

# Camp Hill Girls' Chronicle

December 2020

## Food Bank

This year has been anything but ordinary and to many food banks in the UK have been, and still are, essential to surviving. The Trussell Trust saw an increase of 89% in the need of emergency food parcels during April 2020 compared to the same month last year, and 107% rise in parcels given to children.

In support of food banks, Mr Brown organised a collection of food between the Year 9 forms, the food that was donated included cereal, soup, pasta, rice tinned fruit, biscuits and many more different items. The food was given to the food bank working in New Life Baptist Church on Kings Heath High Street. The food bank is run by Mrs Palmer, an ex maths teacher at Camp Hill.



So what can you do to help? If you're able to, you can donate food to your local food banks, although you may think food banks are just for food but they welcome non-food items too such as toiletries, household items, baby supplies and during this time, face masks and hand sanitizer. Make sure you look on your local food bank's website first, to see what they need and what you can give.

by Emily Jones 9Y



## Battle to Victory

A poem by Hanaa Ahmad, 7X

Living in this pandemic is becoming the new norm,  
We're all having to make sacrifices, adapt and reform.

Covid 19 has caused us much distress,  
But with perseverance, we will get through this mess.

We are all in this together; we will unite,  
We will eventually succeed; we will win this fight.

Scientists will soon discover a vaccine,  
End of a nightmare, beginning of a dream...





# ***Alumnus of the Month: Where are they now?***



This month we feature ***Charlotte Faure Green***



## **When were you at Camp Hill?**

1997 – 2004. Acknowledging that has aged me more than motherhood.

## **Which university did you go to, and what did you study?**

University of Sussex, in Brighton, Anthropology BA. I still live here by the sea, fifteen years on.

## **Qualifications and any further study?**

Diploma in Naturopathic Nutrition. And hours of required ongoing CPD in subjects like pharmacology and functional medicine. I hope to apply for a MSc in Personalised Nutrition next year.

## **What is your current role and what has been your career pathway?**

I am a Registered Nutritionist, speaker, writer and brand nutritional advisor. My clinical focus is anxiety, stress and sleep, and over lockdown I have moved exclusively to seeing 1:1 clients over Zoom – this has widened my reach, so I now see clients all over the world. Whilst I do miss my lovely clinic room and real-life connection, I don't feel the therapeutic relationship is lost over Zoom, thankfully.

My career since school has been incredibly varied, and not an obvious path. Straight out of university, I found a role as Relationship Manager for American Express, and worked there for years progressing through the company. I had a small portfolio of high-wealth clients (mostly CEOs, celebrities and some minor royalty), and managed all aspects of their life for them (travel, personal and finance) – they could ask anything of me, as long as it was legal! It was an incredibly exciting role, no two days were the same and the travel perks made it very hard to leave, but a client asked me to jump ship and join Spotify as Executive Assistant to the CEO – which I did! I stayed at Spotify for 4 years, eventually landing in the PR team. It was as you would imagine a job in a fast-moving music tech company to be - lots of international travel, work days would blend into work nights at gigs, music awards and dinners with artists and journalists. I commuted between Brighton and London, and some days would be at home for 6 hours before having to jump on a train to do it all again.

Eventually, it took its toll and combined with not giving my body the proper fuel it needed, led to a full gamut of health issues including a burnt-out thyroid, bad skin, irregular periods, anxiety, and chronic insomnia. I went to see a Registered Nutritionist, who helped me get to the root cause of my problems. After working together for three months, I felt the best I had ever felt. I only wish I had started that journey sooner. Recognising finally the power of good nutrition and balance, I embarked on a three-year course with the College of Naturopathic Medicine, qualifying as a Registered Nutritionist. Upon graduating, I opened my own practice, and the rest is history.



### **What I love about my job!**

It's a terrible business model, but I love signing off a client after completing our work together! That is to say I love witnessing the transformation to their health and wellbeing. Helping people reset their relationship with food and thus their health, through (oftentimes) very simple changes, brings me an immense amount of joy. Whilst we cannot merely eat ourselves out of an anxious state, what we eat, and when, and how, can affect our mood and mental health in myriad ways. Conversely, our mental health can affect how our bodies respond to what we consume, and how it nourishes us. Our mental and physical health are so intrinsically linked, we cannot experience one in a good state without the other. I love showing my clients this, and watching the penny drop!

Sometimes, it's not so simple, and takes some detective work – poring over research papers/functional medical test results and liaising with GPs is how I spend a lot of my days. I find this incredibly rewarding too. Each client is very different, and my approach is never one-size-fits-all.

### **Career highlight/s so far?**

Due to client confidentiality, there's much I can't share, but a true highlight is the amount of trust people put in me, both clients and brands that I work with. It's such a thrill to be approached by a brand I admire and asked to collaborate on a project.

