



3rd May 2021

Early May Bank Holiday

5th May 2021

KS3 reports

6th May 2021

Year 9 Parents Evening

Parent Communication

- Secondary Phase - Morning Prayers - 26.04.2021
- Covid-19 Crisis in India - 27.04.2021
- KS3 - Mobile Phone Policy - 28.04.2021
- Covid crisis in India - 29.04.2021

Virtues in focus : Faith & Reliability

Dear Families,

I hope you are very well. It has been a really settled start to the new term with so many of our old, familiar routines back in place and pupils working hard from day 1 after the holidays. It is a particular pleasure to see our pupils across both phases returning to after-school clubs – there has been a real buzz in the air! With much lower local infection rates and the roll-out of the vaccine programme nationally, we remain cautiously optimistic that we can gradually move back to a state of complete normality in the not too distant future. Nevertheless, please let's make sure we are still observing hygiene and where required, social distancing rules to keep each other safe. This links well to our virtue in focus this week, which is reliability. We have had to rely on each other to follow these rules and it is in doing so that we have successfully minimised the spread of coronavirus in our school community.

As we have certainly seen over the last year, life can be unreliable and throw a whole range of challenges and difficulties at us. Especially at these times, a huge comfort can be that whatever the situation, God is with us and supporting us. I found this prayer, which I think sums up these thoughts really well:

Dear Lord,

This world is filled with such uncertainty, but I'm assured I can really and truly rely on God. You are the never-changing, eternal, ever-present God, whose love never fails. We can always place our confidence in You, for You will never leave nor forsake us.

Have a very pleasant bank holiday weekend.

Yours sincerely,

Mr T Cragg

Principal, Nishkam School West London

Concert in support of the Covid crisis in India, Sunday 2nd May, 2pm

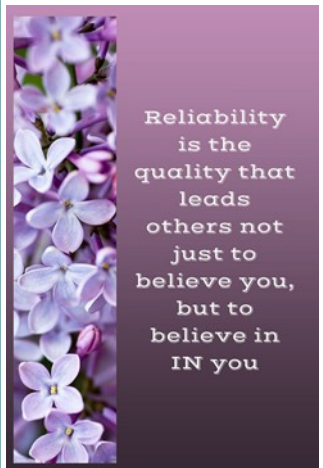
In prayer and dedication to the current Covid crisis in India, on Sunday 2nd May at 2pm, the men of Ealing Abbey choir will be performing Thomas Tallis' famous piece of 16th Century church music, The Lamentations of Jeremiah from NSWL's faith space. This is the first in a series of short spiritual music performances from across different faiths that we are going to run over the coming months at NSWL. The performance will last no longer than 30 minutes.

We would be honoured if you could join us by clicking on the link below.

<https://youtu.be/BIVzHtzvPg8>

If you wish to make a donation to support the people caught in the midst of this humanitarian disaster, please click on the link below:

<https://www.britishasiantrust.org/>



Affirmation:

I am reliable.

I keep my promises.

Others can depend on me.

Nothing can stop me from giving my best.



Year 7 Science Club



Year 7 Science club is starting after school for the summer term. It will be **every other Tuesday** depending on each bubble and will be from **3:30pm to 4:30pm**.

7CM and 7H Start - 27th April 2021 (started)

7CN and 7T Start - 4th May 2021

>The **CREST AWARDS** is a fabulous science award and is a great way to investigate science.

>The project will be **investigating and designing** your very own Fizzing drink!

>You will develop great science skills taking part in practicals.

>You will get a **personalised certificate from CREST** - highly recognised achievement!

Interested? There is no charge, but pupils **must email** Mrs Gohlan to confirm a place.



Courage *Himmat*

'Grant me this boon, O God, from thy greatness, May I never refrain from righteous acts; May I fight without fear or foes in life's battle [vices]; With confident courage claiming the victory. May Thy glory be gained in my mind; And my highest ambition be singing thy praises. When this mortal reaches its limits; May I die fighting [against vices] with limitless courage'

GURU GOBIND SINGH, DASAM GRANTH

'I learnt that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.'

NELSON MANDELA

Courage is personal bravery in the face of fear. It is doing what needs to be done even when it is really hard or scary. Courage is going ahead even when you feel like giving up or quitting. Courage is needed in trying new things, in facing the truth and in picking yourself up after a mistake, ready to try again. It comes from knowing deep down what is right for you and believing in yourself to do it. Courage can come from prayer and the trust that God will help.

