

# Camp Hill Girls' Chronicle

January 2021



KING EDWARD VI  
CAMP HILL  
SCHOOL FOR GIRLS



## Happy New Year!

*Bonne année! Feliz Año Nuevo!  
C Hobian Zodon! Buon anno!  
Glückliches Neues Jahr!*

## Our New Biology Teacher

Please welcome our new biology teacher Miss Nguyen!

### Where are you from?

I'm from Birmingham.

### Where did you study?

I went to King Edward VI Handsworth School for Girls for my A-levels and then completed a degree in Biochemistry at the University of Birmingham.

### What do you love about biology?

I like understanding how diseases affect the body on a molecular level, which is why I love membrane proteins! I spent a lot of time in the lab for my Masters project looking at a particular membrane protein and how it played a role in lung infections. (I could spend forever boring you with all the weird and wonderful things I got up to that year!)

### What made you want to be a teacher?

My piano teacher was a huge inspiration to me, and she is one of the major reasons I pursued a career in teaching. Aside from passing on my love for Biology to students - every day is different and exciting!

### What is your first impression of Camp Hill?

All the staff and students are very helpful and friendly. I feel very lucky to have such nice classes, and it's been lovely getting to know you all (even if it has to be through a screen for now).

### What do you like to do in your spare time?

I spend almost every weekend baking!

### And anything else that you think would be interesting for us to know :)

I'm a huge Harry Potter fan and have re-read the books several times.



Here is a cake that Miss Nguyen made during the first lockdown

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

## ***This month we feature May Chick***

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

2002-2009

### **What A Levels did you do? Any favourite memories or things that have stayed with you from your studies?**

Geography, Maths, Physics and Politics.

Politics classes with Miss Shannon, Mrs Clements and Miss Preedy (RIP) and the trip to Washington and New York – a continued interest in Politics has stayed with me.

House Festival: the highlight of summer term in sixth form!

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

I studied Geography at Oxford.

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

After a gap year, I joined the PriceWaterhouseCoopers Management Consulting graduate scheme having been lucky enough to secure the job after an internship in the holiday of my 2nd year at university.



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

Today I work in Sainsbury's HR division as a 'Senior Talent Partner', partnering with our Commercial, Marketing and Nectar divisions to develop our people agenda and build high-performing, diverse teams. I moved into the role a year ago with no experience of HR. My background is in management consulting, having started my career on the PwC graduate scheme in London.

This was a great way to quickly learn about businesses across a range of sectors. Projects ranged from helping an NHS Trust improve processes in their operating theatres, supporting a local council develop a procurement strategy (how to buy things more cost effectively!), an investment bank test its regulatory procedures and redesigning the organisation structure of a large supermarket store. After the graduate scheme, I specialised in 'People and Organisation' helping businesses redesign their workforce structures, develop their leaders and manage change projects.

Looking for a new challenge, I started at Sainsbury's in 2017 as an in-house consultant working on the integration of Argos - a business Sainsbury's had recently bought - and other restructuring projects across all of Sainsbury's brands including: Nectar, Habitat and Sainsbury's Bank.

At Sainsbury's, moving between teams and into different roles is actively encouraged, which makes it a great place to try new things! Although I had no HR experience, I moved into my current role a year ago and have loved learning a new discipline.

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

Working with people – it is my job to attract, develop and retain a top workforce.

Working with our Operating Board, I am continually learning and being challenged to think innovatively.

Christmas store working – I love it! Spending a few days stacking shelves in the days before Christmas surprisingly gets you into the festive spirit. This year I did a night shift and have absolute admiration for people who do it every day.



### **Career highlights so far?**

The range of clients I worked with at PwC gave me a unique opportunity to experience different industries - from a munitions depot at the Ministry of Defence to being dressed in scrubs in an NHS operating theatre - and the people you meet are fascinating. A moment I am slightly less proud of is fainting whilst watching an eye operation - quite embarrassing (medicine was clearly not for me!!).

COVID has brought many challenges to the retail sector which has been fascinating to be part of. I feel very lucky to be employed by an organisation which has stayed open during lockdown.

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

Travelling, in a non-COVID world! I've been lucky enough to visit Indonesia, Sri Lanka and Vietnam in the last few years and I love Asian cuisine.

Spending time with family and friends, especially over a nice meal or going for a long walk!