### **When I'm not at work, I'm .....**

Mostly found in various play parks and farms with my toddler. Mum life. As a family, we love exploring the South Downs or walking on the beach. We are so lucky where we live to be on the edge of incredible countryside, and 2020 has made us appreciate that even more. Never thought we'd have National Trust memberships, but here we are! I cook a lot – cooking is so therapeutic to me. I love the chemistry of it, but really I just love to eat. My cookbook collection could sink a ship. I love to read, and always have a fictional novel on the go – it's the perfect antidote to a day spent reading medical texts.

I make sure to get my daily movement in, and I have a huge love for weightlifting and yoga. I used to exercise as a means for fat loss, to undo eating food that I considered “bad” (hint: food has no moral value and there is room for everything in a healthy diet), but now I use it primarily for my mental wellness.

### **Best Camp Hill memory?!**

The sausage rolls. Kidding, sort of. There are too many happy memories to list but Busted coming to play was a highlight – I'm not a fan, but the camaraderie to secure that we won the competition was incredible. The school was buzzing.

### **Advice to your teenage self OR Advice to Camp Hillians today?**

You don't have to know what you're going to do for the rest of your life. There may be so many iterations to your career, each fulfilling and leading you to find your purpose. I remember being surrounded by so many of my peers who had a set goal in mind, so many aspiring medics and lawyers, and feeling a little lost. I would reassure myself that it will all work out, and that I will find my purpose, and moreover enjoy the journey to do so. If you're unsure as to what you want to do, believe me it will work out for you too.

### **The thing I am most grateful to Camp Hill for is.....**

The lifelong friends I made, and the support I received. I became incredibly unwell with Chronic Fatigue Syndrome/ME in my GCSE year and there are so many teachers (special thanks to Miss Meredith), and the best of friends, who carried me through this time and still hold a special place in my heart, and WhatsApp messages.







# Wellbeing

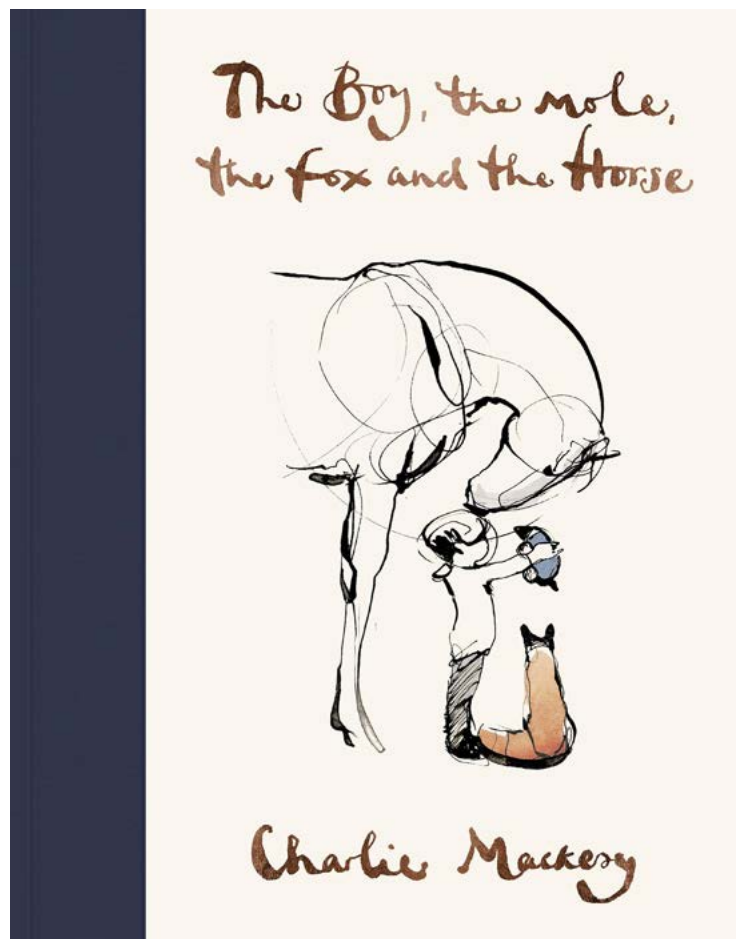
by Anoushka Bagchi, Year 9



This has been an extremely tough year for everybody. Lockdown, a global pandemic and keeping up with online classes can really affect your wellbeing. It is important to know that you are not alone or behind. Others have been struggling during this time as well and coping up with stress along with fear. If you are scared that you are not understanding what you are learning at school please do not hesitate to email your teacher about it or ask for them to go over it again in class. Stress is hard to cope with. What I find is useful is trying to do at least one piece of homework a day if you have a lot. It is important that you still have time for yourself after school and do not cram all your study time on one day.

