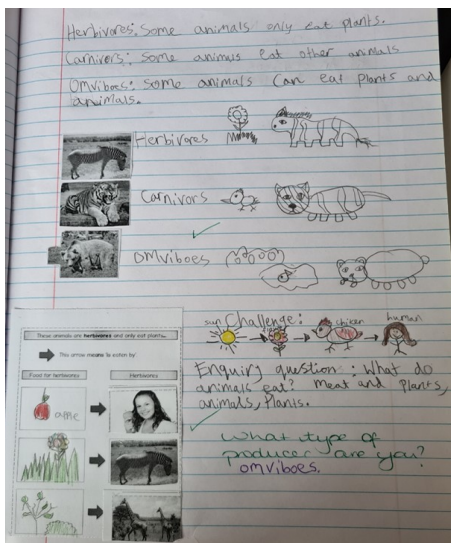




## Primary Phase: Years 3 and 4

In Science this term, we have been looking at different food chains and webs. Prabhdeep was able to use scientific language to explain the different types of animals. She used three key terms, Herbivore, Omnivore and Carnivore and was able to provide examples of each.

3 Truth: Prabhdeep



4C celebrated Gurburab with much fervour and excitement. They learned about the birth of Guru Nanak Dev Ji and his travels throughout the world. They wrote a shabdad and created art work to show how Guru Nank Dev Ji brought light into this world with his teachings.



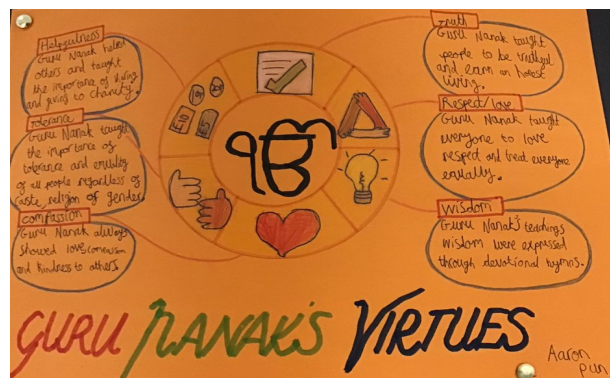
4C Jessica



4H Khushi

As part of our learning based on Guru Nanak Dev Ji's 551<sup>st</sup> Birthday, Aaron and Sargun have both used the virtue of Creativity to demonstrate their learning on the first Sikh Guru. We have been really impressed with the knowledge they have both shared and their dedication towards this phase homework.

3C Aaron



3C Sargun



4H Amanjot



4H Gurneet

4 Humility have had great fun learning all about North and South America in Geography this half term. Gurneet and Amanjot have used the virtues of creativity and Excellence to create fantastic 3D models of human and physical features found in North and South America.

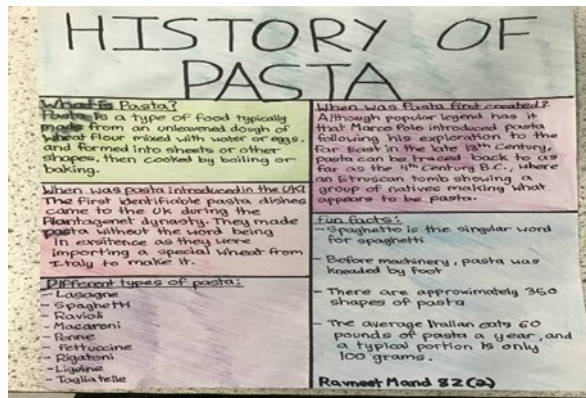
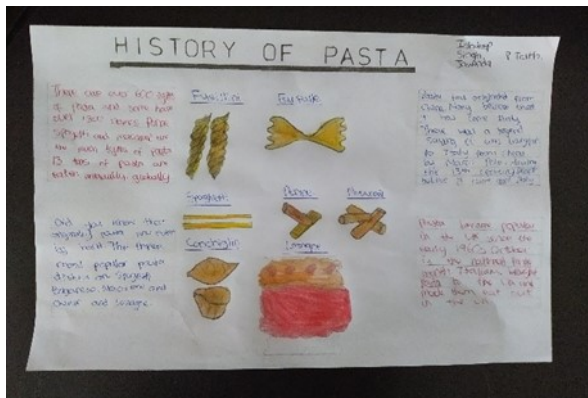


## Secondary Phase: Food and Nutrition

Year 7 have created a marvellous display of food safety posters as well as knife safety in Food and Nutrition.



