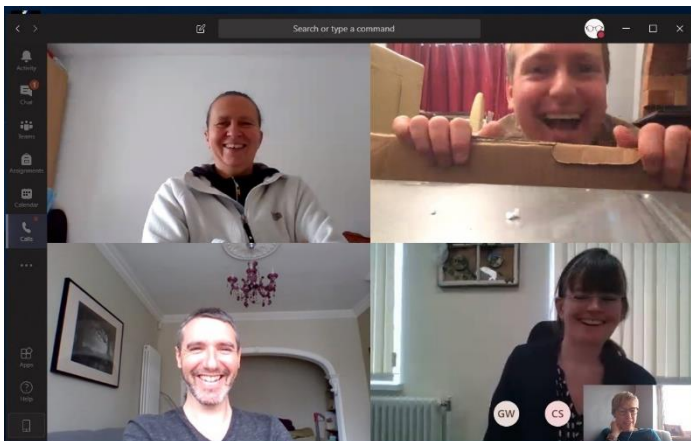




KNGS Community Newsletter 3rd April 2020

We are now getting used to our new way of life and this time has shown us how adaptive, creative and imaginative we can all be. The ways that we have spent our time are wide ranging and varied. Above all, they show the strength of our community and how we continue to support each other, even if it is through a picture in our window! Some of our images are now on the Time Well Spent Gallery on

<https://www.kngs.co.uk/parents/community-newsletter/> Please keep them coming and send them to lshakespeare@kngs.co.uk



Rest Assured

Rest assured that the KNGS leadership team still meet regularly to co-ordinate how we continue to work as a school.

This has brought its own challenges such as how to get Mr Gunn out the box by video conference. We didn't manage it so we suspect that he is still in the box.

Completing school Work

We have now had a week of working from home although I'm sure we are all still refining what works best and how we can continue to improve what we do. As part of this improvement, we will be sending all students a questionnaire to let us know how you are getting on. We know it is not easy for children or for parents but any feedback you give us will be appreciated and help us to develop our way of working. It is absolutely vital that students access and engage with the work set so that when schools do return to normal, nobody has fallen behind with their learning. In addition, with the Easter holidays coming up, we will have a chance to check your responses and make any amendments to work or ways we communicate.

Please could everyone complete this questionnaire using the following link. One will be sent out each week and it is important to us that you answer each week. Use your usual school

login and password.

<https://forms.office.com/Pages/ResponsePage.aspx?id=6NoSaA9nYUGP0nCJ4fq3vuzIVM6az4hDhzy-T0q60FxUOFI1RVg5SVpWTEIVU1NTUUJSRFQ0NTY2Qy4u>

Remember that you can access all work through the webdrive portal and Studentshare / Emergency Closure via the school website.

Challenge whilst you are on your daily exercise walk around the neighbourhood



It has been lovely to see rainbows in windows as we go about our one daily exercise walk or cycle. Please help younger siblings to colour their own or create your own work of art. In addition, this week, as you walk in the KNGS neighbourhood, how many teddies can you see in windows? Please put your own furry friends in your window to be spotted

What can you do with your toilet roll inner tube?

First there was a dash for the toilet rolls, now we are using the inner tube in all sorts of ways...



Know your family

This is probably the most time you will have with your family and is an ideal time to learn more about each other. This may be as part of the creation of a family tree or may just be time spent away from screens and social media. Here is some of our favourite questions:

Questions to ask parents or grandparents by Skype or Whatsapp

- Tell me about what it was like growing up in [e.g. Kings Norton].
- Who is the oldest family member you remember?
- What was a typical family dinner like for you?
- As a child, what did you think you wanted to be when you grew up?
- How much was your allowance and how did you choose to spend it?
- What do you think is the most important life skill or value your parents taught you?

- What single invention had the biggest impact on your life?
- What kind of music did you enjoy when you were younger? Do you still like it now?
- Do you remember a favourite dish your mom/dad/grandparent used to prepare? Can you make it now?
- What was your favourite TV show growing up? What is it now?
- What was your favourite childhood treat? Do you still like it now?
- What are your top three all-time favourite movies?