Signs of Success

I do what is right even when it is hard or scary.
I find strength in my heart even when I am afraid.
I am willing to try new things.
I admit mistakes and make amends.
I trust God to give me strength.

Courage helps me to do what I know is right.



Dear Parents/Carers,
Please see the two Virtues of the week from our Nishkam Passport :

Courage Enthusiasm

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

Thank you, Ms Sohail

Enthusiasm *Utshāh*

'Your humble servants sing Your Glorious Praises with enthusiasm and love.'

GURU ARJAN DEV, SRI GURU GRANTH SAHIB PAGE 380

'Enthusiasm is the energy and force that builds literal momentum of the human soul and mind.'

BRYANT H. MCGILL

Enthusiasm means 'God within'. It is being filled with spirit. Enthusiasm is being cheerful and happy. It is doing something wholeheartedly, with zeal and eagerness - giving 100% to what you do, holding nothing back. Being enthusiastic is being excited about something, looking forward to it. It comes from having a positive attitude. When you are enthusiastic, you enjoy yourself. With enthusiasm, even the dullest job can be fun.

Signs of Success

I enjoy looking forward to things.
I think of imaginative ways to get things done.
I do things wholeheartedly.
I smile, laugh and enjoy what I do.
I enjoy the wonders of life.

Enthusiasm makes life simply wonderful.



Time to Reflect

Reflecting on my time back at school

When we first came back to school, I felt a bit anxious because of how long we had off but when I came in, I just clicked back into my old routine. I had to adjust to the fact that now we would have to wear masks in class as well as the corridors, but it was easy to get used to. Coming back to school was hard but also exciting because I could finally see my friends after a very long time. My teachers, who are working really hard to help us catch up with all the work we missed throughout lockdown, have been preparing us as much as they possibly can for our KATs. My year groups designated area is the MUGA which is really fun because we can play things like such as football or basketball through our breaks and lunches. I've had to use the virtues of resilience while catching up with all my missed work and doing my KAT2 exams. I am looking forward to having fun and making memories with my friends at school.

Ashmeet

Reflecting on my time back at school

Since after lockdown, it has been quite challenging and hard to adjust to get up in the morning, but it has also been fun to meet up with my friends again and to get back on a timetable. Even harder with our KATS but as always you must have faith and determination. But it has also been fun in school, meeting up and learning new stuff. being enthusiastic to learn more things and never giving up. overall, it's been nice but at the same time quite a challenge.

Gurleen 8L

Reflection on return to school

To be honest I felt quite isolated at home though I talked to my friends on video call and WhatsApp. I miss my social life but at the same time I loved only learning: it was interactive and was much better than our first lockdown. I had more time to do other things too. As soon as Boris Johnson announced school was opening I felt a bit annoyed as I was enjoyed staying at home but then realised how fun school is I could be back with my friends again on my class . The moment I walked into the grey and white building of Nishkam , I felt this tingling feeling . It was a bit weird to be back again, wondering how everyone would look after two months . Plus I started wearing contact lenses so felt a bit nervous on how I would look. Lessons weren't normal like always and preparations for Kats were tense. I had just finished my main Kats: maths, science, ext and hoping to see positive results. I never realised how much I missed school until I went back. School is fun but online learning can give some advantages too.

Iniya 8L



Primary Phase : Year 1

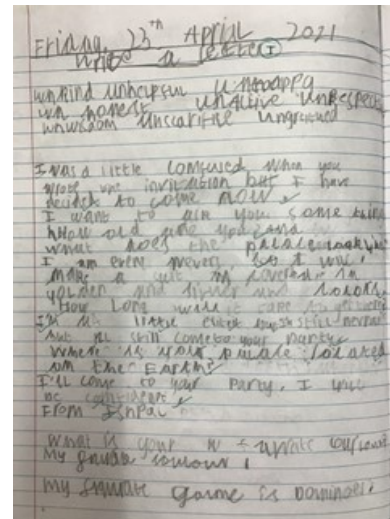
Year 1 Humility

We predicted what sort of suit Halibut Jackson might wear to Her Majesty's royal party! Look at how awesome this suit is and how wonderfully it has been described! Simran has showcased the virtue of creativity! Well Done!

by **Simran**



By **Ishpal**



Year 1 Contentment

In English, the Year One children have been learning about the story Halibut Jackson. Their task was to write a letter to the Queen in the story, pretending to be Halibut Jackson accepting the invitation to the magnificent party. Ishpal's letter contains plenty of questions, capital letters, finger spaces and full stops. He has remembered contractions words like 'I'm' and 'I'll'. He has continuously practised his cursive writing. Well done Ishpal.

