



## KNGS Community Newsletter 19<sup>th</sup> June 2020

### Communication

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

### What are our KNGS community up to?

Well done to **Isabel Dent (N2)** who has been making bugs out of fruit as part of her Art project on bugs!



**Fatoumata Sylla (N8)** has been keeping fit and has been going on a walk every day for her daily exercise.

This is a scarecrow I've made with my Mom for my allotment. I made the head and chicken wire body and passed it to my Mom for the dressing. She is shielding at the moment and was very glad of the project. **Mrs Whitfield**

Since schools closed to most pupils and staff have been teaching remotely, we have been hosting a Friday evening quiz since late March and on average we have about 25-30 teams taking part each week. Below is just a snapshot of the people from the most recent quiz. It has been a great way to keep staff connected and a brilliant form of CPD too 😊 **Mr Willis & Miss Banner**



**Ms Woodward** and her green fingered family have been busy growing a variety of plants in their garden whilst in lockdown.

**Lockdown Running** - Due to gyms closing it has become difficult to get a good workout. With the lovely weather I decided to give running a go. The first week was a challenge and a struggle however, I did persevere and complete an hour that I would normally do on a treadmill in the gym. The other bonus you get is to feel the fresh air and see different people/scenery on my journey. During my workout I use my phone app to monitor my time, distance and calories burnt. I managed to run over 10 kilometres every other day and feel mentally/physically a lot healthier. I would encourage anyone to take some sort physical activity to help with physical and mental wellbeing. Just to inspire you I have screen shot what I do every other day. 🙌😊



**Mrs Hussain - Food/Textiles Technician**

Check out this amazing embroidery project by **Ria Jenks (K7)** - she has up cycled an old sweatshirt with some embroidery – looks fantastic – well done Ria!



In **Mrs Bi's House**, we have been busy in the garden. We have laid down grass and even baby Rumi has made his own special garden and has planted potatoes.





I have also been transformed by reading this amazing book – ‘The Boy, the Mole, the Fox and the Horse’ by Charlie Mackesy.

I think everyone should have a copy at home. It's an amazing journey for both the boy and for the reader with magical illustrations and moving words which resonate with all of the readers.

I am going to share some of my favourite pages with you in this newsletter over the next few

weeks – here is the first...

Mrs Bi.



Well done to **Caitlin Sims (S7)** for her fantastic achievements – not one but two Lexia certificates and also an iDEA (Inspiring Digital Enterprise Award) bronze certificate – fantastic!



## DT – Year 7 Recycling Project



Freya Battye (G3)



It has been great to receive so many photos from students of their recycling projects – I thought I would share a few with you!

Mr Steele



Lily Mole (N2)

**Isabella Kendall (G2)**



**Maya Lama (K3)**



**Megan Best (N8)**



## Year 7 Castle Competition

Congratulations to all Year 7's who sent in entries to the Year 7 castle competition. The pupils obviously put so much thought and effort into their models/cakes – it was amazing to see. Choosing a winner was so difficult but after much deliberation, we chose a winner for both cake castles (we clearly have many talented bakers at KNGS) and more traditional model castles.

### Cake Castle Winners

**First place: Eleanor Thompson (G1)**



**Second Place: Rosa Rimmington (K6)**



### Model Castle Winners

**First Place: Emma O'Neill (N2)**



**Second place:  
Lois Busby  
(N5)**

**Runners up** (all these girls' castles were truly excellent in terms of creativity and accuracy too)

Isabella Tigue (N4)  
Caitlin Sims (S7)  
Isobel Hankin (S7)  
Megan Nightingale (K6)  
Freya Battye (G3)  
Alicia Field (G3)

Grace Varley (G1)  
Katherine de Sousa (S3)  
Sofia Trujillo (K1)  
Grace Varley (G1)  
Vermillion Gloag (N6)

Congratulations to all entrants for their hard work. The winners will receive a small prize via email.

**Ms Thatcher**

## Fantastical Mythical Creatures

These were some of the Fantastical Mythical Creature collages that the Key worker students created last Thursday. Students researched some of the myths and legends behind some of the most famous mythical creatures and then created their own versions taking inspiration from the illustrations of Sara Fanelli and combining some very interesting creatures, some of which you would not like to meet alone on a dark evening!



## COMPETITION TIME

### Dear Y8 Geographers

We have an exciting competition linked to the work we have been doing on changing cities - what better city, than your own, to investigate change. We would like you to get creative and produce a collage on the changes Birmingham has been through. Some ideas or themes to include:

- Why did it urbanise
- how has it changed overtime?
- What regeneration has it experienced?
- What makes it distinct?
- What was an old Birmingham known for?

It can be produced however you want, from newspaper cuttings, photographs, with illustration or paint. Have a look at some other collages based on different cities below.