Year 8 have explored and researched the History of Pasta, learning new facts which they thoroughly enjoyed!



Year 9 have been studying macro and micronutrients and how flour is made. For their practical work they have enjoyed making a pizza and apple crumble for dessert!



Savir 9T



Sunveer 9T





# nishkamschool westlondon

## Secondary Phase: Religious Education

Pupils have just completed their KAT exams in secondary phase in all subject areas. Well done KS3, it's been an intense couple of weeks full of assessments. The attitude from pupils towards these assessments has been excellent.

The posters below were created by pupils in Year 9 for homework in RE. They are a guide to "how to answer exam style questions" and will be displayed in classrooms to support other learners in how to answer different types of questions in RE. Thank you to the top 5 pupils for their impressive work: Amritjot, Zinudiin, Rinal, Jasleen and Diya. All pupils will be receiving feedback on their KAT exams next week in RE; I know that pupils are excited to find out how they did. Thanks, Miss Atkin

### RE EXAM QUESTIONS

**Keywords**

- Definitions of the words
- Easiest marks to get in the paper.
- Around 7 marks, depending on how many key words (1 mark for each correct term)

**Outline**

- Brief, simple points.
- Could be simply bullet pointed answers.
- Worth 3 marks, for each point (3 outline points in total).

**Explain**

- Full, lengthy paragraph.
- Refer to a source of wisdom from a sacred text for example.
- Worth 5 marks, one mark per successful point.
- Detailed paragraph, explained in depth, unlike outline questions.

**Essay Question**

- Long, structured essay-style answer.
- Around 1 full page and more. (usually 1-3 pages).
- Agree, disagree and concluding paragraph to the statement.
- When evaluating the quote in the conclusion, use your own opinion.
- Use a range of sources, and points of view, when evaluating.
- Around 11 marks in total.

*Jasleen Boprai*

### How do you answer the different types of exam questions for RE

**Part 11: Keywords**

When answering the keywords you use an acronym: KEYWORDS. KEY: Know what the words mean. WORDS: Write down the words. KEYWORDS: Know what the words mean. WORDS: Write down the words.

**Part 12: Outline**

In an RE exam you have 4 parts to complete. First keywords followed by the outline question, explain questions and an essay question. All these types of questions will be about the same you have been learning and what you have already learnt. You are given around 30 minutes to complete your exam. You will need your basic equipment: Pen, Pencil, Ruler and Sharpener. They are the things you need to get if you are nervous in class and want to around 30 marks to get. If you are nervous in class and want the things you need to get if you are nervous in class and want to around 30 marks to get.

**Part 13: Explain**

In your exam, there will be 1 explain question, meaning to this type of question you need to write a paragraph. For your explain question you will have to write a paragraph of about 3-4 lines. You will have to explain the question to answer in detail your explain your point.

**Part 14: Essay**

In your exam, there will be 1 essay question, meaning to this type of question you need to write a paragraph. For your explain question you will have to write a paragraph of about 3-4 lines. You will have to explain the question to answer in detail your explain your point.

*By Amritjot, Diya - 9 Trips*

### Q4 Evaluation Question (12 Marks)

**STEP 1: READ THE QUOTE**

**STEP 2: ARGUE for BOTH SIDES AGREE and DISAGREE**

**STEP 3: ARGUE the Agree side. Write points that people would agree with the quote.**

**STEP 4: ARGUE the Disagree side. Write points that disagree with the quote.**

**STEPS:**

- Write a conclusion linking back to the quote.

**TOP TIPS:**

- Use a religious Scripture to evidence.
- Conclude by giving your mark.

