



Virtue in focus : Patience

Dear Families,

We hope you are well and trying your hardest to stay positive in what has been another turbulent week. We appreciate that lockdown brings with it a range of stresses. Our virtue this week is patience and we will certainly need an abundance of patience as we continue to work our way through this crisis. A real positive for me during this lockdown, however, is that we are able to keep our school open and continue to provide on-site learning for our fantastic pupils. Have a pleasant weekend, and if at any point your family is unexpectedly in hardship as a result of the crisis, please do get in touch with us. Take care and stay safe.

Remembrance Day

November 11th 2020, Armistice day, marks 102 years since the end of the First World War. Every year the nation remembers the bravery of the men and women who fought it. In school, as is tradition around the nation, we will be observing 2 minutes' silence at 11.00 then listening to 'The Last Post'. Please join in at home if you can by observing the 2 minutes' silence then watching this video <https://www.youtube.com/watch?v=EDS3TxiGaQQ>

Please encourage your children to wear a poppy to school next week in recognition of those who have served and given their lives for our country.



A Prayer for Patience

Lord, we live in a culture that often wants everything, and wants it yesterday. Help us to break free from this way of living. Today, we ask you to replace restlessness with patience, contentment and peace. We release whatever we're feeling impatient about into your hands. We turn away from selfish striving to embrace simply abiding in you. Amen.

When to Self-isolate

This is not new guidance, however, it is vital that all parents / carers know the rules around self-isolation, so please do click on this NHS link if you are uncertain about what to do should yourself or anyone in your household display coronavirus symptoms:

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

Failure to follow these rules could result in pupils being unnecessarily sent home to self-isolate for 14 days, so it is vital that we all follow them.

Here is the latest link from the Department for Education with all the guidance for parents, if you wish to read through it:

[what parents and carers need to know about early years providers, schools and colleges during the coronavirus \(COVID-19\) outbreak](#)

11th November

Armistice Day

12th November

Secondary pupils finish at 14.40

14th November

Bandi Chhor Divas

&

Diwali

13th November

Children in Need

Whole-school

Non-school Uniform Day

16th—20th November

Anti-bullying Week

16th November

Wear Odd Socks Day

Parent communication sent home this week:-

- Update letter for secondary parents / carers on new national restrictions during lockdown
- Secondary parents reminder letter regarding lunch payments
- Whole school communication regarding COVID-19



Monthly donations

A huge thank you to the parents who have already set up standard orders of £6 per month for the school fund. We would ask all parents, if at all possible, to do this as soon as you can in order to support our educational offer here at NSWL.

Bank: Lloyds Bank plc

Account Name: Nishkam School Trust

Account Number: 32962968

Sort Code: 30-64-10

Kindly use the reference '**NSWL School Fund**' when setting up the standing order to allow us to track your donation.

Yours sincerely,

Mr T Cragg
Principal, Nishkam School West London

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%
Congratulations to the form groups who achieved 100% attendance	

The amount raised for
Hello Yellow Day
£727.71



Thank you for all your support and contributions to Young Minds by recognising and supporting mental health awareness.



In addition to anti-bullying week it is also **Children in Need** on **Friday 13th November 2020** We will be hosting a **whole-school non-school uniform day.** Please bring a £1 donation



Anti-bullying Week (Monday 16th – 20th November)



The theme for Anti-Bullying Week 2020 is: United Against Bullying. Anti-Bullying Week will happen from Monday 16th - Friday 20th November and will start with Odd Socks Day to mark the first day of Anti-Bullying Week.

“This year, more than ever, we’ve witnessed the positive power that society can have when we come together to tackle a common challenge.”

**Wear your odd socks on
Monday 16th November**



On the first day of Anti-Bullying Week

Monday 16th November we will hold an **Odd Socks Day**, where everyone will be encouraged to

wear odd socks to raise awareness around anti-bullying.