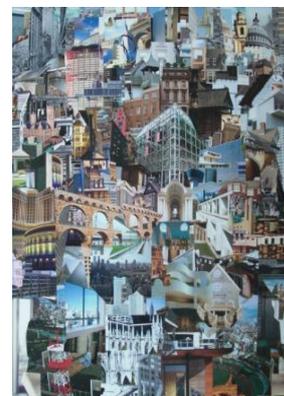
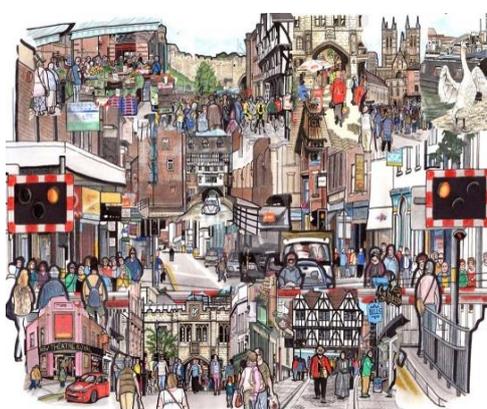
We are looking for the most creative piece that demonstrates the huge changes your city has been through.

Please send your entry into your geography teacher via email. You can take a photo or scan it in (if possible).

[sarahwarwood@kngs.co.uk](mailto:sarahwarwood@kngs.co.uk) or [cmitchell@kngs.co.uk](mailto:cmitchell@kngs.co.uk)

Good luck and we cannot wait to see your entries!

The Geography team 😊



## Life in Lockdown for Young People

A writing competition for all students aged 7-17.

This is your opportunity to write about your lockdown experience. Until midnight on Friday the 17th of July, you can submit a piece of writing about what life has been like in lockdown and during the coronavirus.

This could be a personal experience, a poem, or a creative story. All of you will have had a unique experience that is only yours, and only you can capture it in words.

**Your entry should be 700 words or under and you should submit in your age category.**

Your work will then be read by a published author, who will then pick out the five best entries from your age group. These entries will then be included in a book published by John Catt Educational called 'Generation Lockdown Writes.'

There will also be a range of other prizes for the winning entries, and a special celebratory book launch where you will have the opportunity to meet the authors.

All the money raised from the book will go to The BookTrust charity. This is an amazing charity which supports families and young people all over the UK to get involved in reading. We are hoping to raise thousands of pounds for them through the sales of the book.

This is your opportunity to contribute to a project that is all about your voice, feelings and view on the events that have impacted on so many.

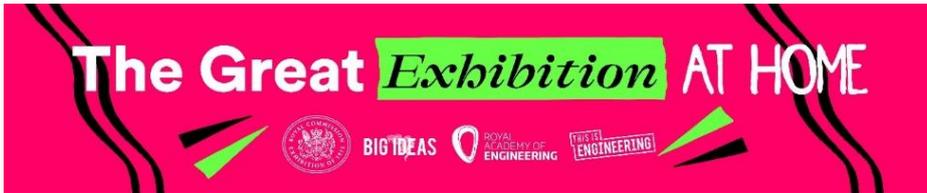
Can you imagine what it would feel like to have your work and name in a published book? Think how special it would be to have your writing read by one of the UK's biggest authors!

You have nothing to lose: it is time for Generation Lockdown to write.

To submit your entries or to get some hints and tips on your writing please visit:

<https://generationlockdown.co.uk/> **Entries close 17<sup>th</sup> July 2020**

Mrs Edwards



In 1851, Prince Albert's Great Exhibition showcased the most exciting Victorian technology and inventions of the time. Now, students

across the country are taking part in engineering challenges and creating their own Great Exhibitions at home!

**The Science Department would love our fantastic students in Years 7, 8 and 9 to submit a 1-minute video presenting their Great Exhibition at Home, which tackles the question: *How can engineering help protect the planet?***

Students who take part have the chance to win fantastic prizes, including £500 worth of equipment to supersize STEM subjects in school.

To take part, students should follow the instructions at <https://www.big-ideas.org/join1851/>, but **first check their emails for a special video link** with a personal message from Prince Albert's wife, Queen Victoria...

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## The 2.6 Challenge in the KNGS Community



### Charities need our help

It has been fantastic hearing from you over the last few weeks about how you have been getting involved in the 2.6 Challenge and supporting charities! Please keep sharing...

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

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## School Closure Competitions:

If you are looking for additional activities to occupy yourself, why not take a look at these competitions and win some prizes?

The links are also available in the Student Emergency Closure Folder under English and then Optional extra competitions and activities.

Good Luck!!