Year 1 Compassion

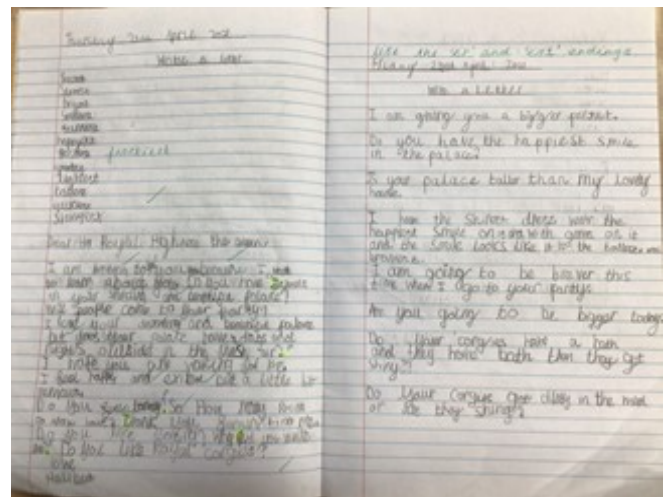
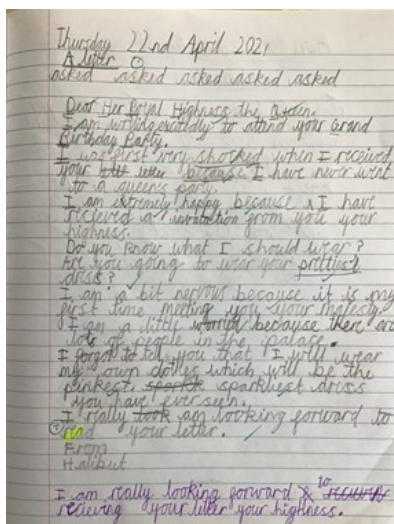
The children in Year 1 are reading the story of Halibut Jackson. They received a scroll invitation on Monday to the Queen's birthday party. The children had to write an acceptance letter to the Queen using the following :-

Capital letters, personal pronoun 'I'.

Adjectives to describe, Use -ing, -ed, -er, -est words and the conjunctions 'and', 'but', 'so' and 'because'.

All children are encouraged to use the cursive script which I am sure you will agree Kriya has done perfectly!

By **Kriya**



Year 1 Truth

In English we have been learning about the story Halibut Jackson. Their big write was to write a letter to the queen accepting an invitation to her party. All of the children produced some great writing! Rehmat remembered to include conjunctions such as 'and', 'but', 'so', 'because', as well as suffixes! She also asked lots of interesting questions – I especially like the question 'Do you like Royal corgis?'