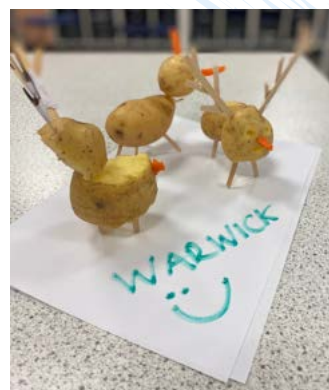
Struggling in topics and projects or even extracurricular activities is a common problem. What I find helpful is to remove that mind blocker. When you sit down to work and find a question tough instead of thinking I can't do it, take a step back and a deep breath and come at it with a new attitude; Okay so this is what I have learnt and this is what the question wants me to do. Let me give this another go and if I do not understand I can ask a friend or teacher. Nothing is impossible as this homework or task was set as my teacher wants me to be sure of my learning. Picture a little blocker in your mind and slide it out and open yourself to new ideas.

Coronavirus can seem very scary right now. It is serious, but something we have to adjust to. It's important to remember that even the darkest of storms will pass. A lot of you may be wondering - when will this end? It's hard to keep going, but look how far we have come.



This pandemic started roughly eight months ago. We went into lockdown and overcame so many obstacles and adjusted to a new world. Give yourself a pat on the back. That is an amazing achievement. All students kept up with work and are now following the new rules in school. Seventy five years ago World War 2 was happening. Back then hope was probably minimal and new procedures were introduced along with a harsh new reality, but even that storm passed.

I strongly recommend reading the book called The Boy, The Mole, The Fox and The Horse. It is a book of love, kindness and most importantly - hope. Throughout this article are a few quotes from the book.



AT THE  
*pool*



## ***When I'm not at Camp Hill...***

Sanaa Pasha in Year 11 spends much of her spare time teaching disabled children how to swim. A strong swimmer herself, Sanaa got involved with Birmingham Marlins' Swim Club four years ago, initially as a helper in the pool after being asked to assist by her own swimming coach. She observed others teaching and undertook a national qualification with Swim England in teaching children how to swim. This consists of a theory section based on health and safety; a practical assessment, and the submission of several lesson plans. Sanaa qualified in Autumn 2019.

The children Sanaa teaches have a range of mental and/or physical disabilities. Some are blind and some are amputees. Every February half-term, Sanaa accompanies the children, along with other coaches, to a swimming residential in Llandudno. She says, 'It is so rewarding. I love seeing the enjoyment the children get from swimming, and the progress they make over time.'

Sanaa commits a large chunk of her spare time to Marlins. On Thursday she teaches for an hour, on Sunday she teaches and mentors another coach for 2 hours, and on Monday she works alongside the Assistant Coach.

She is also undertaking a Lifeguarding course which she admits is 'challenging and high level but incredibly enjoyable.'

We would love to hear more about what community clubs and projects you are involved in when you are not at Camp Hill. Drop an email to [chronicle@kechg.org.uk](mailto:chronicle@kechg.org.uk).



**Birmingham Marlins**  
Para, Disability & Family Swimming

Email [info@birmingham-marlins.co.uk](mailto:info@birmingham-marlins.co.uk)





# Year 7 Readathon Fundraising



During English lessons in the last week of October before the half term holiday, Year 7 students took part in Readathon which means they spent as much time as they could enjoying independent reading. The English department are fully committed to Readathon because it is a reminder to Camp Hill students of the huge benefits of private reading. A recent online futurelearn course from the University of Warwick pointed out:

*"Bibliotherapy – or 'book therapy' – is an ancient practice. The notion that reading can help to alleviate distress and anxiety was articulated as early as the 5th century BCE, by the Greek tragedian Aeschylus, who wrote that 'words are the physician of the mind diseased'."*

A Yale study in 2016 concluded their results *"suggest the benefits of reading books include a longer life in which to read them"*.

Furthermore, research suggests:

- 16 year-olds who choose to read books for pleasure outside of school are more likely to secure managerial or professional jobs in later life.
- Reading for pleasure is more important for children's cognitive development than their parents' level of education and is a more powerful factor in life achievement than socio-economic background.
- People who read books regularly are on average more satisfied with life, happier, and more likely to feel that the things they do in life are worthwhile. 76% of adults say that reading improves their life and the same number says it helps to make them feel good.
- Reading fiction is associated with higher levels of empathy and improved relationships with others.

We are also keen fundraisers at Camp Hill so students are encouraged to get sponsored for taking part in Readathon. All money raised goes to charities which support children in hospital, providing storyteller visits and brand new books to 30 hospitals in the UK, including Birmingham Children's Hospital. For children in hospital, books are incredibly important as they provide comfort and reassurance as well as a distraction and entertainment.