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

Our Year 13 February trip to Washington DC and New York is a life highlight I will never forget. Just after President Obama's inauguration, the excitement was palpable. I am still close friends with the 5 girls from our A-level Politics class and we regularly remember back to those 10 days, with President Biden's January swearing-in bringing much reminiscing on our Whatsapp group.



The Washington DC & New York school trip.

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

Do what you enjoy - it doesn't matter what you study at university, you can go into almost any career afterwards. Don't be influenced by what other people are doing around you. As Coco Chanel said, *"In order to be irreplaceable one must always be different"*.

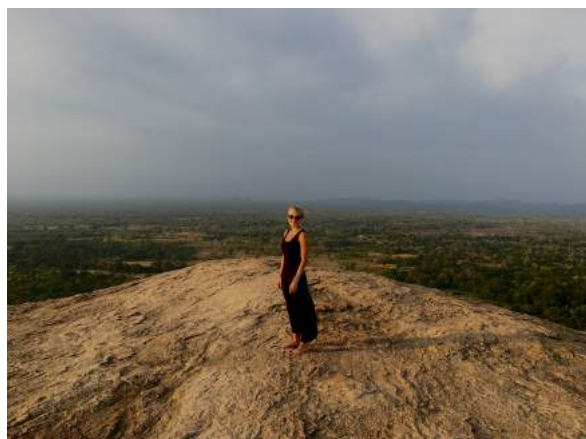
You never know what is around the corner - as much as you might have a plan, grasp unexpected opportunities!

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

The life-long friends and motivation to always be learning something new.



Walking in the Isle of Wight during COVID lockdown.



Travelling in Sri Lanka



## ***A Day in the Lockdown Life of Mrs Harnett & the School Office Team***

It goes without saying that the life of the school office is a bit different during lockdown.

We have only a select few students in school now, but there is still plenty going on. Teachers who want to run their lessons from school are coming in and out, along with all the IT staff and site staff who seem busier than ever, and other members of the support staff whose work continues. Then we have contractors who are taking the opportunity to do work on the buildings, and the occasional student popping in to collect abandoned musical instruments and text books.

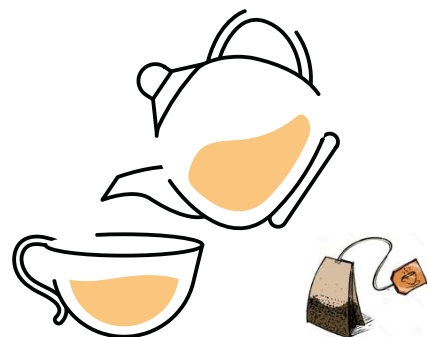
The main difference is that there is a lot less noise from students at lesson change-over – we have even started to miss the shrieking - and that we are handing out a lot fewer ice-packs!

We are working on a rota in the office at the moment to aid social distancing, but there are usually at least two of us in the office.

The day starts, obviously, with a cup of tea, and we try to fit in a cup at least every hour to keep morale high!!

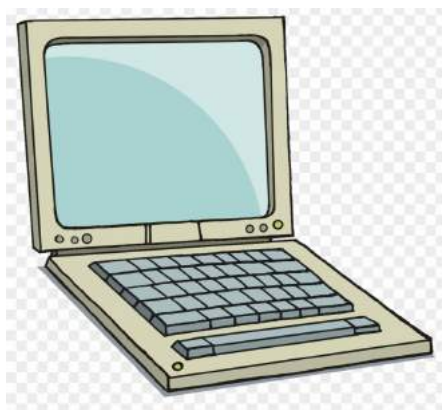
Then we check the various school emails and answerphones, and respond to questions from parents and staff. The rest of the day is taken up with all the other things that are still happening in school such as:

- Organising and handing over laptops to students for remote studying
- A cup of tea
- Processing the applications to join the Sixth Form (256 so far and counting)
- Another cup of tea
- Posting out assessments/ work to students
- Responding to the ever-demanding requests of the Senior Leadership Team
- Ordering resources for the school, everything from laptops to toilet roll
- Responding to queries from staff working in school and from home
- One more cup of tea before home time



We will soon be starting the admissions process for the new Year 7 students who will be joining us next September. This always seems to come around quickly, but this year even more so as our current Year 7 seem hardly to have started.

We very much look forward to seeing all the students back in the school as soon as possible – we have the earplugs and ice-packs on stand-by.....