### 12 How To Answer marks Essay Questions

*By Diya Patel*

- Introduction Paragraph:** Reread the Question, Give an example, preview your three points answering the question.
- Agree Paragraph:** Write about why you agree with the statement. 3 reasons/examples to answer the question.
- Disagree Paragraph:** Write about why you disagree with the statement. 3 reasons/examples to answer the questions.
- Conclusion:** Write about your opinion. Do you agree or disagree? Why do you agree/disagree?

- Point - State the point/issue you will discuss.**
- Explain - Explain why the point is relevant.**
- Example - Provide a biblical or example to support this.**
- Rebuttal - State an issue when contradicts your point.**
- Explain - Explain the issue and say why it is relevant.**
- Example - Provide a biblical or example to support this.**
- Link back - Give an overall Summary where you summarise and evaluate this topic in terms of the question.**

**(HOW TO APPROACH A QUESTION)**

**Explain** - Explain questions expect you to basically clarify a topic, when answering such question it helps to imagine your writing to some one who knows absolutely nothing about the topic. It is essential to provide information that you need to use important details and evidence to cover in depth all the arguments for and against.

**Evaluate** - It is essential to provide information that you need to use important details and evidence to cover in depth all the arguments for and against.

**Analyse** - You need to use important details and evidence to cover in depth all the arguments for and against.

### EXAM STYLE QUESTIONS

**IN A RE EXAM**

There are 4 parts to the 2 first questions, explain questions, outline and finally an essay question.

**KEYWORDS (7 MARKS)**

There are 7 keywords (1 mark each) and you have to define the word. Eg: *Information - To tell or show an idea, news, facts, message, a human thing.*

**EXPLAIN (5 MARKS)**

2 words for this mark for this. To remember the key words you should write down the words and explain them.

**OUTLINE (3 MARKS)**

An outline question usually requires a short and an example in order to answer the question. Example: Outline 3 words that mean peace. The 1st word is 'peace' by 'peace'.

**ESSAY QUESTION (12 MARKS)**

Every good essay has three main parts: an introduction, a body (agree and disagree) and a conclusion. When writing the agree and disagree paragraphs make sure to include evidence from sources. Examples: 'The Christians should interpret an evidence very literally.' 'The Christians should interpret an evidence very literally.' 'The Christians should interpret an evidence very literally.'



## EXCITING ECO NEWS!

At Nishkam we all believe in the importance of taking care of the environment. To help us in our quest to become a sustainable school 'The Eco Warriors' have been working extremely hard this term to take small steps towards the Bronze Award.

I am over the moon to share that in just a few months the Eco Warriors have been awarded the

### Eco School Bronze Award



To achieve this, we had to have in place the following things:-

#### Step 1: Form a committee

- We had to choose at least one pupil from each year group, a representative from parents, a senior member of staff to be on the Eco-Committee . We are called, '**The Eco Warriors**' .
- The Eco-Committee had to meet at least once every half-term.
- Pupils have shared responsibility with adults for running meetings and keeping a record .
- The minutes of the meetings are displayed on your Eco-Board.

The pupils had to ensure that there is communication to and from the Eco-Committee to the rest of the school.

#### Step 2: Environmental Review

- The Eco-Schools Environmental Review covering all ten Eco-Schools topics were completed by pupils, with adult guidance.
- A copy of the Eco-Schools Environmental Review is also displayed on the Eco-Board and the results communicated with the whole school.

#### Step 3: Action Plan

- The Eco-Committee produced an **Action Plan**.
- Pupils on the Eco-Committee took responsibility for leading their chosen topic which are: waste/recycle, litter and energy.
- The Action Plan contains timescales, who is responsible for the actions and how the topic actions will be monitored and evaluated.
- The Eco-Committee shared the Action Plan with the whole of the school. A copy of the Action Plan is displayed on the **Eco-Board**.

Having achieved our **Bronze award**, we are now heading towards the **Silver award**. If you have any ideas or suggestions of how you could help us, please send in a note with your child. This will be placed in a suggestion box to be discussed with 'The Eco Warriors' . **Mrs Kulvinder Lidder Eco Lead**.