Chocolate prizes have been awarded to 7W who collected an impressive £535.47. They were the best form at meeting the deadlines and also had the greatest number of students taking part in collecting sponsorship money. We know that some of the smaller amounts donated represent significant effort in collecting money by the students and that the level of sponsors' generosity is not always apparent from the amount given. Every contribution, no matter how small, has added up to our total so well done to all students who collected sponsorship money. Thanks to parents, families and friends who supported Year 7 pupils in this fundraising.

This year there is a long list of students who have individually raised impressive amounts and deserve a special mention:

I am delighted to announce that this year's total amount raised for Readathon is an amazing **£2,607.29**. Congratulations to Year 7 who have raised such an impressive amount. Thank you for helping us maintain our "Super Star" status.

I hope all members of the school community will find some time to enjoy reading for pleasure over the Christmas holidays.

Mrs J Royall



| Name                 | Reg. group | Paid    |
|----------------------|------------|---------|
| Lone, Aliyah         | 7Z         | £168.00 |
| Lockett-Yeung, Erica | 7V         | £155.00 |
| Shah, Haania         | 7Y         | £150.00 |
| Butt, Emaan          | 7Z         | £150.00 |
| Hindle-Lewis, Jess   | 7V         | £100.00 |
| Hussain, Maha        | 7V         | £100.00 |
| Shah, Zaynab         | 7Y         | £100.00 |
| Anwar, Maira         | 7Z         | £90.00  |
| Nawaz, Inaaya        | 7W         | £80.00  |
| Tabib, Fatima        | 7W         | £80.00  |
| Taylor, Darcy        | 7W         | £70.00  |
| Hassan, Hafsa        | 7Z         | £70.00  |
| Levermore, Charde    | 7W         | £65.00  |
| Rodney, Mikayla      | 7Y         | £65.00  |
| Hobbs, Tula          | 7W         | £50.00  |
| Le Blanc, Lily-Marie | 7X         | £50.00  |
| Saleemi, Saira       | 7V         | £48.00  |
| Lowry, Mia           | 7X         | £40.00  |
| Chapman, Alice       | 7Z         | £40.00  |



# Introducing Camp Hill's Foreign Language Assistants

## Sonia

¡Hola hola!



My name is Sonia, I am a 22 year old student and worker from Spain.

If you ask me, I don't really know where I come from since I have moved many times in my life. Birmingham is the 7th place where I have lived...! Why? The world is wide and is worth to explore it!

I love discovering new places and cultures. I also love reading and writing, and dancing is the one thing I could do forever.



I was born in Mallorca, that little island in the Mediterranean sea. I lived there until I was 6 and then I moved to the Pyrenees, all the way up to the north. I lived in two very, very, very small towns called Boltaña and Graus.

Then I moved again to a city called Zaragoza (try to pronounce those Zs!).

And when I finished high school I decided to study English in the University of Salamanca, so... all the way west!

I was lucky enough to go to Denmark for my Erasmus, and finally, I am in Birmingham now.



# Jonas

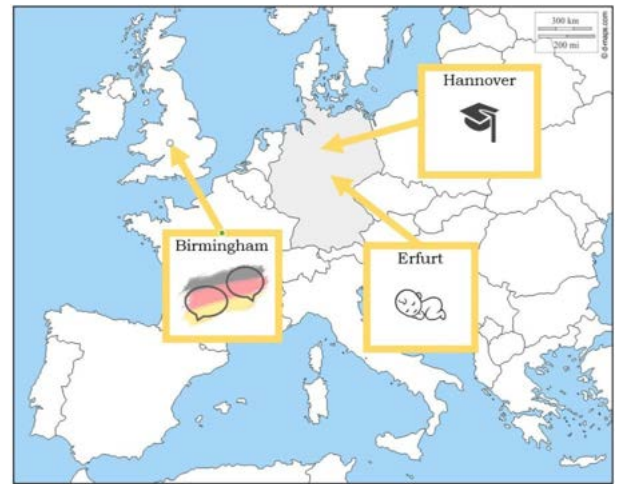
Hallo, moin, guten Tag!  
I am Jonas, your German Assistant.



I was born and raised in Erfurt, a rather small city in central Germany famous for its well-preserved medieval city centre and for its university, Germany's oldest, where Martin Luther studied.

Thuringia is known around the world for its cultural heritage, among it the Bauhaus art school, the works of famous composer Johann Sebastian Bach and the two most influential German poets, Friedrich Schiller and Johann Wolfgang von Goethe, and the Wartburg, where Luther famously translated the Bible.

Thuringia also has two local specialties to offer: Thuringian dumplings (Thüringer Klöße) and the famous Thuringian Rostbratwurst, a type of sausage traditionally served in a bun with mustard.



For the last three years, I have lived in Hannover, a mid-sized city in Northern Germany.