# Surviving a Winter Lockdown

by Erin Marsh, 11C



The first lockdown began a little less than a year ago, in the March of 2020. It was a time of uneasiness and panic, but still we pulled together and found safe ways to occupy the months spent at home. Some started a garden patch, and made use of the spring sunshine and lengthening days to help their little lockdown retreat thrive. Others baked banana bread, or took socially distanced walks in the park to see the daffodils and crocuses fight their way through the ground to bring a little beauty and hope to the dismal period. It was all very new, and, despite the inherent tragedy of a pandemic, it was nice to see how everyone adapted, whether as a nation, a school community, or as individuals. After all, we thought it would all be over by the summer.....

But now we're on our third lockdown and the 'novelty' is wearing thin. The sky is black by mid afternoon and brilliant sunshine is a rarity. For many, the days are starting to feel the same, and for those in exam years, there is a looming and familiar sense of uncertainty. There's seemingly nothing to look forward to and people are beginning to struggle to see an end to all of this.

And with this dark, dank weather, a whole host of mental and physical health problems may arrive. Even a lack of sunlight can bring about many detrimental effects such as fatigue and muscle pain due to a lack of vitamin D. But there are, of course, ways to combat this and chase away the winter blues, even during a lockdown.

- We hear it all the time, but exercise really is one of the best ways to give our bodies and our brains a boost. One of the best pieces of advice I've been given so far this year is to take a short walk each morning before school. That way, you can get out while you know the sun will be up and feel energized and awake for your lessons.
- Create a routine, and then vary it! The monotony of lockdown can be overwhelming, but having a routine with regular bedtimes, wakeups, and breaks can help you regain control over your life and ensure that you don't miss out on any vital parts of your day. However, it is also important to fit some variation into that. Daily exercise could be a long walk one day, and a YouTube workout the next, as long as it gets you moving! Maybe try out new recipes for breakfast or lunch, or utilise your free time to take a break from screens and discover a new hobby.
- A light bulb or lamp that produces a white light similar to sunlight can help you to produce more serotonin (a hormone that affects your mood) and less melatonin (a hormone that makes you sleepy). While they're typically used to treat patients suffering from seasonal affective disorder, they can be found in many online retailers and I've found that my mood has definitely benefited from using one.
- Another often repeated suggestion is to remember to socialise, especially if you're struggling with your mental health. Many of us are introverted; we prefer our own company and dislike talking to other people. But it's still nice to hear a friend's voice on the end of a phone once in a while, to remind us that the world does still exist outside of our own little bubble. Some of my class work together on voice calls, quizzing each other or asking for help. It's no substitute for a real school environment, but it might help you to feel less isolated.

In times like these, it's only natural to not be at your best. Any initial excitement of a new situation has long since dissipated and we are left feeling rather empty and tired. So cut yourself some slack. Take some time to reconnect with what's important and prioritise taking care of yourself in this difficult period. After all, spring is once again right around the corner.





# HPS in 20: Essay Competition

In November 2020 the Centre for History and Philosophy of Science at the University of Leeds announced an essay competition, in which Year 12 and 13 A-Level students were invited to submit 800-word essays discussing which of 20 objects was the most important, and why.

Our very own Aarushi Malik, Year 12, won the first prize of £100 - congratulations Aarushi!

HPS said *"Aarushi Malik, from King Edward VI Camp Hill School in Birmingham, sent us a stylishly written case for the Stethoscope. She showed an excellent grasp of the complex materials of the lecture while going beyond them to draw an optimistic and timely lesson about the progress of science and medicine".*



## Which of our '20 objects' is the most important, and why? by Aarushi Malik

Medicine is constantly evolving: within the past 2 years there have been major advancements in the treatment of many conditions - such as individualised therapy for leukemia, therapeutic developments for Parkinson's disease, and now, manufactured only in the past 10 months, a whole new vaccine for the infamous coronavirus. These developments have improved the health of many and given great new research prospects for scientists to expand on. This all depended on our ability to find anatomico-clinical correlations between the symptoms and causes of disease, therefore exemplifying the great significance of the stethoscope, and why I have chosen it to be the most important out of these 20 fascinating objects.