# nishkamschool

westlondon

## ISOLATING AT HOME

Your child may suddenly have to stay home from school and the family to isolate. Here are lots of ways for you all to keep healthy at home during isolation.



### PHYSICAL ACTIVITY

- ✓ Be as active as you can
- ✓ Stand up every 20minutes
- ✓ Walk often
- ✓ Try a virtual exercise class



### SIT LESS, STAND OFTEN, MOVE MORE

- ✓ Reducing the time you are sitting is important.
- ✓ Play hide and seek around the house
- ✓ Progress to some gentle, frequent walks around the house or garden if you have one.



### ACTIVE CHALLENGES

Set you and your family simple daily targets:

- ✓ Stand up together every 20 minutes
- ✓ Go for a walk of 1,000 paces around the house or garden every day (and take the stairs if you have them)
- ✓ Try a standathon. Who can stand up for the longest!
- ✓ Playing board or computer games? Making standing up part of the game (like when you throw a six)
- ✓ Make tidying up an Active Movement
- ✓ Let your child be in charge of being active for the day!



### ACTIVE SCHOOLWORK

Being active helps memory, concentration and coming up with ideas.

Remind your child to:

- ✓ Stand up whilst learning important words
- ✓ Walk around whilst learning a phrase or thinking about an answer
- ✓ Stand up when reciting work
- ✓ Walk around the house for 5minutes before doing any mock tests or exams



### WORKING FROM HOME

You may have to stay at home to look after an isolating child. Add standing and moving to your work routine too.

Standing conference calls can be much more dynamic!



### PROTECT THE NHS

During your isolation period you should not leave your home.

If vulnerable and needing immediate support call **01753 944198**



HANDS



SPACE



FACE

### GOOD FOOD HABITS

Now is a great time to develop good food habits.

Follow them as a family or group, then you can all remind and encourage each other to eat properly - and not too much!



### ACTIVE SWAPS

Make simple changes by setting yourself some Active Swap days :

- ✓ Swap sugary drinks for water
- ✓ Swap chocolate for fruit
- ✓ Swap white bread for brown
- ✓ Swap a snack for a walk or exercise
- ✓ Swap cereal for boiled eggs
- ✓ Create a fresh food day

And remember standing up or a walk after a big meal is good for your digestion.



### MORE TOP TIPS

- ✓ Stand up to brush your teeth twice a day with a fluoride toothpaste
- ✓ Sleep is important:  
Primary age 10-11hrs  
Secondary age 9-10hrs  
Adults 7-9hrs



### ADDITIONAL SUPPORT

There is lots of information and ideas of how to look after your mental and physical health on the "Health at Home" website.

For more information, visit:  
[www.activemovement.co.uk](http://www.activemovement.co.uk)

© Active Movement 2020



### EMOTIONAL WELLBEING

If you require further emotional support check out the following support resources:

- 1) Kooth - For secondary age children
- 2) Every Mind Matters - For all ages
- 3) Public Health Slough - For all ages



**Design your Dream Home Competition**

RECEPTION, YEAR 1 AND YEAR 2

... and WIN FUN PRIZES

**DBK**  
ESTATE AGENTS

Send your creation to [sharan@dbkestates.com](mailto:sharan@dbkestates.com) by 13th December 2020

### Design Your Dream Home Competition - Reception, Year 1 and 2.

DBK Estate Agents in Hounslow would like to invite the EYFS & KS1 children of Nishkam School to take part in an exciting 'Design Your Dream Home' Competition! You could do a drawing or painting or get creative with playdough, Lego or cardboard. The more creative the better! Fun prizes will be awarded to a Winner from each year group and to thank the school for getting involved, DBK will also provide a monetary contribution to our school funds.

Simply take a clear picture of the creation and **email it to:** [sharan@dbkestates.com](mailto:sharan@dbkestates.com) by **13th December**, stating the **year group, age and name of the child.**

DBK would like to share your creations on [www.dbkestates.com](http://www.dbkestates.com) and Instagram and Facebook @dbkestates so keep a look out (children's names will not be shared).