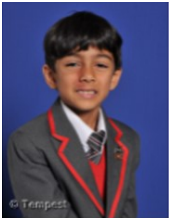
It is an opportunity for children to express themselves and celebrate their individuality and what makes them unique. Please see the Anti-bullying video link <https://youtu.be/e8e7NRIk4AA>

Everyone is different and that is the beauty of the human race. There will also be other events and classroom based activities throughout the week. **J. Atkin**



NSWL School Council

Your new School Council members have been voted for by you! Have a read through their introductions to get to know them better. L. Hamaida



Hello, my name is Abhir I am part of the School Council in 3 Truth. Nishkam School is a great school and I would like to make it even better by listening to your opinions and ideas to improve the school. I will work hard to make sure together we have an exciting and fun year ahead and we won't let the Coronavirus stop us from being enthusiastic and happy. I will show the Nishkam virtues and help fix all your worries and concerns.

I am really looking forward to being in School Council! **Abhir 3T**



Hello, my name is Jeevun and I am a school councillor. I was elected by 4 Humility and hopefully, like them, you will all think I am good for this job. I am open to ideas and really want to be able to help you as much as I can. Even though there are some things I can't do due to this pandemic, I will try my best to think of other ways to

safely do so. **Jeevun 4H**



Hi, my name is Anaiya. I'm proud to represent 5C as a member of the school council. I hope to contribute as much as I can to achieving an even more positive environment for all pupils and staff. One of my ideas from my speech was to have a mindfulness garden with flowers where we can relax and be calm,

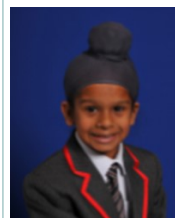
even more important during these difficult times to help our wellbeing. **Anaiya 5C**



Hello, my name is Gurleen and I am a member of the School Council. As a school councillor, you can talk to me whenever you like. In addition, I really hope we can be friends and make school a better place because you all deserve it! **Gurleen 5T**



Hello, my name is Sahibveer. I'm 10 years old and part of 6H. I am school councillor since my virtues have been shown in my actions. My teacher is Ms Parkhouse, one of the best teachers ever! I'm so excited to be school councillor since I like listening to everyone. **Sahibveer 6H**



My name is Jeevan and I am 7 years old. I am part of the School Council for 3 Compassion. My hobbies include football and running. I play for a local football team in Osterley and before lockdown I used to participate in the Junior parkrun. Football has taught me to work as part of a team and running has taught me to never give up! For the last two months, I haven't been able to play football or go running because I broke my toe. This has taught me self-discipline and to value the things I like.

I believe in being environmentally friendly and I want to come up with some ideas for our school to be more Eco-friendly. I also believe in fairness and equality and I will help anybody who needs my help.

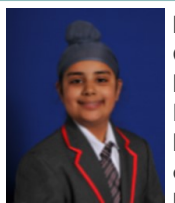
I hope all of these things will help me be a good school council member for 3C and our whole school. **Jeevan 3C**



Hello, my name is Harjoth and I am from Year 4 Contentment. I am so humbled to be elected as to be a part of School Council and I'm taking this opportunity to thank each one of you who voted for me and believe in me.

I am a self-motivated student. I am very dedicated to my school and education with great length of organisational and listening skills. It's awesome to be a kid, but sometimes we all struggle with feelings of sadness, worry or just feeling overwhelmed.

My job is to help students and discover ways to solve their problems if I can't assist, I will escalate the matter further. I will make and keep friends, resolve conflicts and understand their feelings. I'm here to help! You are not alone. Together we can make this an awesome year! **Harjoth 4C**



I am Shaan, and I am the year six Contentment school councillor. I have been in Nishkam School since Reception. During this time, I have been Class Ambassador and also achieved certificates for confidence.