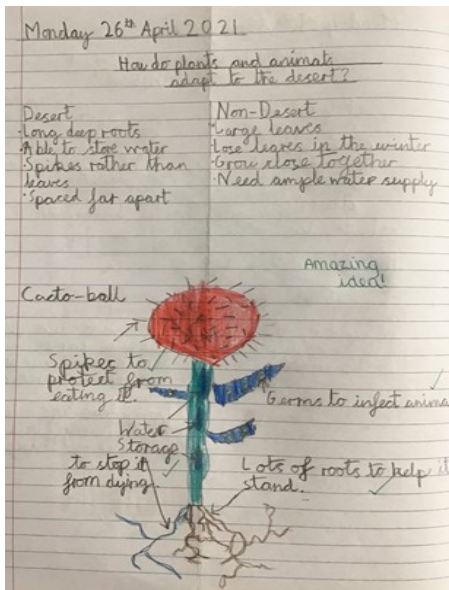
By **Rehmat**



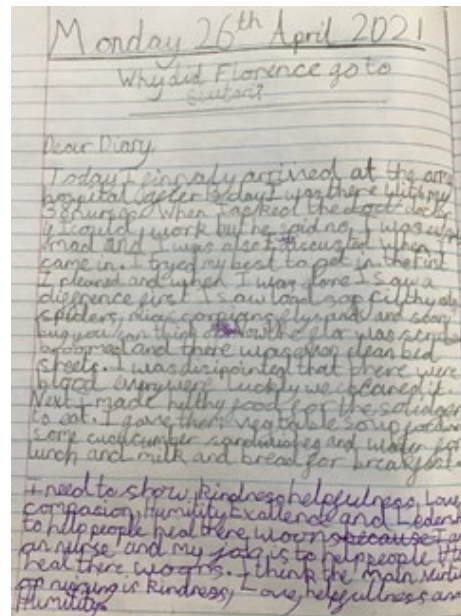
Primary Phase : Year 2

Year 2 Truth

We are exploring how plants and animals adapt themselves to their environments. Year 2 had the challenge to create their own plant or animal that was adapted to survive in the desert. Avyukt designed this amazing plant called 'Cacto-ball' which seems like a normal plant however it is poisonous and can infect animals if they try and steal its water! What an amazing creation! Well done Avyukt!



By Avyukt



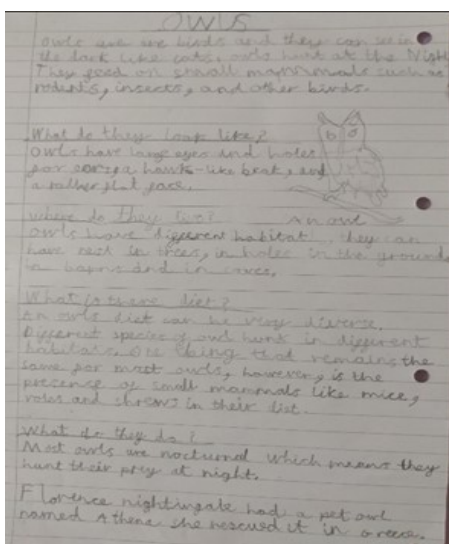
By Daya

Year 2 Compassion

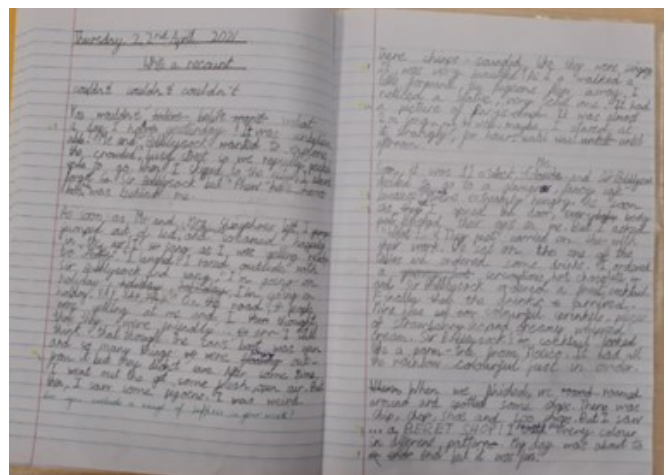
Daya has written an emotive diary entry in role as Florence Nightingale. Daya has powerfully captured the shock of seeing the state of the hospitals but also the unwavering determination to show the virtues and care for the soldiers. Well done, Daya!

Year 2 Humility

In Science this half term, Year 2 are learning about animal habitats. Armaan has written an amazing non-chronological report by researching loads of interesting and important facts about owls. Armaan has also linked his knowledge to our History topic Florence Nightingale. Well done Armaan!



By Armaan



By Naina

Year 2 Contentment

In English we learnt how to write a recount based on the story Claude in the City. Naina wrote a detailed recount about Claude's day in the city. She used a range of punctuation to engage her readers. She also included expanded noun phrases and used ambitious vocabulary to complete her work. Fantastic, Naina!



Secondary Phase : (PE) Physical Education

The PE team aim to improve the health, fitness and well-being of the pupils at Nishkam. We do this through providing pupils with a safe, fun learning environment. During the summer term pupils will be taking part in the following sporting activities within lessons:

Tennis
Rounders
Cricket
Athletics

We aim to create links within the community to create further opportunities for our pupils. We work in partnership with a number of local providers within the community. To name a few:



The FA – Through the FA Girls Partnership we are supporting the FA to ensure girls receive equal access to football. Girls in all years now experience football within the curriculum and at KS3 we have a thriving girls football club. As part of this program the school will be involved in the Women's Euros. Years 8&9 have an opportunity to become involved in an initiative called Game of Our Own. This provides opportunities for the girls to become leaders and coached within the game of football.