The creation of the stethoscope symbolises the change in attitude to medicine in the 18th and 19th century - from one majorly patient-led and symptoms based to one doctor-led and anatomically based. Because of this, medicine was able to crack open its cocoon and treat the roots of diseases, instead of identifying the symptoms as the problem itself - resulting in enhanced treatment and care for those infirmed. The use of the stethoscope by Laennec from 1819 clearly shows a forward thinking approach, looking inside the body for an explanation of the symptoms: for example, when used to detect abnormalities in the heart's rhythm, or something irregular with the lungs - something which had already started with uses of percussion after 1761. This was before the publication and approval of Germ Theory by Pasteur and Koch, and therefore there was much less empirical evidence for using anatomically based medicine. However, with Corvisart taking it up and teaching percussion and auscultation in a newly established medical school in Paris after the French revolution, it gained momentum and there was much reason to support the idea. However, the stethoscope being a tangible object gave this new way of practicing medicine - linking the possible post-mortem causes to the living patient - a clear symbol. This change revolutionised how we think of disease - instead of viewing someone's loss of vision as a sudden blindness that the patient would just have to now deal with, we could see it as a disease of the optic nerve and provide some opportunity for fixing. This new information permitted us to find new and exciting ways of dealing with these problems, and improving the quality of life of many people to come. Without the stethoscope, it may have been a long time until doctors were able to 'look' inside the body and treat diseases with more success.

The stethoscope also shows us how far we've come in the way of technology, and the way we view improvements in science. The image of a stethoscope has changed so much since Laennec's first wooden cylindrical prototype, into the snaked, comfortable and efficient tube of today. This can tell us so much about how we've progressed, and how something from 200 years ago can still play an important part in society today - and therefore the significance of every little discovery and stroke of genius. It can tell us so much about the importance of the way we view discoveries - not to be satisfied with the first solution we get, and to keep probing until we get a better response. People at the time had accepted that hospitals could rarely save someone's life when infected with a disease - they had accepted that a short-lived remedy would be given and the disease would eventually take the person's life. But with the use of the stethoscope and the simple theory behind its purpose, doctors could do so much more than provide palliative care, and could actually get to the root of the disease. They could find the source of the fever, or loss of vision, or swelling, give it a name and give it a remedy. And this can still be applied to today - people are still always trying to find a more efficient, a more productive method to improve quality of life in so many ways; we will never reach the limit of knowledge, and the stethoscope can exemplify this. It has also given way to many other medical instruments with similar purposes and to take a 'peek' inside the body - for example, an ultrasound or radiograph, which we all know the humbling services of.

Although the other objects are fascinating tokens of our past and can raise so many questions about the way we conduct scientific studies, there is nothing more important than our own health and the health of those around us. When it all comes down to it, life isn't about whether science and art are distinct; it isn't about whether a certain scientific model was accurate enough; it isn't about whether coral can be seen as a colony. What matters is the way we spend our lives, and being able to spend that little bit longer with your loved ones. We may as well be able to enjoy that time, right?

*Congratulations Aarushi!*



# ***Holding out for our Heroes!***

During the third national lockdown, Dr Alex George, an A&E doctor who became a public figure after appearing on the 2018 season of the TV show, Love Island, was met with praise after he continued to work on the frontline against coronavirus whilst many of his co-stars flew to Dubai for holidays. He was dubbed a "real influencer" and was applauded for how he used his social media accounts to promote mental health support, a subject which he has been a tireless advocate for. We have always held our healthcare workers in high regard but it's clear that during this unprecedented time we are appreciating them more than ever, and witnessing the sacrifices that they are making to help us. As the British public, we have shown our support through 'Clap For Carers' which has now been dubbed 'Clap For Heroes'. So who are the heroes of this pandemic?

As aforementioned, healthcare workers are no doubt on the list of heroes. The long shifts, the emotional toll that the mass loss of life has, as well as putting themselves at risk every day whilst working on the frontlines against this deadly virus, can only be described as heroic. The selfless courage, dedication and resilience they show every day is unmatched. Cleaners are also essential workers and during a time like this hygiene is of the utmost importance. The constant thorough cleaning and disinfecting of rooms and equipment is a task that is often underappreciated by many. The past year has shown us the value and necessity of such workers and what they do. This pandemic has caused us to appreciate all the essential workers from hospital porters to supermarket delivery drivers. Teachers are also heroes. Teachers have always been heroes; coming to an institution every day which is packed with hormonal teenagers to undertake the enigmatic task of educating us!! Certainly not a feat for the faint-hearted! Now they find new ways to teach us, using unfamiliar technology and trialling new methods to ensure that we receive our education.