Mrs Edwards

- **Black British History School Competition – deadline 30<sup>th</sup> September 2020 – Two categories: Under 16 and 16-25 year olds:**  
<https://www.100greatblackbritons.co.uk/competition.html>

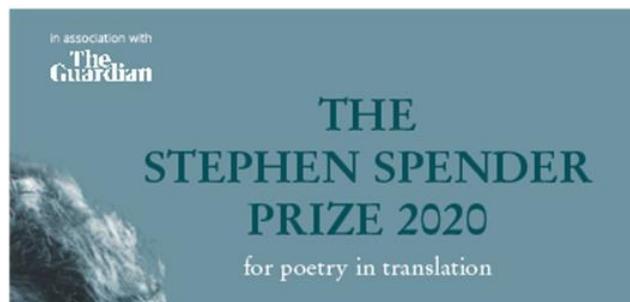
- **Food & Heroes – Young Food Writer of the Year – deadline 30 June 2020 – Two categories ages 11-14 and ages 15-18:** <https://theweekjunior.co.uk/foodandheroes>
- **Into Film and Puffin – deadline 3<sup>rd</sup> August 2020 – 7 -12 year olds:** <https://www.intofilm.org/news-and-views/articles/puffin-big-dreams-on-screen-competition>
- **The HG Wells Short Story Competition – deadline 6<sup>th</sup> July 2020 – Aged 21 and under:** <https://hgwellscompetition.com/?v=79cba1185463>

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## The Stephen Spender Prize 2020

Translate into English *any* poem from *any* language – ranging from Arabic to Uzbek, from Danish to Somali – and win cash prizes!

You are warmly invited to enter the Stephen Spender Prize for poetry in translation, with categories for young people (**14-and-under, 16-and-under, and 18-and-under**) as well as an **open category for adults**. All entrants must be UK or Irish citizens or residents, or pupils at a British School overseas.



**Closing date:** 17 July 2020. Full details can be found at: [http://www.stephen-spender.org/spender\\_prize.html](http://www.stephen-spender.org/spender_prize.html)

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## Pioneer Conservationist Jane Goodall Awarded 2020 Tang Prize in Sustainable Development

As one of the four inspirational women chosen to name our Houses after, we thought we would celebrate this recent achievement of Jane Goodall:

“Dr. Jane Goodall, DBE, founder of the Jane Goodall Institute, UN Messenger of Peace, and one of the most influential primatologists today, was announced winner of the 2020 Tang Prize in Sustainable Development today (June 18), "for her ground-breaking discovery in primatology that redefines human-animal relationship and for her lifelong unparalleled dedication to the conservation of Earth environment." Her work laid a strong foundation for the world's march towards a sustainable future.”



Further information on her award, lifelong work and achievements can be found at: <https://www.prnewswire.com/news-releases/pioneer-conservationist-jane-goodall-awarded-2020-tang-prize-in-sustainable-development-301079327.html>

## BeatFreaks

BeatFreaks are offering for young people (15-18yrs) across Birmingham to discuss and write about COVID19 and how it's affected them weekly online via Zoom.

Full information about the organisation can be found at: <https://www.beatfreaks.com/>, we always recommend parents/carers supervise their children when getting involved with external organisations.

**Mr Gunn**



It's COVID-19 - our "normal" life has changed, and we are living out history. Young people are majorly affected, and we know they've got something to say about it.

[beatfreaks.com/wearehere](https://www.beatfreaks.com/wearehere)

If you, a friend, sibling or relative are 15-18 and live in Birmingham, you need to know about WE ARE HERE Sessions. Online weekly workshops with writing and performance challenges, as well as online chat to creatively share views and opinions with other young people in the city around social distancing, how #COVID19 is affecting you and the things you care

about. Writing bars / spoken word / scripts / stories / songs - whatever you create, let's share it. We've got to stay creative to stay connected.

Sessions are weekly on Saturdays at 12-2 pm online via ZOOM All you need is ZOOM and a space to join in from home.

Sign up via WhatsApp - info at [beatfreaks.com/wearehere](https://www.beatfreaks.com/wearehere) or Instagram @weareherebrum

Animation by Malukah K Holder



# U16 GIRLS

## PLAYERS WANTED

### INFORMATION

Looking for Players in Year 11 at School to add to an already established squad.

All positions to be considered. Currently playing in Central Warwickshire Girls League- Premier Division.