FA Wildcats

A fantastic opportunity for girls to begin their football journey. This is run at Nishkam every Thursday and provides a warm, fun environment for girls to develop their knowledge and skills of the game. This club helps to provide a link between schools and club football for the girls. It is pleasing to see so many of the girls from Nishkam attending.



METTL

Harlequins RFC have been coming into school to work with our Years 4-6 to help improve their mental well-being alongside their physical fitness. The programme encourages pupils to begin thinking about their lifestyle choices from a young age.



Dukes Meadow

We are very lucky to have tennis coaches from Dukes Meadow delivering tennis sessions to Year 3 and 4 to help improve knowledge and skills of the game of tennis.



Community Sports Trust

Brentford FC

They provide a free girls' football club for KS3. They are also working with our Year 5 pupils to deliver a problem called Move and Learn. This programme focusses on the effects lifestyle choices can have on our bodies from a young age.



NSWL Music Department



It has been a pleasure to see pupils return to music lessons across the school, and following lock down, music could not be of more importance.

The return to practical music-making has given pupils the opportunity to widen their school experience, and the chance to rebuild practical skills and knowledge.

At KS3, **Year 7** pupils have been focusing on gaining a solid foundation of the elements of music (pitch, dynamics, timbre, tempo) as well as increased confidence in the notes of the keyboard and reading notation. Please click

https://nishkamhigh-my.sharepoint.com/:u:/g/personal/g_carroll_nishkamschools_org2/EUP1Nmqek6xKi4_LH9ziIKABbvSE5c5fZHAW6tnNAj8FgA

Year 8 are currently studying reggae, following from a unit on the 12 bar blues. We have been looking at primary chords I, IV, V and how chord progressions are the fundamentals of a wide range of musical styles, as well as the building blocks for songwriting.

Year 9 are currently looking at minimalism and we have been discussing "art music" as a form. This is following on from work on samba, bhangra and musical fusions (where pupils have been teaching me about Punjabi music!) We have discussed the far-reaching effect of globalization, and how musical styles have and continue to evolve by tapping into the richness of other cultures.



Our model music pupil will:

- Engage with, and value all musical styles
- Be resilient to setbacks in musical processes
- Be able to discuss and critique their own and other's music
- Be prepared to take creative risks
- Communicate effectively to an audience
- Be able to work both independently and collaboratively
- Be committed to music both in and out of the classroom
- Be confident in the application of music literacy
- Be inspired and motivated by musical excellence



HOUNSLOW MUSIC SERVICE

Instrumental Lessons:

In addition to our curriculum, the music department has continued to run instrumental learning in conjunction with Hounslow Music Service. Where other schools in the Borough had completely stopped these lessons due to COVID, we weathered the storm and made a complete switch to Teams lessons over the Spring term.

Thank you to families who bought into this for their children and who continue to support their child's musical journey.

This term we have nearly sixty pupils enrolled in private music lessons across a range of instruments: voice, flute, violin, guitar, piano and drum kit. If you are interested in tuition for September 2021, please do email :enquiries@nishkamschools.org



NSWL Music Department

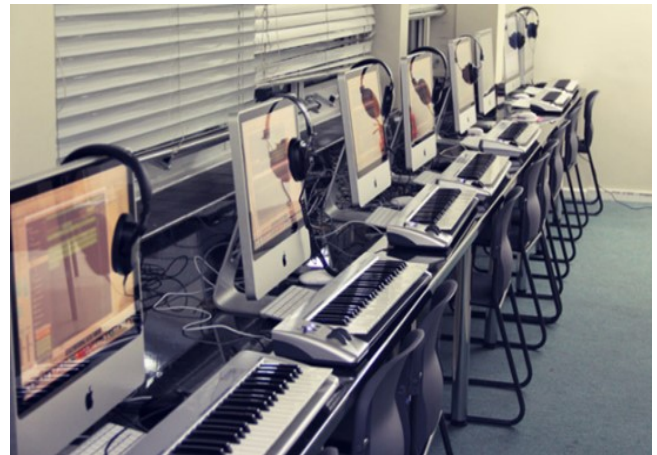


NSWL -Music Mark School

Music Mark Award 2021

In recognition of our commitment to providing a high-quality music education for all children and young people, Hounslow Music service have nominated us to become a "music mark" school. Music Mark is the UK Association for Music Education.

https://www.musicmark.org.uk/wp-content/uploads/10_things_booklet.pdf



Can you help?

