



KNGS Community Newsletter 15th May 2020



New editor for the community newsletter

Starting next week, Mrs Law, the marketing manager will be collating and editing the community newsletter. You may have met her on an open day or at some of our other events. Please continue to send your news and ideas to Mrs Law at alaw@kngs.co.uk. I have loved receiving your emails and news and it has been a privilege to do this during the school closure. Thank you for all of your emails and I look forward to continuing to her your news each week. Please still contact me if you have questions or queries about the current curriculum or learning.

Mrs Shakespeare

Communication

Please can we ask that all students check their school emails each day on Monday to Friday.

Unlocking and return to school

Please ensure that you have read the letter from Mrs Raggett this week.

The 2.6 Challenge in the KNGS Community



What are you doing?

Ellie is running 2.6 miles on the spot. Simone is going up her stairs at home 26 times. Emma is riding her bike 26 miles over the week. Miriam is completing 26 laps of her garden whilst roller skating. Sharman stole an early lead but will they finish on top?

<https://www.twopointsixchallenge.co.uk/getinvolved.html>



May 20th is National Thank A Teacher Day.

It will mark a moment when we, as a nation, can come together to say thank you to teachers across the country who are making a difference not only now during these unprecedented times, but every day of the year. The Teaching Awards Trust are asking as many people as possible to share their message of thanks, ideally in a video clip leading up to the day. This will be in an expression of their choosing - singing a song/miming to a song of thanks to their

teacher, writing and/or reciting a poem, or sharing a picture of a drawing. For more information visit <https://thankateacher.co.uk/thank-ateacher-day>

Parents, has home schooling made you see teachers in a whole new light! If so then join in the thanks on May 20th National Thank A Teacher Day <https://bit.ly/350bLhe>
 #HowWillYouSayThankYou #ThankATeacher



You are part of history. Record it.

'Hold Still' is an ambitious new project to create a landmark picture of the UK during its weeks of lockdown. It invites ordinary Brits to contribute a photographic portrait of someone taken during the current nationwide crisis. It's been developed by the National Portrait Gallery and its patron, the Duchess of Cambridge, Kate Middleton.

<https://www.timeout.com/london/news/be-part-of-a-lockdown-photography-project-from-the-national-portrait-gallery-and-kate-middleton-050720>

IKEA UK

@IKEAUK

Missing your IKEA meatball fix? We've created a recipe for you to recreate this delicious dish in the comfort of your own home #IKEAmeatballs

IKEA MEATBALLS AT HÖME
(SERVES 4)

INGREDIENTS - MEATBALLS

- 500g beef mince
- 250g pork mince
- 1 onion finely chopped
- 1 clove of garlic (crushed or minced)
- 50g breadcrumbs
- 1 egg
- 2 tablespoons of milk (whole milk)
- generous salt and pepper

INGREDIENTS - CREAM SAUCE

- dash of oil
- 40g butter
- 40g plain flour
- 150ml vegetable stock
- 150ml beef stock
- 150ml thick double cream
- 2 teaspoons soy sauce
- 1 teaspoon Dijon mustard

1

Meatballs: Combine beef and pork mince and mix with your fingers to break up any lumps. Add finely chopped onion, garlic, breadcrumbs, egg and mix. Add milk and season well with salt and pepper.

2

Shape mixture into small, round balls. Place on a clean plate, cover and store in the fridge for 2 hours (this will help them hold their shape whilst cooking).

3

In a frying pan, heat oil on medium heat. When hot, gently add meatballs and brown on all sides.

4

When browned, add to an ovenproof dish and cover. Place in a hot oven (180°C conventional or 160°C fan) and cook for a further 30 minutes.

5

Iconic Swedish cream sauce: Melt 40g of butter in a pan. Whisk in 40g of plain flour and stir for 2 mins. Add 150ml of veg stock and 150ml of beef stock and continue to stir. Add 150ml double cream, 2 tsp of soy sauce and 1 tsp of Dijon mustard. Bring it to a simmer and allow sauce to thicken.

6

When ready to eat, serve with your favourite potatoes - either creamy mash or nice new boiled potatoes. Enjoy!

Missing your usual snacks?