I study English and geography at the local university, and I hope to one day become a secondary school teacher.

Football, cycling and swimming are my favourite sports. Once the situation is back to normal, I would really like to try archery.

I spend a lot of my freetime reading, either for university, my own pleasure, or for keeping up to date by reading a newspaper.

I love dystopian novels, and my favourite English book is The Road by Cormac McCarthy.

Apart from that, I am always looking to improve my English, occasionally also my Russian (очень плохо...), I like playing videogames with friends, and I really enjoy baking and cooking!



# Nolwenn

Hello, bonjour à tous !

My name is Nolwenn and I am your French assistant this year.

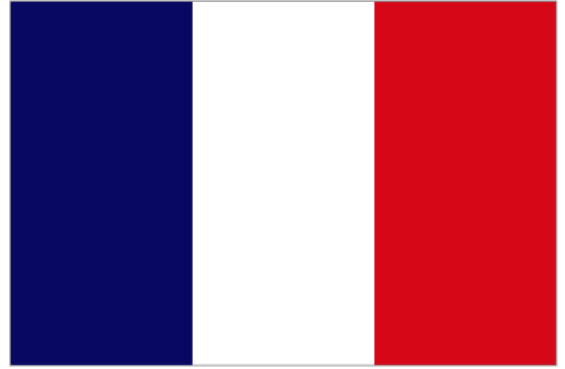
I come from Flers, a small town of nearly 15,000 inhabitants in Normandy. I grew up there with my parents and my two older brothers and I went to elementary school, middle school and high school in this city.

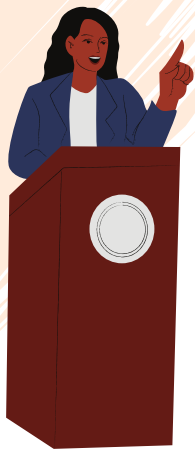
What is good to visit in Flers is first of all the castle, which is also a museum of ancient and 19th century paintings, sculptures, applied arts and local history. There is also the Saint-Germain church from the beginning of the 20th century, the neo-Romanesque Saint-Jean church from the 19th century and the covered market built in 1883 on an old cemetery. Other than that, the city is pretty empty...

When it was time for me to go to university I moved to Caen. I studied English literature and civilization for three years at the University of Caen, which has around 30,000 students spread over five different campuses. This university is one of the oldest in France, having been founded by Henry VI, King of England in 1432.

My favourite hobbies are hanging out with my friends, going out for coffee or eating out, and going shopping. I also like staying at home to watch a good movie, watch a series on Netflix or read a book. Spending time with my family and my 4 cats is also part of my daily routine.

I have always dreamed of living in England because I love this country and the English language since I was in middle school, so this is one of the reasons I am here, besides wanting to improve my English because my goal is to become an English teacher in France, or a French teacher in England, and the best way to do that is to be immersed in the culture. I also want to visit as many places as possible here, but I will do so when the situation improves...





# ARTiculation



On 9th December, 2 A level artists took part in our school heat of the art-based national public speaking competition, ARTiculation. We were hugely impressed by the confidence and passion demonstrated by Imogen Jeffery Y12 and Femi Themen Y13 as they shared with us their chosen subjects; 'A Sunday Afternoon on the Island of La Grande Jatte' by Georges Seurat and 'Faux-Reedom' by Kwame Akoto-Bamfo. Both students' speeches were mature, confident and engaging. We found the judging quite a challenge.

Our congratulations go to both of them for participating to such a high standard, and we are delighted to be taking Femi Themen to the Herbert Gallery in February 2021 for the regional heat. Good luck Femi.



## #SpreadTheLove

Year 12 have designed, written - and now posted - over 160 Christmas cards for residents of care homes!



## Body Neutrality

*by Lucy Bridge, Year 9*

Love your body. Be proud of the way you look.

I'm sure we've all heard of body positivity but have you heard of body neutrality?

Body neutrality is appreciating your body for what it does for you rather than how it looks.

It is essentially a middle ground between body negativity and body positivity.

This may seem strange however these days in society, the majority of people either voice their hate or their love for their bodies. But what if you don't hate your body but you aren't infatuated with it either? This is where body neutrality comes in. Instead of declaring that your arms are ugly or that they are the most amazing model arms you've ever seen in your life, you can just say these are human arms...they are great for picking stuff up and giving hugs. See!

There are numerous reasons to appreciate your body other than how it looks. I'm not saying that body positivity is bad... it is a great thing! However some people can find it hard to love all parts of their bodies and that is okay and completely normal so a healthy alternative is body neutrality. It is much more realistic for many people.