Great resources we have found

- Two book related digital escape rooms. See if you can solve the clues and escape. Click on the link to take you to the escape room. Good luck

[Hogwarts Digital Escape Room](#)

[Escape from Wonderland Digital Escape Room](#)

- Children's newspaper <https://schools.firstnews.co.uk/remote-learning-resources/> free whilst schools are closed
- www.Calm.com Try for free meditation to help sleep and relaxation
- <https://www.gresham.ac.uk/schools> have all sorts of lectures. This is particularly useful for Year 11, 12 and 13 but has an interesting range of ideas for anyone to dip in to.

Mr Charlett has put together a guide for Year 13 but this is useful for anyone to start to look at:

- **Futurelearn** is a BRILLIANT site with short on-line courses. They are written by the world's best universities and are completely free. Choose one related to a subject of interest or go for the 'Preparing for University' course provided by UEA. You will need to register for an account. Here is the link: <https://www.futurelearn.com/>
- The Sutton Trust are starting an Instagram series to inspire, inform and motivate young people as they practice social distancing. Every Friday, a guest will share their story and give tips on self-care, productivity, applying to university, and more! Follow them on Instagram at @sutton_trust

Easy pizza



400g tin **chopped tomatoes**, 1 tsp dried mixed **herbs**, 2 pinches **caster sugar**, 1 **garlic** clove, 200g/cheese, salt and **pepper**

For the dough: 300g/10½oz **self-raising flour**, 1 tsp **baking powder**, ½ tsp **salt**, 300g/10½oz natural **yoghurt**

220C/200C Fan/Gas 7

Sauce: put the tomatoes, herbs and sugar in a saucepan. Peel and grate the garlic, add to the pan and set over a medium heat. Simmer for 10 minutes then remove from the heat and season. Leave to cool.

Dough, combine flour, baking powder & salt in bowl and make a well in the middle. Pour in yoghurt the stir with a fork to combine. When the mixture forms a rough dough, turn out onto a lightly floured work surface and knead to form a smooth ball. Divide the dough into 4 equal pieces and roll out into thin circles.

Bake for 3-4 minutes

Turn the pizza bases over and top with the sauce. Scatter the cheese over the top. Season, return to oven. Bake for 5 minutes until the bases are crisp and the cheese is bubbling.

Scrummy!

- The Brilliant Club have launched a series of free online resources, available free of charge. The resources include masterclasses on a range of academic topics, study skills sessions and workbooks for independent learning. Here is the link: <https://thebrilliantclub.org/the-brilliant-club-for-pupils/info-for-pupils/>
- Unifrog will continue to be an excellent resource if you are still contemplating your Post-18 future. If you can't log-in, just click the 'reset password' link. Most of you will have used your school email address to register, but if that doesn't work try your personal email. Here's the link: <https://www.unifrog.org/sign-in>
- You should also **look after your wellbeing** with regular physical exercise. There are so many YouTube resources that I am sure you can discover your own. At the moment, I am trying to keep up with Joe Wicks! <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ> In addition to that, seek out some quiet/ calm time. Headspace is an excellent app that includes plenty of free content. Here's the link: <https://www.headspace.com/covid-19>

SEND news from Mrs Vaughan

1. Our Dyslexia girls have been trialling a free touch typing programme - this is a great life skills for all:
<https://www.typingclub.com/>
2. The British Dyslexia Association is running regular free webinars about supporting Dyslexic pupils at home during this time. It looks like these will be a regular Weds eve feature.
<https://www.bdadyslexia.org.uk/news/make-the-most-of-being-at-home-with-our-elearning>

World Autism Awareness Week – it's this week and we would have been celebrating and running activities in the Learning Hub on Thurs. Anne Seymour, our Communications and Autism support teacher, has forwarded 6 websites:

- Day One: <https://www.autismeducationtrust.org.uk/>
- Day Two: <https://www.ambitiousaboutautism.org.uk/>
- Day Three: <https://www.autism.org.uk/>
- Day Four: <https://www.autismwestmidlands.org.uk/>
- Day five: <https://www.autismeye.com/>
- Day Six: <https://resourcesforautism.org.uk/>

MYTHS FACTS

Here are some common myths and misconceptions about autism that pupils or parents from the KNGS Autism Voice Groups have heard and would like to correct....