**FOR MORE INFORMATION PLEASE**

**CONTACT :**

[ant.hasker@solihullmoorsfc.co.uk](mailto:ant.hasker@solihullmoorsfc.co.uk)

Solihull Moors Football Club Youth & Juniors

20 hrs · 🌐

🗣️💙💛 | Looking for players for our U16 Girls team next season who currently play in the Central Warwickshire Girls Premier League - all positions considered. Join a well established club with a superb pathway to adult football 🙌

## 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>

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## Support for Parents & Carers from GOV.UK

The latest information, guidance and support from the GOV.UK for parents & carers who are learning from home can be found at: [https://www.gov.uk/guidance/supporting-your-childrens-education-during-coronavirus-covid-19?utm\\_source=05ba296c-dbb5-474d-9b57-ea5063399c1f&utm\\_medium=email&utm\\_campaign=govuk-notifications&utm\\_content=immediate](https://www.gov.uk/guidance/supporting-your-childrens-education-during-coronavirus-covid-19?utm_source=05ba296c-dbb5-474d-9b57-ea5063399c1f&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate)

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## 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](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)

## Bereavement Helpline

**The Bereavement Helpline is available in Birmingham and Solihull five days a week**

<https://www.bvsc.org/news/bereavement-helpline-available-birmingham-and-solihull-five-days-week>

Due to the Coronavirus pandemic, we are facing a tragic loss of life, often under very difficult circumstances. Being in 'lockdown' is tough, but for those who have lost a friend or loved one during this time, it can be even harder.

To help support those who feel isolated and are suffering as a result of a loss, a new bereavement helpline is now available to people in Birmingham and Solihull, five days a week.

Dr Angela Brady, Deputy Chief Medical Officer at NHS Birmingham and Solihull Clinical Commissioning Group, said: "Losing a loved one is always difficult, but for those who live alone or are cut off from their usual support network, it can be extremely difficult.

"It is important to remember that taking care of our mental and emotional wellbeing during the pandemic is just as important as our physical health. Being able to talk to someone in a time of need can help alleviate some of the stress and grief that comes with losing a relative or friend."

If you are in need of support, there is help available. Please call 0121 687 8010.

The opening hours for the telephone support are:

Monday, Wednesday, Friday: 9am-5pm

Tuesday, Thursday: 9am-8pm

Saturday and Sunday: 12pm-5pm (from 1 June 2020)

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## KOOTH

<https://www.kooth.com/> is your online mental wellbeing community. Access free, safe and anonymous support.

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## **Be Empowered Workshop** – Early Support Programme for SEND Parent Carers

**Every Tuesday from 10am -1pm for 6 weekly sessions**

**Starting Tues 9<sup>th</sup> June, and then continues on Tues 16<sup>th</sup> June, Tues 23<sup>rd</sup> June, Tues 30<sup>th</sup> June, Tues 7<sup>th</sup> July and finishes on Tues 14<sup>th</sup> July 2020**

We warmly invite you to join in a series of workshops that have been written and led by trainers who are parent/carers of a child with additional needs themselves.

These workshops are for parent/carers of children and young people of any age, with any additional need following diagnosis. They are an attempt to support parent/carers through times of change and at whatever stage of the journey participants may find themselves.

Due to the current Covid-19 situation, the above workshops may be offered via video-conferencing however if government guidance changes and social distancing measures change, the above BEW sessions may be held at Lakeside Children's Centre, 22 Lakes Rd, Erdington B23 7UH.

If you are interested in accessing these workshops either online or in person at a venue, please apply via emailing the attached booking forms to either Sarah Adams or Oenca Fontaine at the addresses below.

Please choose how you would like to access these workshops and you will be contacted directly at the beginning of June to confirm how these workshops will be offered and whether you will be offered an alternative set of workshops in the future.



For more information please contact Oenca Fontaine (Parent Engagement Consultant) [oenca@innerdimensions.co.uk](mailto:oenca@innerdimensions.co.uk) or Sarah Adams (EYIS – Early Support Service) [Sarah.Adams@birmingham.gov.uk](mailto:Sarah.Adams@birmingham.gov.uk) / 07827 082751

To book, please complete and sign attached booking form and consent and email to either Sarah Adams or Oenca Fontaine.



Be Empowered...

# Pause.

ForwardThinking  
Birmingham



**Need someone to talk to?  
Struggling to cope with feelings?  
We're here for you.**

**We are operating a telephone-based service while Pause in Digbeth is closed. Drop us an email on [askbeam@childrenssociety.org.uk](mailto:askbeam@childrenssociety.org.uk) in the first instance.**

**Or call [0207 841 4470](tel:02078414470) and we will arrange for one of our friendly staff to call you back but email is much quicker.**

## Who can use us?

**You can use us if you have a Birmingham GP and are:**

- Under 25 years old (If you are under 14 you will need to have a parent / caregiver with you when we call to give consent).
- Or if you are a parent / caregiver looking for support for their child who is under 25 years old.

## How can we help?

**We can offer:**

- Self-help strategies, skills for managing difficult situations and feelings.
- A non-judgemental listening ear.
- Details for other organisations that might also be able to help you.
- Each call lasts around 20-30 minutes which focuses on ways forward.

## Our Opening Hours:

**Email or Call Us - 10am - 6pm, 7 days a week**