So have a go... next time you're stood in front of a mirror compliment your body for the things it does instead of the way it looks, I hope it helps you :)







Tuesday 24th November was 'TuneupTuesday', an event created and organised by a team from King Edward VI High School for Girls. The day was all about engaging a network of schools and young people in activities recognising the relevance and importance of the Arts in education. By signing up we were fortunate to gain access to a wealth of material, starting with an assembly then following up with taster sessions and short workshops ranging from dance and drama to mask design and puppetry. Key stage 3 students were invited to participate in these sessions in form time, which gave them a fun and slightly more energetic start to their day. We look forward to more collaboration of this kind in the future.

Here is a declaration from the TuneUp website:

#TuneUp Arts now aims to continue to enable as many young people as possible in the UK and beyond to participate in uplifting arts activities, aiding social mobility and supporting the development of good mental health.

#TuneUp will:

- Provide a virtual platform for schools across the UK in the delivery of Arts curricula and activities
- Facilitate teen Arts Ambassadors to lead outreach activities in schools in their regions
- Engage professionals and arts companies to share expertise with and support the programme's activities
- Set up a youth arts steering committee



8Y and Miss Durham waking up with a morning dance session



7Y writing poetry





7W making their  
own zine pages



8V designing masks



8Z mastering their  
puppetry skills



## ***The Twelve Days of Christmas... Camp Hill style***



Let's try to summarise just some of what we have all still managed to get done in festive fashion  
(sing along, now, very vaguely to the tune of 'The Twelve Days of Christmas');

***Along with our musicians, playing live lunchtime music...***



***Twelve Show Choir rehearsals;  
Eleven hundred Google Meets;  
Ten geography webinars;  
Nine sporting events (at least);  
Eight sets of university admissions tests;  
Seven days of assessments;  
Six Student Councils;  
Five dozen drama monologues!  
Four weeks of external exams;  
Three Christmas trees;  
Two online open evenings...  
... and our first virtual parent consultation!***



# Recipes

After the challenges of 2020 and yet another lockdown, it's comforting to know this strangest of years is near an end.... and that means Christmas is coming! In order to help all of you prepare for this much anticipated time of year, we've found some creative ideas to get you feeling fully festive!!

## Chai Crackle Cookies

These delicious, crackly cookies taste exactly like Christmas!

### Ingredients

3 tbsp whole milk  
1 tea bag  
50g 70% dark chocolate  
125g unsalted butter  
150g light muscovado sugar  
75g golden caster sugar  
2 eggs, beaten  
175g plain flour  
75g white rye flour  
1 tsp baking powder  
1 tsp ground ginger  
1 tsp ground cinnamon  
0.5 tsp ground cardamom  
¼ tsp ground cloves  
¼ tsp freshly ground black pepper  
pinch of salt  
4 tbsp granulated sugar  
4 tbsp icing sugar, sifted

Makes about 30

Bake for 15 minutes



### Method

- Heat the milk either in a microwave or small saucepan to just below boiling point. Add the teabag, stir well and leave to brew for 5 minutes. Squeeze the tea bag into the milk to extract the flavour and remove.
- Meanwhile, melt the chocolate either in a microwave on a low setting or in a heatproof bowl on top of a pan of lightly simmering water. Stir until smooth, then remove from heat.
- Beat the butter and muscovado and caster sugars in a stand mixer fitted with the beater, on medium speed for 3-5 minutes, until pale and creamy, scraping down the sides of the bowl from time to time. Add the beaten eggs, half at a time, beating between each addition.
- Sift both flours, the baking powder, spices, pepper and salt into the bowl and mix until just combined. Add the tea-infused milk and melted chocolate, then beat for 1 minute, or until combined. Cover and chill the dough for at least 4 hours, or preferably overnight.
- Heat the oven to 180C/160C fan/Gas 4.
- Tip the granulated sugar into one bowl and the icing sugar into another. Using your hands, shape the cookie dough into neat, walnut-sized balls (about 30).
- Working in batches, tip the balls into the granulated sugar, rolling to coat. Remove, shaking off any excess and transfer to the icing sugar, rolling again to thickly coat. Space the cookies well apart on lined baking sheets to allow them to spread during baking.
- Bake the cookies for 13-15 minutes or until slightly puffed and starting to firm up around the edges. Leave to cool on the baking sheets for 2-3 minutes, then transfer to a wire rack to cool completely.



## Mince Pie Brownies

Combine two favourites in this clever mash-up of brownies and mince pies. These sweet treats will prove a big hit throughout the festive season. Totally moorish!