Myth 1 : 'All autistic people have a special talent or gift (savant syndrome)' **MYTH**

Fact: Only a very small percentage of people with autism experience this. The idea of special gifts is over-emphasised in the media (eg. news, films like Rain Man or TV programs like The Big Bang Theory)

Myth 2 : 'You can't be autistic, you can talk easily.' **MYTH**

Fact: Being autistic involves some difficulties with communication – some find it hard to chat easily, others may just find it hard to know when or how much to talk.

Myth 3 : 'Your daughter can't be autistic – she looks too normal.' **MYTH**

Fact: Autism is an invisible disability. It describes a way of understanding the world. It doesn't affect a person in a physical way.

Myth 4 : 'Everyone is a little bit autistic.' **MYTH**

Fact: We all have things in common but there are actually 4 main characteristics to autism. A person must have all of them to be considered autistic. Autism **cannot** be self-diagnosed. It is a disability that affects a person every day of their life. As such it has to be carefully diagnosed by a medical professional.



Myth 5 : 'People with autism aren't clever.' **MYTH**

Fact: Autism is a 'spectrum' - it affects people of **all** levels of intelligence.

Myth 6 : 'Autistic people struggle to empathise or show emotion.' **MYTH**

Fact: In fact autistic people often have 'hyper-empathy'. This means they can sometimes 'feel too much' and worry for others. They feel upset and happy in the same way people without autism do.



3. Our own pupil voice group were going to share with all pupils via form Theme of the Week this week. They had wanted to make pupils aware of common myths and misconceptions about autism.

**COMMUNICATION
AND AUTISM
TEAM (CAT)**

COVID-19 & Advice
for Parents / Carers



Birmingham
City Council

Advice for families is available from the CAT team. If you would like to access this service please email CATParentEnquiries@birmingham.gov.uk with the following information: - Your name - The telephone number you would like to be contacted on - The name of your child's school - Times and dates you are not available

Podcasts

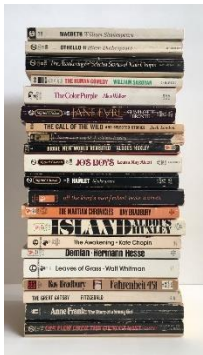
- Miss Davies recommends the following podcasts: Ferne Cotton's Happy Place; Elizabeth Dey and How to fail; Beyond Today; Freakonomics Radio



Write a journal

We are living through a historic time and in years to come people will ask what you did in the coronavirus pandemic of 2020. Why not write a journal? You will be able to remember in years to come what you did, what you felt and the events of 2020. Imagine that you are talking to your older self or even to your great grandchildren in many years.

What are our KNGS community up to?



Books I am planning to read by Francesca



Anya

During self-isolation I am doing a lot of things that can be from writing to playing games to helping in the garden to doing schoolwork. The time that I am having off due to the coronavirus I am making very good use of it, in my opinion this is because of the many different activities I get up to instead of only being able to do school work then the rest of my day is gone. I can start my schoolwork at any time and end it at any time, you have a lot of freedom and I like that. Even though it's a bit boring being stuck inside for most the time, I've learnt a few things also. One of them is that you don't have to be in one type of environment to learn, even if it can be distracting. I do all my schoolwork on the kitchen table, that is the same place I play games. Sometimes I go off track, but I always complete what I've started. I don't know too much what the future will hold but hopefully it will get COVID-19 to go away as soon as possible.

Hope



One day, we made a mini volcano by putting sodium bicarbonate and citric acid together in a volcano model. We then reacted it with some water and it made a red "lava" to try and show a little bit of what happens in a volcano, but on a smaller scale. I also got some great pictures after we had done it! Lois

Stay safe during the Coronavirus outbreak

Stay at home, protect the NHS and save lives

Coronavirus

Wash your hands with soap and water more often for 20 seconds

Use a tissue to turn off the tap.
Dry hands thoroughly.