Some heroes may be found closer to home. From the ordinary citizens who, on their daily walks, wave through the windows at the isolating residents of the local care home - to the teenager who drops a text to her friend to check in on them. We can all take part in acts of heroism, no matter how small they may seem. If anything, this pandemic has highlighted the need for unity and togetherness, for compassion and bravery. A hero by definition is a person who is admired for their courage, outstanding achievements, or noble qualities. So, in our own way, we can all be heroes.

*By Sanaa Pasha 11P*





# The Chronicle Film Hub

If you're a film buff like me, then you know how difficult it is these days to find films/TV shows with good content. But, I hope after reading my reviews on the 'Hidden Gems of Netflix', that you'll be able to keep your eyes peeled for more raw, unique stories that are worth seeing and experiencing.

**\*All these films have the age ratings on the poster - please check before viewing the film.**

If you have any reviews and/or recommendations, please don't hesitate to email me at [16prabakaran466@kechg.org.uk](mailto:16prabakaran466@kechg.org.uk) :)

## 1) Is Love Enough? Sir (Hindi Film)

This film is about a young, optimistic maid working for her boss: a young, rich architect. He falls in love with her, but he finds that society condemns the social status gap between them.

I must say, the ending of the film is left on an unbearable cliffhanger, provoking the audience to beg for a sequel - which I hope the director does soon. IMDb has given this a 7.5/10, and I see why, because it was quite slow at times, however I think that this gave it more scope for a sequel - something which not many independent films can create very often.

If you're someone who enjoys a romantic drama integrated with social issues, then this movie is for you!



## 2) Put Your Head On My Shoulder (Chinese TV Show)

During the Christmas holidays, I devoured this show, because of its escapism factor - which is well needed during the pandemic. This film is about two young college students who unexpectedly fall in love. How their lives interlink with each other forms the crux of the story. Even though this film wasn't a cinematographic spectacle, you become invested in the characters - which is what any good film/TV show does to its audience.

IMDb has given this TV show a 8.5/10, and rightly so!

The only thing that I can point out, would be the fact that it takes a while for the main story to get going, as well as the additional characters interfering with the scenes of the main couple, however as always, this gives it more scope for a season 2!



## 3) Escape Room (American Film)

I know I've recommended romantic dramas so far, so, if you're a fan of suspense and mystery, then this movie is for you. 'Escape Room' is about six strangers, all connected in some way, who work together using their skills to solve clues to escape each room. But it's not a cash prize that's at risk - it's their lives.

As you watch the film, I can guarantee you will want to help them solve the clues in order to escape, and that is the highlight of this film: it assures an immersive viewing experience that a pair of 3D glasses can't help with. Moreover, the sinister premise has left the film on a cliffhanger, and the sequel is due to release during 2021. IMDb has rated this film a 6.4/10, which is quite low in my opinion, since there's very interesting visuals from the cinematography sector.

Please note: there are a few violent scenes - viewers who are sensitive to this should not take the risk in watching.





# AUDIO RECORDING AS A HOBBY

by Iona Mandal, 10W

Books can be our best friends! My love for reading attracted me in exploring opportunities with the Birmingham Libraries. Considering the ongoing coronavirus crisis and lockdown, I was asked to get in touch with the Community Libraries Support Unit (CLSU) for identifying online tasks which I could carry out remotely as a young community spokesperson for them. Being passionate about writing and reading poetry I wanted to use my pen and my voice. This drew me to choose audio recordings as an option for the libraries using SoundCloud as an online audio distribution platform.

To begin with, I recorded my poem - Flamingo. The famous British illustrator Chris Riddell was so impressed with my poem that he did an exclusive illustration for me and gave me permission to share his work. The work will soon be up on the CLSU Facebook page. Chris is an amazingly humble man, always encouraging towards budding poets. He is now illustrating my Foyle winning poem Homecoming. I cannot wait!