### Ingredients

185g unsalted butter, cubed  
185g high-quality dark chocolate, chopped  
85g plain flour  
40g cocoa powder  
3 large eggs  
275g golden caster sugar  
6 mince pies or 9-12 mini mince pies  
icing sugar, for dusting

(Makes 16)



### Method

- Melt the butter and chocolate in a medium bowl, either in a microwave – cooking for 1 min on High, then stirring and continuing to heat in 20-second blasts – or by setting the bowl over a pan of simmering water and stirring occasionally. Once melted, leave the mixture to cool.
- Heat the oven to 180C/160C fan/gas 4. Line the base of a shallow 20cm square tin with non-stick baking parchment. Sieve the flour and cocoa into a medium bowl. Whisk the eggs and sugar with an electric mixer on maximum speed until thick and creamy, about 3-8 mins, or when the mixture runs off the beaters and leaves a trail for a second or two.
- Pour in the cooled chocolate mixture, then fold together with a rubber spatula in a figure of eight, moving the bowl round until the mixture is a mottled dark brown. Be gentle so you don't knock out the air.
- Sift in the cocoa and flour mixture and continue gently folding. The mixture will look dry and dusty, then fudgy. Stop just before you feel you should, as you don't want to overmix it.
- Spoon a little mixture into the prepared tin, then add the mince pies, leaving them whole. Scrape over the rest of the mixture, gently easing it between and over the pies. Level the top. Put in the oven for 25 mins. If the brownie mixture is very wobbly in the middle, it's not quite done, so bake for another 5-10 mins, or until the top has a shiny, papery crust and the sides are just beginning to come away from the tin. Take out of the oven and leave to cool in the tin. Dust with icing sugar. Cut into quarters, then cut each quarter into four squares.

*Will keep in an airtight container for a week and in the freezer for up to a month.*





# Hygiene Collection

The hygiene collection that ran for 2 weeks back in November got a huge amount of stuff so from us, Women's Aid and St. Basil's we want to say a massive thank you! With all of your help we've made a massive difference to lots of people.

We collected things in houses and counted up at the end, the houses are listed with most to least items below:

- |               |            |
|---------------|------------|
| 1. Stratford  | 4. Meriden |
| 2. Carland    | 5. Priory  |
| 3. Litchfield | 6. Warwick |



Thanks so much to everyone who brought things in, we had nearly 20 bin bags full!

Aneeka Chughtai, Maddy Kane and Jess Mackie

# ***Study on the impact of COVID-19 on the lifestyle of secondary school students***

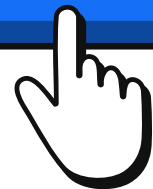
This year has been anything but the start to the glorious new decade that we had all imagined. The coronavirus pandemic has had major impacts globally yet also on each and every one of us personally. All of a sudden the way we approach life, our habits and our general mindsets have been completely changed by something so miniscule yet with so vast an outreach. One of the many things that the pandemic has drastically impacted is our lifestyle and subsequently our education.

Our experience over the past few months has prompted us to research and study how covid-19 has affected the lifestyle and thus the education of secondary school students. Through this study, we hope to learn and make conclusions on how we as students are responding to the changes thrust unto our lives, along with an insight into how we adapt ourselves and our ways of living in accordance with this.

In order to develop our study, we have created a quick survey (see link below) with which we aim to collect the necessary data and would greatly appreciate if you could take a few minutes of your time to fill it out. All data will be used for research purposes only and the survey will be a one-time correspondence with you. Your responses will be anonymous and the data will be collated in the masses – no one answer will be pinned to your name.

Thank you all for your support,  
Nithyashree Kumaresan 12M & Shukrithi Kumaresan 7X

**TAKE SURVEY**



## ***Wellbeing over the holidays***

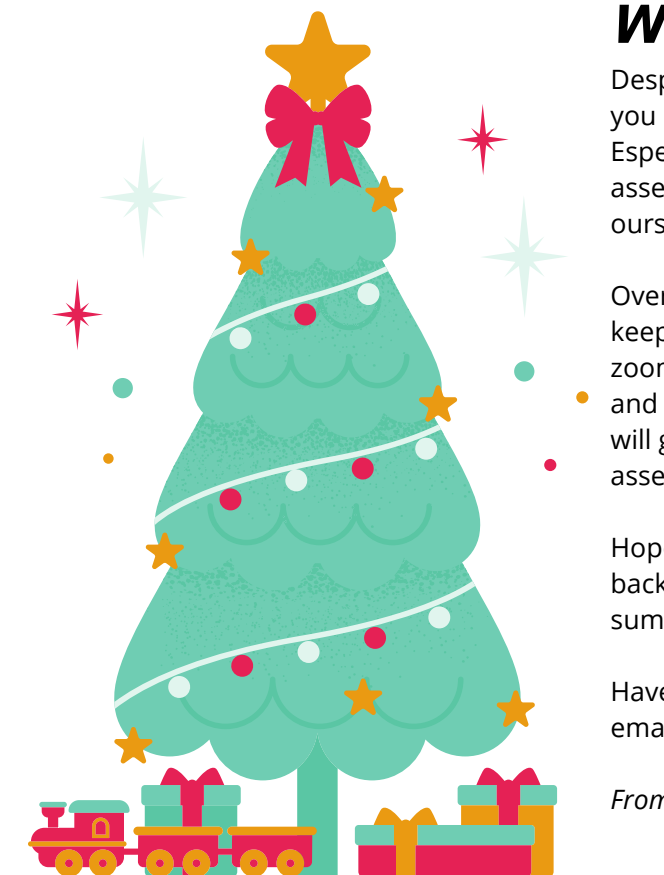
Despite the strange circumstances this year, it is important that you make the most of time away from school and with family. Especially for the years who have completed pre-Christmas assessments, now is the time to truly relax and be proud of ourselves for the work we've done.