I am looking forward to being school councillor and I will listen to the concerns of my fellow pupils. I want to work hard the make Nishkam School an excellent place for all children. **Shaan 6C**



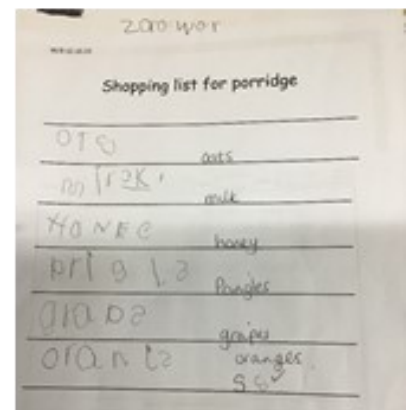
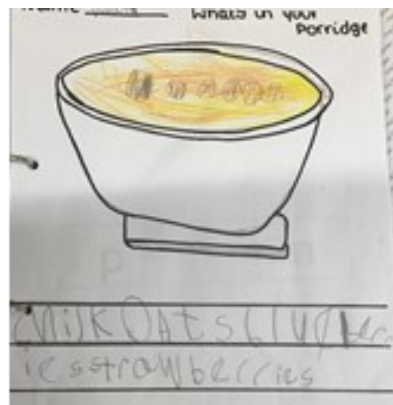
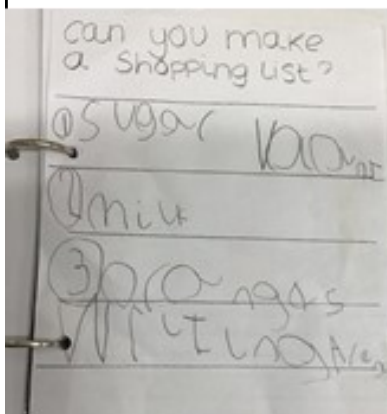
Primary Phase: Reception

The children in Reception have been progressing very well with their learning! Our topic this week has been 'Food from around the World'. The children have been discussing the different kinds of foods that people eat in different countries and exploring the ways to travel there. They have been labelling pictures of their favourite foods, sorting healthy foods and creating their own flags. In Maths, the children have been learning about finding 'one more' of a number and using the number line to help them. They are confident counting to 20 and are using the construction blocks to solve maths problems.

The children have also been super creative. Before the half-term, children created wonderful rainbow fishes using various materials. They also painted characters from the story of 'Goldilocks' whilst speaking about the bad choices that Goldilocks made in the story. Here are some examples:



The children in Reception have also been doing very well with their phonics as they have been learning lots of new sounds. The children are beginning to write CVC words and their writing is looking fantastic. The children have been writing lots of shopping and recipe lists independently in the role play area.





Secondary Phase: MFL French & Spanish

Here are some very good examples of paragraphs written by Year 7 and Year 8 students for French and Spanish.

KEY TASK : MA FAMILLE ET MA VILLE

Write a paragraph about yourself. Include:

- Your physical description
- Where you live and if you like to live there
- What there is and what there is not in your town Et vous
- Where you go at the weekend
- Challenge: Include extra information about yourself and others.

J'habite dans un appartement avec ma mère. C'est ^{très petite} confortable mais il n'y a pas de place ici. Cependant, j'aime habiter ici ^{un peu} parce que c'est amusant. Aussi, Ma mère ~~est~~, qui s'appelle Mary, est ~~seule~~ maigre et sympa. Aussi, elle est vingt-neuf ans et elle est grande. Elle a les yeux bleus et les cheveux mi-longs ~~et~~ blancs et bouclés. Elle porte de lunettes ~~et~~. Cependant, j'ai les cheveux bruns et les yeux bleus. ~~Sais~~ J'adore au basket parce que c'est tranquille mais je n'aime pas au hockey ~~parce~~ car c'est ennuyeux. Le samedi matin, je vais dans un centre de commercial et le samedi après-midi, je vais un centre de loisirs. Le samedi soirs, je vais une musée.

KEY TASK : A LOISIR

Write a paragraph about yourself. Include:

- What TV programmes you like and dislike and why
- What you normally do online
- What you did during your half term
- What you are going to do after school

Challenge: add extra details about yourself and others.