From Ikea meatballs, Greggs pasties to MacDonald's egg McMuffins, many of the recipes for our usual treats are now available online for us to make at home.

Pit your wits against the best



<https://operationbletchlev.soldierscharity.org/>

What are our KNGS community up to?

Please continue to send us items for the 'Time Well Spent' gallery to Mrs Law at alaw@kngs.co.uk exercise, art, crafts, school work, recipes, gardening, bad hair days, diary entries... in fact anything you are up to.



Many students have spent time cooking and baking. If these pictures are anything to go by, next time we have a cake sale or charity event, we will have many experts baking and cooking for us.

On Saturday I helped my mum make a curry for our dinner. In this image there is a potato curry, a chicken curry, rice a mint chutney dip and 4 mini naan breads.
From Anya



Lilla G3



Caitlin S7



Priya Y11

VE Day



To celebrate VE Day I challenged my family to cook something for dinner that would have been eaten on VE Day 1945 and post the pictures on social media. This is a picture of my contribution. It is corned beef and potato pie. Mrs Edwards



VE day at Mrs Shakespeare's shed



VE day at Mrs Law's house

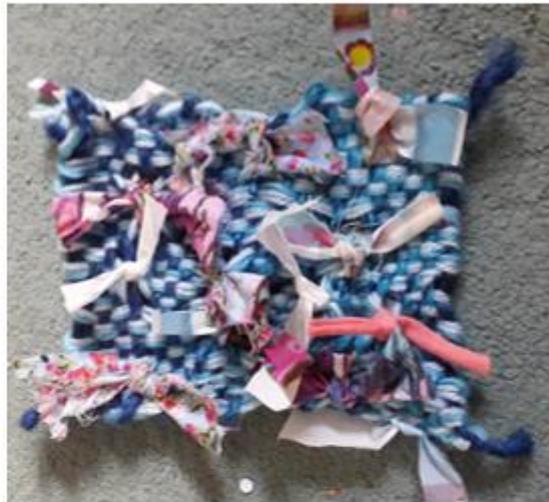
What has lockdown taught you?

This is the first time I have had a 'chair' job – I would call it an office job but I have to work out of an arm chair rather than an office. The experience has taught me a lot but this is some of what I can say out loud without being ashamed!

1. I have a really big forehead. I have worked with my computer on my lap and see myself on Microsoft Teams a lot now. It took me a while of shuffling in my seat trying to reduce to the size of my forehead filling the screen before I gave up and accepted it for what it is. Big. That's why when hairdressers open again, I'll be having a fringe, not a hair clip.
2. I love working in a school and the hubub of everyday life with over 1000 young people. I love seeing them, teaching them, listening to them, chatting to them and seeing them change and learn day by day. Teaching from home without the everyday contact is certainly not the same and it is probably one of the things I have missed most in lockdown.
3. I love the countryside, the animals and the green. I was born and brought up in Kings Heath but I'm not a city person. I have an exercise bike in the garage but missed cycling through country lanes, seeing sheep, cows, deer, rabbits, birds, mice... I hope that others have discovered the joy of cycling to the countryside. It looks like we are even going to gain lots more cycle friendly roads in the towns and cities. An exercise bike is good but it's not green and rural although virtual cycling through Europe was enjoyable some days.
4. I am way more social than I thought I was. I thought I was fairly self-contained. I'm not! I love to catch up and chat on microsoft teams, Zoom, Whatsapp, Facetime... anything in fact. Time for regular catch ups with friends, family and my sister living in Australia is something I will be making more time for in the future.
5. I quite like baking. It looks like much of the population has also discovered this one as baking powder is a rare commodity in shops now but I can't believe how easy it is to make flatbread, rolls, chelsea buns and easiest of all, yogurt (I know that's not actually baking, but it is easy).