Future Plans for the music Department

As a department, we would love to modernise our music room by creating a music tech suite. If you know of any industry contacts or high-profile musicians who may be prepared to support this project, please do get in touch.

Upcoming Event?

Beat Goes On Workshop

We are excited about an upcoming event on **Friday 11th June** where we will be offering percussion workshop to Years 6-9. More details to follow.

<https://www.beatgoeson.co.uk/>

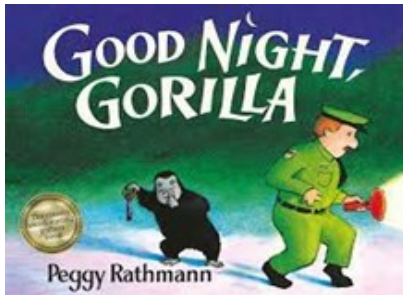
Reading KS3 -Keep your library book requests coming





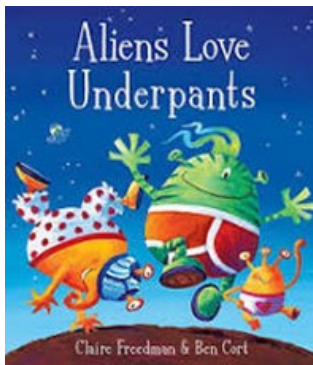
Everyone's a Reader at Nishkam

What can I read next?



Title: Good Night Gorilla
Author: Peggy Rathman
Recommended by: Ms Jain
Recommended for: Anyone who wants to laugh!

Especially little children. This book makes me laugh out loud! The cheeky gorilla follows the zoo keeper after taking his keys. Guess what happens next?

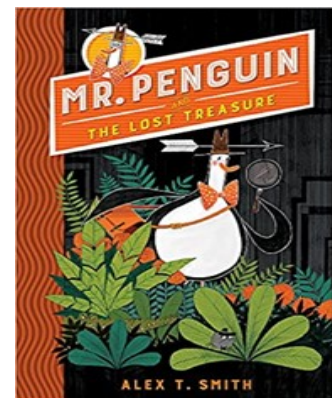


What I'm going to read next: Aliens Love Underpants
Recommended for: Ages 3 and up.

Well, have you ever heard of aliens wearing underpants? From the cover this looks like such a fun read that I can then share with my class. There are also other books about these aliens too so I am looking forward to reading the whole series.

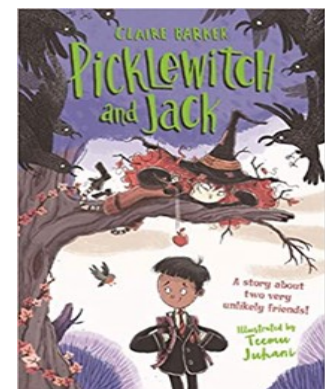
Title: Mr Penguin and the Lost Treasure
Author: Alex T. Smith
Recommended by: Ms Kaur
Recommended for: Years 2 and 3

This fast-paced funny book is about a wiggly penguin who sets himself as a professional adventurer and receives his first mission to find the missing treasure at the Museum of Extraordinary Objects. Mr Penguin and his silent right hand man Colin the spider solve secret codes then they travel deep below the museum into a jungle.



What I'm going to read next: Picklewitch and Jack
Recommended for: Years 2 and 3

This is a fun story about a witch who has a taste for trouble and cakes. She becomes friends with the winner of the 'most sensible boy in school' called Jack. The reviews about this book describe it as a charming story about friendship which is extremely well written.





Competition & Sports

Have Fun!

LOL

Wild CATS

The perfect way for girls aged 5-11 to get involved with football

TIME AND DATE
Thursday 4:30-5:30pm

LOCATION
Nishkam School West London, 152 Syon Lane, TW75PN

NEXT STEPS
Head to thefa.com/WeetabixWildcats to book on to a session, or for more info contact us via: kelly-graham@nishkamschools.org

Wild CATS
GIRLS FOOTBALL

The FA FOR ALL

STARS

A TfL COMMUNITY PROJECT

SUSTAINABLE TRAVEL: ACTIVE, RESPONSIBLE, SAFE

The Big Change Competition

Can you encourage others to make changes?