Moi perso, j'aime beaucoup les émissions de sport parce que sont assez passionnant donc je regarde les émissions de sport tous les soirs. Aussi, j'adore les comédies parce que sont marrantes mais je n'aime pas tellement les émissions de télé-réalité. À mon avis, ils sont très ridicules. Je déteste regarder les films d'horreur et les infos parce que sont ennuyeux.

Normalement, pendant mon temps libre, j'écoute de la musique toujours parce que c'est assez intéressant et je regarde des clips sur YouTube sur ma tablette de temps en temps. Ma vie numérique, c'est fantastique parce que je bavarde beaucoup avec mes amis en ligne sur Discord. Please turn over. →

WRITING TASK: Mi vida.

Write a paragraph about yourself. Include:

- Introduce yourself, say your name, age, birthday and where you live.
- Write about your personality.
- Talk about your siblings, their age and personality. Describe another member of your family if you are an only child.
- Mention if you have any pets or not and mention the color and personality.

Hola, Me llamo Carlos, vivo en Barcelona. Tengo doce años y mi cumpleaños es el veinte de octubre.

Soy simpático simpático y serio. Tengo dos hermanas y una hermana. Mi hermana Carla es tiene quince años. Mi dos hermanas, Pablo y Megel es divertido y estupendo un poco Carla es lista. Pablo y Megel tienen diecinueve años. Pablo pasión es el fútbol y Megel es la música.

No Tengo mascotas un poco ¿Como se? y tu? ¿Como te llamas?

Hasta luego.

KEY TASK : LA RENTREE

Write a detailed paragraph about yourself. Include:

- If you have brothers and sisters
- What you are like
- What you like and dislike
- A description of your classroom

Challenge :Include extra details about yourself and other people.

Bonjour! Je m'appelle Wasmeel. J'ai onze et j'habite à Londres. J'ai deux sœurs et un frère. J'ai pas de un demi frère et demi-sœur. Je aime aussi, bavard aussi intelligente. J'aime charade, écouter aussi musique. J'adore pizza et spaghetti aussi le sport. J'aime pas de le foot. Mais musique est sympa!! Dans ma classe, il ya un tableau tableau blanc et un écran. Au centre, il ya des tables et des chaises. À gauche une porte et un poster. Aussi à droite est un fenetre et une ordinateur. Aussi, il ya une professeur et est à centre. Ça va bien merci. Comment es tu appelée? Au revoir!



Secondary Phase: MFL Punjabi

Here are some excellent posters designed by our KS3 pupil as part of their half-term homework task.

Vowels in Punjabi come in pairs, a short and long one. Vowels are used in combination to produce additional vowel sounds.

ਪੰਜਾਬੀ
Kawneet Chopra 4R 8

Tkhanna:
4 ਚਾਰ four, ਚਮਚਾ spoon, ਗਾਣਾ song, ਟਮਾਟਰ tomato

fihari:
ਦਿਲ heart, ਜ਼ਹਿਰ poison, ਗਿਆਨ knowledge, ਟਿੱਲਸ਼ਨ dish

1 Davan:
ਮੇਥ apple, ਬੈਚੋ table, ਰੂਬੀ rubee, ਸੂਰਜ sun, ਕੱਪੜੇ clothes

1 Bihari:
ਰੁਕੀ rocky, ਹਰੀ green, ਚੁਣੌਣੀ medicine, ਤਸਵੀਰ picture

Aunkar:
ਏਥਾਰ again, ਏਠਰਗਾ old person, ਦੁਕਾਨ shop, ਸੁਣ listen

Duknan:
ਗੋਲੀ glasses, ਪੈਰ feet, ਸਵੈਰ sweater, ਭੈਣ sister

PUNJABI!

ALPHABET!
The Punjabi Alphabet has 35 letters in it.