## Pupil of the Week Certificates : 27.11.20

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

R Compassion:	<b>Ranveer Moore</b>	R Truth:	<b>Gunwant Gill</b>
R Humility:	<b>Divleen Kaur</b>	R Contentment:	<b>Aadam Shaikh</b>
1 Compassion:	<b>Harveen Sehmi</b>	1 Truth:	<b>Aradhree Bardhan</b>
1 Humility:	<b>Satveer Sandhu</b>	1 Contentment:	<b>Chathu Kandula</b>
2 Compassion:	<b>Hargun Kaur</b>	2 Truth:	<b>Simren Khela</b>
2 Humility:	<b>Mia Malhi</b>	2 Contentment:	<b>Jaitej Matharu</b>
3 Truth:	<b>Prabhdeep Jawanda</b>	3 Compassion:	<b>Vivekaa Jassy</b>
4 Contentment:	<b>Jas Bahia</b>	4 Humility:	<b>Ruby Johal</b>
5 Truth:	<b>Arushi Jain</b>	5 Compassion:	<b>Daya Matharoo</b>
6 Humility:	<b>Rianna Garcha</b>	6 Contentment:	<b>Herman Gogar</b>
7 Compassion:	<b>Ruya Maredia</b>	7 Truth:	<b>Kanchan Gulati</b>
7 Humility:	<b>Siya Malhi</b>	7 Contentment:	<b>Guneet Chopra</b>
8 Compassion:	<b>Arnav Jandu</b>	8 Truth :	<b>Sanmeet Kapoor</b>
8 Humility:	<b>Sampuran Hanspal</b>	8 Contentment:	<b>Ashmeet Madhan</b>
8 Love:	<b>Anmol Sharma</b>	9 Compassion:	<b>Manjeet Virdi</b>
9 Truth :	<b>Simran Gill</b>	9 Humility:	<b>Sarup Virdi</b>
9 Contentment:	<b>Prachi Vadsola</b>	Faith: 1 Contentment	<b>Rajan Phull</b>



## Pupil of the Week Certificates : 04.12.20

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

R Compassion:	<b>Ria Parmar</b>	R Truth:	<b>Daya Gill</b>
R Humility:	<b>Shaan Prabhakar</b>	R Contentment:	<b>Ekroop Bansal</b>
1 Compassion:	<b>Haru Przewlocki</b>	1 Truth:	<b>Sehajdeep Thind</b>
1 Humility:	<b>Asees Singh</b>	1 Contentment:	<b>Myra Dahiya</b>
2 Compassion:	<b>Fateh Khaira</b>	2 Truth:	<b>Jessica Ahuja</b>
2 Humility:	<b>Aniyah Ahluwalia</b>	2 Contentment	<b>Isher Singh</b>
3 Truth:	<b>Ekaras Sidhu</b>	3 Compassion:	<b>Ranveer Bhatia</b>
4 Contentment:	<b>Tanika Khurana</b>	4 Humility:	<b>Samreen Rana</b>
5 Truth:	<b>Jaklin Khaneja</b>	5 Compassion:	<b>Kirat Sandhu</b>
6 Humility:	<b>Sehej Banga</b>	6 Contentment:	<b>Keshmin Kapoor</b>
7 Compassion:	<b>Alekh Sud</b>	7 Truth:	<b>Karanveer Singh</b>
7 Humility:	<b>Harmandeep Rai</b>	7 Contentment:	<b>Sanchipreet Gulati</b>
8 Compassion:	<b>Pavleen Khalsa</b>	8 Truth :	<b>Rajveer Syan</b>
8 Humility:	<b>Ashwinder Sumal</b>	8 Contentment:	<b>Tanishq Gupta</b>
8 Love:	<b>Ashdeep Khosa</b>	9 Compassion:	<b>Kian Mahal</b>
9 Truth :	<b>Amritjot Dhaff</b>	9 Humility:	<b>Gunshibha Wadwa</b>
9 Contentment:	<b>Maneet Ahuja</b>	Faith: 1 Truth	<b>Aradhree Bandhan</b>