Our world has changed in many ways in the last year. Previously, Londoners made 3.6 million journeys by motorised transport that could be walked, at least in part.

Will you be changing your journeys?

Will you be reshaping your choices to support sustainable travel?

The Competition

For this competition, we want you to get creative and make something that shows how you can make big changes to how you travel to help improve the quality of the environment or your life.

You can choose any form, such as:

- ART** such as a poster, sculpture or collage
- FILM** a short film or animation
- WRITING** such as a poem or short story

As young people, your message can be extremely powerful for other people your age. We want to hear your own message in your own unique way.

Prizes

There will be four winners – one from each age category. The top entries from each age group will win a gift bundle from the London Transport Museum shop worth **£75**.

All winners and two runners up from each category will be displayed in our online gallery.

Inspiration

If you're struggling for ideas on what to make, take a look at some of our suggestions online!

How to enter

Enter by 5 May 2021

www.ltmuseum.co.uk/stars/big-change

MAYOR OF LONDON



OLD ISLEWORTHIAN'S
HESTON

Junior Cricket Club!

If you want to join please call or email.
Robin - 07743 897 646
Alex - oldisleworthianscc@hotmail.com
Old Isleworthians & Heston Cricket Club
22 Wood Lane, Isleworth, TW7 5ED

WE HAVE GREAT COACHES WHO MAKE IT FUN & IMPROVE TALENT!

Under 10's
Saturdays
9:30am to 10:30am

Age 12-15
Mondays
5:00pm to 6:30pm

Under 18's
Wednesdays
6:00pm to 8:00pm

LEARN NEW CRICKET SKILLS!

We cover for all age groups from 5 years right up to 18!

SAFE, FUN & FRIENDLY ENVIRONMENT!

Designed by **kriative media**



Pupil of the Week Certificates : 23.04.21

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

R Compassion:	Zorawar S	R Truth:	Guransh S
R Humility:	Musa K	R Contentment:	Krish J
1 Compassion:	Sumar R	1 Truth:	Kaira D
1 Humility:	Ashveen K	1 Contentment:	Shivika S
2 Compassion:	Ashmeet S	2 Truth:	Raanya G
2 Humility:	Aryan P	2 Contentment:	Sharan K B
3 Truth:	Tanmer G	3 Compassion:	Jagnoor D
4 Contentment:	Hikaru P	4 Humility:	Manpreet R
5 Truth:	Simar D	5 Compassion:	Anshveer K
6 Humility:	Ekkam K	6 Contentment:	Gureet R
7 Compassion:	Manveer A	7 Truth:	Mehirvahn S
7 Humility:	Raesah K	7 Contentment:	Simarpreet G
8 Compassion:	Luke S	8 Truth :	Kirtan D
8 Humility:	Jasraj B	8 Contentment:	Ashveen A
8 Love:	Harshil V	9 Compassion:	Gurkirat D
9 Truth :	Harkaran M	9 Humility:	Gurina G
9 Contentment:	Aaron S-K	Faith: 1 Compassion	Simreen G



Pupil of the Week Certificates : 30.04.21

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

R Compassion:	Aiden K	R Truth:	Aviana M
R Humility:	Sehejneet K	R Contentment:	Mannvir K
1 Compassion:	Jasroop D	1 Truth:	Orion B
1 Humility:	Simran C	1 Contentment:	Jaspal S
2 Compassion:	Rachint B	2 Truth:	Gurnoor M
2 Humility:	Reet S	2 Contentment:	Bavneet S
3 Truth:	Isra A	3 Compassion:	Sargun D
4 Contentment:	Arjan S	4 Humility:	Shiv K
5 Truth:	Shiya S	5 Compassion:	Ishlin G
6 Humility:	Uvanya B	6 Contentment:	Jasmeet G
7 Compassion:	Tara K	7 Truth:	Mannat B
7 Humility:	Ashpreet N	7 Contentment:	Kimandeep V
8 Compassion:	Aanya M	8 Truth :	Simrita B
8 Humility:	Ashveen K	8 Contentment:	Ryan M
8 Love:	Yuvraj S	9 Compassion:	Ria U
9 Truth :	Phajmeet K	9 Humility:	Minakshi J
9 Contentment:	Prachi V	Faith: 1 Compassion	Navleen S