ੳ	ਅ	ੲ	ਸ	ਹ
ਕ	ਖ	ਗ	ਘ	ਙ
ਚ	ਛ	ਜ	ਝ	ਞ
ਟ	ਠ	ਡ	ਢ	ਣ
ਤ	ਥ	ਦ	ਧ	ਨ
ਪ	ਫ	ਬ	ਭ	ਮ
ਯ	ਰ	ਲ	ਵ	ੜ

MUKTA WORDS

2 WORDS:
ਬਸ = Bus, ਫਲ = Fruit

3 WORDS:
ਕੱਪ = Cup, ਘਰ = home

4 WORDS:
ਨਰਸ = Nurse, ਮਾਰਗ = Road, ਬੱਲਬ = Bulb, ਬੱਤਖ = Duck

5 WORDS:
ਹਰਮਨ = Harman, ਸਰਕਸ = Circus, ਗਿੰਜਰ = Ginger, ਕਸਰਤ = Exercise

A mukta word is a word that has no vowels in it what are:
ੳ ਅ ਏ

ਚਾਰ ਰੁੱਤਾਂ 4 Seasons

Spring
ਬਸੰਤ/ਬਸੰਤ ਵਿੱਚ ਫੁੱਲ ਅਤੇ ਸਬਜ਼ੀਆਂ ਚੜ੍ਹਦੇ ਹਨ।
In spring, flowers, plants, vegetables grow.

Summer
ਗਰਮੀਆਂ/ਗਰਮੀਆਂ ਵਿੱਚ ਸਕੂਲ ਹੀਠੀਆਂ ਛੁੱਟੀਆਂ ਹੁੰਦੀਆਂ ਨੇ ਅਤੇ ਸੋਝਮ ਗਰਮ ਰਹਿੰਦਾ ਹੈ।
ਇਹ ਲੰਬੇ ਹੁੰਦੇ ਅਤੇ ਗਰਮ ਛੁੱਟੀਆਂ।
In summer, there are school holidays and its hot. The days are longer and the nights are shorter.

Autumn
ਪਤ ਝੜੇ/ਪਤ ਝੜੇ ਵਿੱਚ ਪਤੇ ਝੜੇ ਰੰਗ ਬਦਲ ਜਾਂਦੇ ਹਨ। ਅਤੇ ਫੂਰਜ ਪਟ ਡਿਗਦੇ ਹਨ।
In Autumn, leaves change colour and fall of trees.

Winter
ਸਰਦੀਆਂ/ਸਰਦੀਆਂ ਵਿੱਚ ਸਕੂਲ ਹੀਠੀਆਂ ਛੁੱਟੀਆਂ ਹੁੰਦੀਆਂ ਹਨ ਅਤੇ ਬਹੁਤ ਠੰਡ ਹੁੰਦੀ ਹੈ। ਇਸ ਰੁਤ ਵਿੱਚ ਖੋਟੇ ਅਤੇ ਗਰਮ ਕਪੜੇ ਪਾਏ ਜਾਂਦੇ।
In winter, there are school holidays and its cold. People wear warm clothes in this season.