Mrs Shakespeare

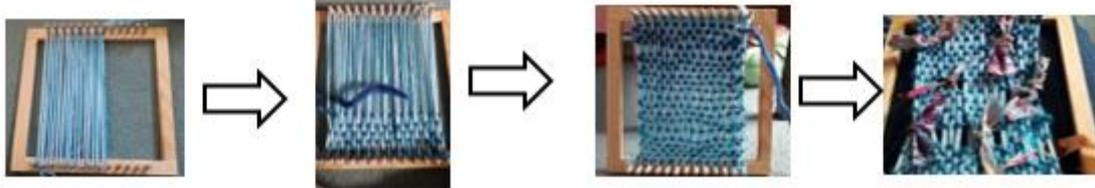
My Plastic pollution textile project



Abi

My method;

1. First, I used a weaving loom and 3 different shades of blue string I had in my room to weave the base of my project which was meant to look like the sea.
2. When I had finished that, I weaved a thick, dark blue wool through the string.
3. Thirdly, I tied off the blue wool and cut up some pieces of spare plastic and fabric in my room and house.
4. To finish, I tied the pieces of fabric and plastic round the weaving to look like plastic pollution in the ocean.



Nieve



Isabelle:

A budding entrepreneur!

I've started a small business called Threads For Days where i will be designing tote bags and crop top and embroidering them then selling them. i am doing this as this can help with my textiles progress.

Ramadan in Lockdown

For as long as I can remember, I have always regarded Ramadan to be a time where there is a constant sense of community spirit. I cannot remember a time where I did not look forward to breaking my fast with my friends from the mosque, or not chatting to a friendly neighbour who brought freshly fried spring rolls and samosas to our door for the evening. Even at school, fasting gave me an opportunity to communicate with friends and teachers about what the month of Ramadan is all about.

Some may be wondering what Ramadan actually is, and why it is so significant to Muslims. During the lunar month of Ramadan, Muslims fast from dawn till sunset, but only those who are well enough to do so - so this excludes children who are still in the process of growing, pregnant women, the sick, the elderly and those who are travelling. The period before dawn when we eat breakfast is known as *Suhoor*, and the time of breaking the fast after sunset is called *Iftar*. But what is the point of fasting? In the Holy Qur'an, fasting has been prescribed as a form of discipline which promotes righteousness and makes it easier to form a strong connection with God. At the end of the month of Ramadan comes Eid-ul-Fitr, a joyous celebration where we can dress up in lovely new clothes, give and receive presents, go to the mosque for Eid prayers and spend time with our families.

Spending this holy month has been a completely different experience this year - Ramadan in lockdown is something I never would have thought to happen. It's definitely more difficult fasting at home when everyone's trapped indoors because the kitchen is one of my favourite places in the house! Although adjusting to this seemingly unusual time has been difficult, it also has made many new things possible. For example, the Ahmadiyya Muslim Community, of which I am a proud member, has been holding virtual *Iftars* which are open to Muslims and non-Muslims alike; they have been so informative, have resulted in open discussions, but most importantly, have really captured a feeling of unity in these uncertain times. To find out more, go to: <https://bigvirtualiftar.co.uk/>.

So you see, even in the strange circumstances that we're living in now, we can still try to make the best of the situation. I'm not sure what to expect of Eid-ul-Fitr this year though - it certainly will be a day to remember nonetheless!

Anam Ahmedi, Year 13 (N6-2)

Continuing Learning

Please continue to access your school learning materials through StudentShare.

Details of free learning resources for all ages are updated frequently and can be found at

<https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education>

Stay safe during the Coronavirus outbreak

Coronavirus

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

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



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

Support for young people's emotional and mental health

Kooth, a new free, safe and anonymous service to support young people's emotional and mental health in Birmingham, launched yesterday. We know young people have been worried about exams being cancelled and the impact of Covid-19 on their loved ones. The new service launched is available for young people aged 11 to 25 for online self-referral

at www.kooth.com. Kooth is linked into the wider mental health support from Forward Thinking Birmingham and offers:

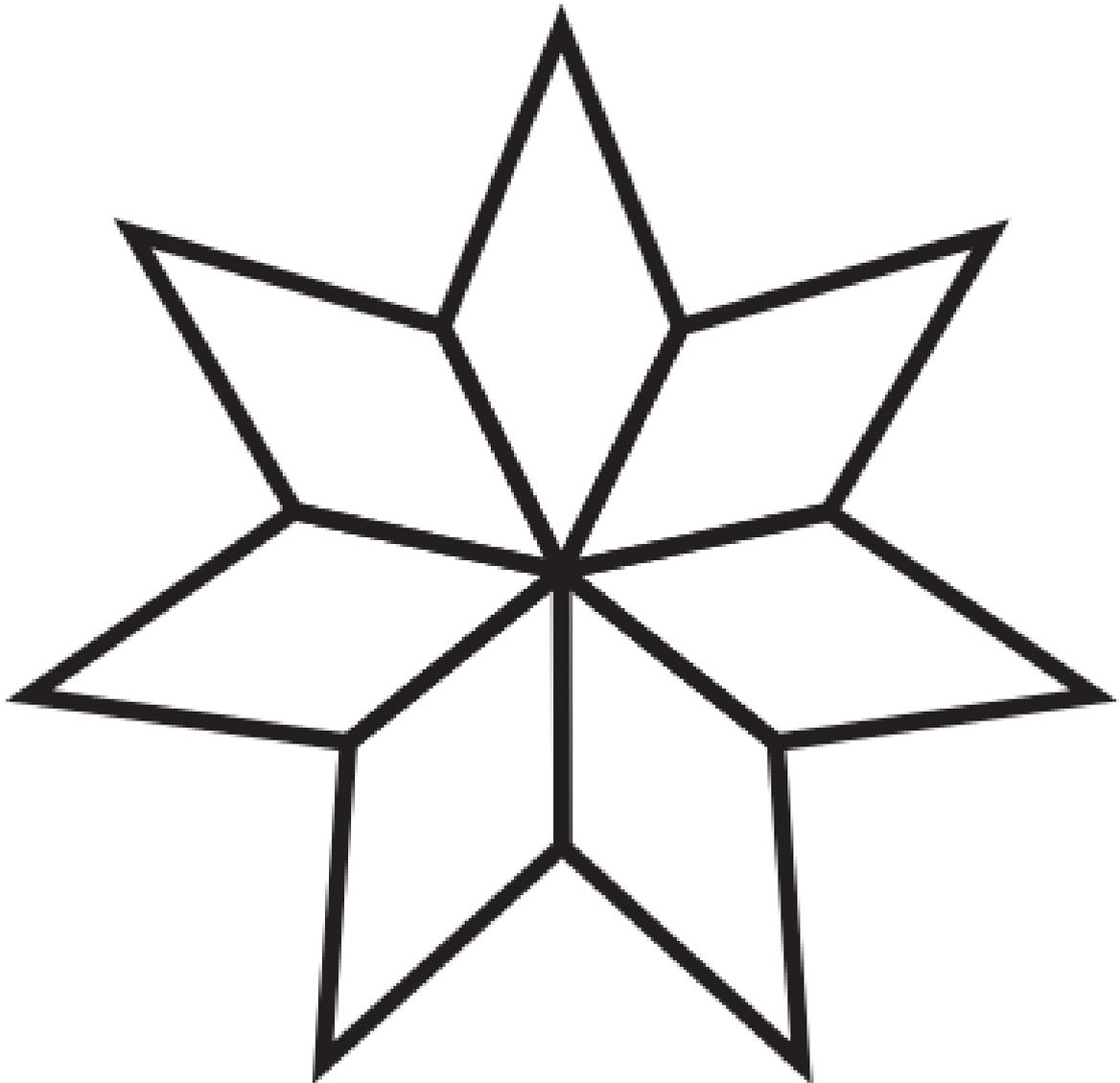
- Online mental health counselling and chat services from midday to 10pm during the week, and 6pm to 10pm at weekends
- Peer to peer support through moderated discussion forums
- Self-care tools and resources to build resilience
- Early response to and identification of emotional wellbeing and mental health problems
- And there are no waiting lists, referrals or thresholds to access the service

The Kooth service is funded by Birmingham City Council, and contracted by Birmingham and Solihull CCG. This is part of the Birmingham Children's Partnership response to Covid-19 for our vulnerable families.

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

Download, print, colour and display this poster in your window if you would like to thank a teacher.

NATIONAL THANK A TEACHER DAY MAY 20TH



Teacher I would like to thank is

From -----

#HowWillYouSayThankYou