Over the next few weeks, take time to relax with loved ones and keep in touch with friends in covid-friendly ways, such as group zoom calls and socially distanced walks. Make sure to take care of and be gentle with yourself and others as these next few weeks will give the perfect opportunity to check in with yourself and assess how this term has affected you.

Hopefully with the release of the vaccine, we can expect to be back to somewhat normal in the near future and enjoy our summer.

Have a good holiday and, as always, the wellbeing prefect team's emails are always here if you need a chat.

*From your Wellbeing Prefect Team*





# Season's greetings to you all, from SLT!

What a term! None of us had expected to be keeping to the left and dodging each other in corridors, wearing masks, making our way through gallons of hand sanitiser and wiping tables all day long.

Over the last fifteen weeks you have amazed us with your ability to adapt to a very new way of life here in school; we are so impressed by your cooperation and flexibility and we are grateful that you have continued to be understanding as the rules and guidance have changed so frequently. You really have risen to the challenge and proved what we already knew: that this is a great school and that you are fantastic people. Every one of you has made taking hundreds of temperatures every morning a pleasure, rather than a chore.

We are certainly looking forward to some time at home, just as you are. You will have noticed that a certain member of the Senior Leadership Team is very excited about the forthcoming festivities; anyone who has seen Ms Maginnis' office may suspect that SLT does in fact stand for "Sparkle, Lights and Tinsel". You may be interested to see how Ms Maginnis and Mrs Neal have been trying out some suitably demure Christmas outfits in preparation for the holidays, along with some evidence of what the teaching staff like to do for Yuletide fun, once you've all gone home:



Many events have continued to thrive here in school, alongside the fabulous array of virtual assemblies provided by you and for you. We'd like to thank everyone who has taken part in keeping us all joining together in our tutor groups to reflect and learn together; in addition, our older students have shown considerable leadership, including representing our school on the Foundation-wide Student Equality, Diversity and Inclusion Committee and in coordinating our celebration of Black History Month. We are very proud of how our school community has squared up to Covid and shown real resilience, while still taking part in so much – including some very successful charity collections. We've incorporated just some of this term's events into a unique rendition of 'The Twelve Days of Christmas' elsewhere in this Chronicle.

Our tireless Site Team, our admin and support staff, the catering staff and your teachers have gone the extra mile to keep everything ticking over in these very unusual times. So much work goes on behind the scenes; when you see them, be sure to thank them and to wish them a restful break.

We all hope that you are looking forward to spending some time over the Christmas break with your families and we in turn will look forward to seeing you all again in January. In the meantime, please remember to stay safe and keep your distance whenever you can, in order to protect your loved ones, your friends and their loved ones, too. Enjoy a well-earned break!

*Thank you, everyone. Take good care.*

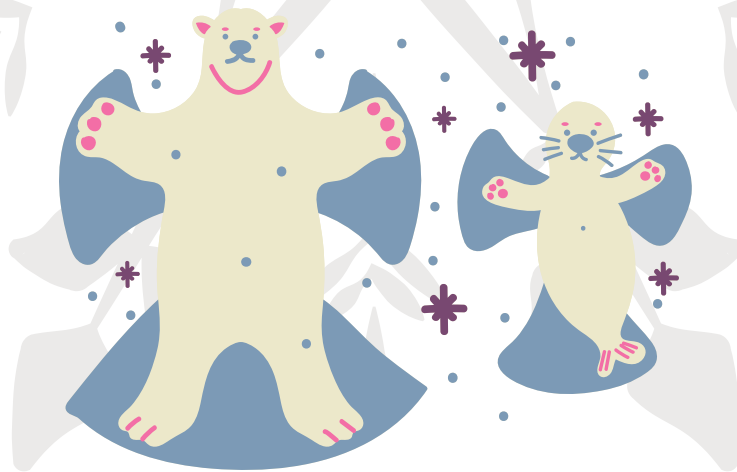






# Christmas Holidays Are Here!

However you may celebrate over the festive season - be it Hannukah, Yule, Christmas or some other celebration - have a **wonderful** time and stay safe



see you back at school in

*January*