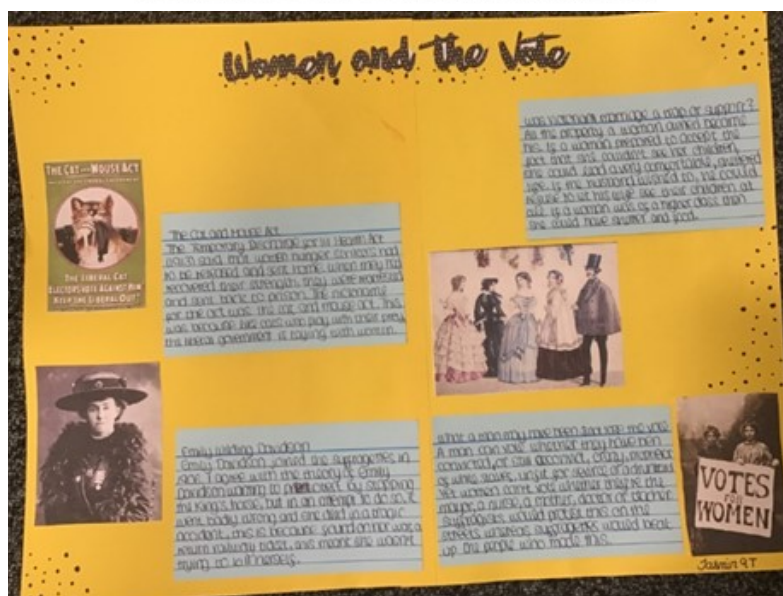
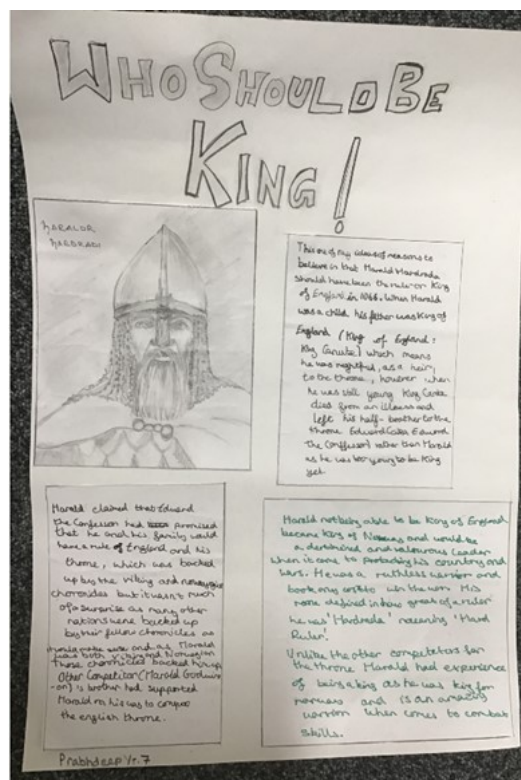


Secondary Phase: History

Pupils have continued to impress with the quality of work that they have produced over the course of the term. Year 7 have been studying the Norman Invasion of England and created a campaign to support the candidate they thought would make the best king in 1066.

Year 8 pupils have been studying the Tudor period and have been following the religious change that took place during the period. We have just moved on to the Stuarts, which coincided nicely with Bonfire Night!

Year 9 have been working on a depth enquiry into why some women got the vote in 1918. We have just moved onto World War One and are about to embark on a project which will see them finding out what life was like for a soldier in the trenches.





Pupil of the Week Certificates : 06.11.20

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

R Compassion:	Gurasees Khuman	R Truth:	Harsimran Arora
R Humility:	Eeshar Sidhu	R Contentment:	Sukhleen Chopra
1 Compassion:	Amay Chandra	1 Truth:	Armaan Virdee
1 Humility:	Guntas Anand	1 Contentment:	Sahej Sumal
2 Compassion:	Shehnai Neiyyar	2 Truth:	Shaan Syan
2 Humility:	Jayden Heer	2 Contentment:	Arya Ladva
3 Truth:	Pihu Muthreja	3 Compassion:	Jodhbir Ajeet Singh Kainth
4 Contentment:	Harrohani Gill	4 Humility:	Kirit Sekhon
5 Truth:	Kareena Brar	5 Compassion:	Daya Matharoo
6 Humility:	Ravjot	6 Contentment:	Jasmeet Ghataura
7 Compassion:	Yashita Konda	7 Truth:	Hiba Younis Sharif
7 Humility:	Veer Hans	7 Contentment:	Chahat Gupta-Chaudhary
8 Compassion:	Kawneet Chopra	8 Truth :	Sanmeet Kapoor
8 Humility:	Sunaina Jain	8 Contentment:	Ashmeet Madhan
8 Love:	Harjodh Dhindsa	9 Compassion:	Rinal Gaba
9 Truth :	Kavan Dehal	9 Humility:	Irleen Kapoor
9 Contentment:	Sukhveer Rawal	Faith:1 Truth	Jeevan Rihal