1
Palm to palm



2
The backs of hands



3
In between the fingers



4
The back of the fingers



5
The thumbs



6
The tips of the fingers



Advice on keeping **good mental health**: <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Government advice: https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing?utm_source=198a9e75-a418-4442-9102-7c714bd37c3c&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate




Advice on **keeping your body** fit: <https://www.nhs.uk/oneyou/for-your-body/>

60 Daily Tasks



Here is the plan for the First 30 Days



<p>Day 1 – Saturday 4th Leave three happy notes for someone else to find in your house. <input type="checkbox"/></p>	<p>Day 2 Sunday 5th Make a card for someone's birthday/celebration coming up <input type="checkbox"/></p>	<p>Day 3 Monday 6th Call a relative or friend who is far away and have a chat with them. <input type="checkbox"/></p>	<p>Day 4 Tuesday 7th Write down five things you are grateful for. <input type="checkbox"/></p>	<p>Day 5 Wednesday 8th Research three jobs / career paths that interest you. <input type="checkbox"/></p>	<p>Day 6 Thursday 9th Download a mindfulness App (CALM) on your phone. <input type="checkbox"/></p> 
<p>Day 7 Friday 10th Visit a virtual museum! Go online and explore the collections online. <input type="checkbox"/></p>	<p>Day 8 Saturday 11th Get in contact with a local care home and arrange to send a letter to one of the residents <input type="checkbox"/></p>	<p>Day 9 Sunday 12th Go on YouTube and try.. <input type="checkbox"/></p>  <p>The Body Coach TV 972K subscribers</p>	<p>Day 10 Monday 13th Look at the last 20 photos on your phone and think about how they make you feel. <input type="checkbox"/></p>	<p>Day 11 Tuesday 14th Say something positive to everyone in your household today. <input type="checkbox"/></p>	<p>Day 12 Wednesday 15th Do something helpful for a friend or family member today. <input type="checkbox"/></p>
<p>Day 13 Thursday 16th Do a chore in the house without being asked to do it. <input type="checkbox"/></p>	<p>Day 14 Friday 17th Send a positive text to ten of your friends. <input type="checkbox"/></p>	<p>Day 15 Saturday 18th Listen to your favourite song and dance around the room. <input type="checkbox"/></p>	<p>Day 16 Sunday 19th Stay off social media for >3 hours straight and keep yourself occupied <input type="checkbox"/></p>	<p>Day 17 Monday 20th Take a selfie and note down 5 things you like. <input type="checkbox"/></p>	<p>Day 18 Tuesday 21st Play a game that you haven't played in a while. <input type="checkbox"/></p>
<p>Day 19 Wednesday 22nd Think about two role models in your life. Why do they inspire you? <input type="checkbox"/></p>	<p>Day 20 Thursday 23rd Create a postcard for somewhere you have previously visited <input type="checkbox"/></p>	<p>Day 21 Friday 24th Play a card game or board game you haven't played in a while <input type="checkbox"/></p>	<p>Day 22 Saturday 25th Sit down in a silent room and focus on your breathing for 5 minutes <input type="checkbox"/></p>	<p>Day 23 Sunday 26th Email one of your teachers to say thank you for something <input type="checkbox"/></p>	<p>Day 24 Monday 27th Write down 5 things you are thankful for in your life. <input type="checkbox"/></p>
<p>Day 25 Tuesday 28th Write a blog about something you enjoy doing. <input type="checkbox"/></p>	<p>Day 26 Wednesday 29th Search on YouTube a "Tedx talks by kids" <input type="checkbox"/></p>  <p>TEDx Talks 23.6M subscribers</p>	<p>Day 27 Thursday 30th Watch a film with a family member and make sure you turn your phones off. <input type="checkbox"/></p>	<p>Day 28 Friday 1st Make sure you get >8 hours sleep tonight. Note how you feel the next day. <input type="checkbox"/></p>	<p>Day 29 Saturday 2nd Draw a picture of what you see in your garden or out of your window. <input type="checkbox"/></p>	<p>Day 30 Sunday 3rd Make breakfast for another family member <input type="checkbox"/></p>

With the Easter holidays coming up, have a break from school work. Try some of these ideas during the holidays and let us know how you got on. Day 1 starts on Saturday 4th April so that we are all doing the same activities each day.

Send your images, videos or blogs to lshakespeare@kngs.co.uk. If you have time-lapse on your video camera, you could video the whole month of activities and edit them together.