Sometimes audio recordings involve collaborations. For example, I recorded a poem on hedgehogs - Silence Springs the Fall, to promote urban wildlife. This was written by a Birmingham and Black Country Wildlife Trust (BBCWT) trainee for a project involving the Library of Birmingham (LoB) and the British Hedgehog Preservation Trust as part of the 40th Year celebrations of the BBCWT (2020) for whom I happen to volunteer. It was great filming for the project in the Kings Norton Nature Reserve. Another interesting opportunity came with recording The Trumpeter of Hearts, a poem on John Blanke, the black trumpeter in the court of Henry VII. This was for a city-wide competition on acrostic poems celebrating Black History Month in 2020. Winning first place earned me not just book vouchers as a prize, but the chance to record and get to see my poem shared across community libraries and social media by the LoB (check CLSU Facebook page).



Presently, I am compiling an anthology of poems titled Poems for Every Season – Poems for Every Reason based on the calendar year. For this, I recorded two poems for January- To the Birds by Martha Lavinia Hoffman for the Big Garden Bird Watch (28th Jan. 2021) and Instructions by Neil Gaiman for the National Storytelling Week (30th Jan – 6th Feb. 2021). I use my discretion in choosing the poems for my audience. However, I check with the CLSU on copyright issues and other formalities. Recordings in the pipeline are scheduled for the Harry Potter Book Night, the Chinese New Year and Valentine's Day. To bring in variety, I intend to do prose extracts from classics like Rebecca and 1984. I hope to explore the libraries online catalogue and link readings with available stock.

In the coming weeks, I will be attending online writing workshops - Writing Black History for Teenagers. Organised by the Children's Library in the LoB, these will focus on the lives of writer Malorie Blackman, British space scientist Maggie Aferin-Pocok, campaigner Doreen Lawrence and Lilian Bader, of the British Armed Forces. This opportunity will expose me to the richness of black history and sharpen my writing and analytical skills. I will review and share my views in audio to encourage young people on black history and writing in general.

My love for literature and poetry coupled with interest in speech and drama helps me accomplish these tasks and indulge in a hobby which I enjoy whilst getting to help my local community and beyond. Hopefully, in the coming months, I will be able to engage myself in more hands-on activities by looking into options beyond voice, poetry, and online platforms.

# In the Camp Hill Book Corner...

by Jude Shayeb (11S)

The arrival of January 2021 presented me with both the usual challenges of having to come up with a list of New Year Resolutions that didn't make me immediately want to crawl back into bed and hide, and the newer challenge of having to face yet another two months of being stuck at home in lockdown...

But on a more positive note, lockdown also allowed me to spend an hour longer in bed each morning before the start of (virtual) school and gave me the opportunity to spend more of my evenings curled up with a great book!

However, if you're not a fan of constantly having to splash out on new novels before you've read them (I always need to know if a book is good before I buy it), then make sure to visit the Camp Hill Girls E-Library (E-Platform on the Appstore) and check out its incredible selection of both fiction and non-fiction eBooks to borrow and reserve for up to two weeks. You can also request for new books to be added to the E-library by emailing Ms Morris at [j.morris@kechg.org.uk](mailto:j.morris@kechg.org.uk)

And if you're not sure where to start, why not kick off your New Year's reading with a few of Ms Morris's personal recommendations?

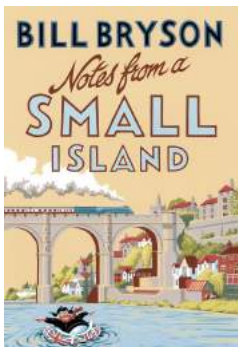
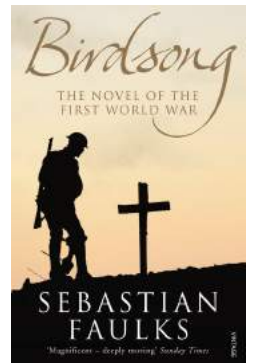


## **The Curious Incident of the Dog in the Night-time - Mark Haddon:**

"This is quirky and an insight into different ways people think. An engaging mystery, it is an accessible book for younger readers whilst still holding the interest of others."

## **Birdsong - Sebastian Faulks (KS4 and above):**

"Do you want your heart broken? Try Birdsong. This historical novel is powerful. Much like "All Quiet on the Western Front" the war brings individuals into the horror of fighting. Love continues. Courage continues."



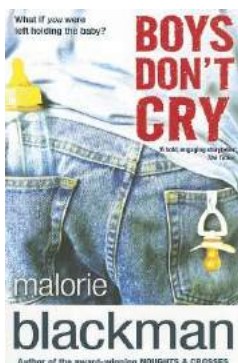
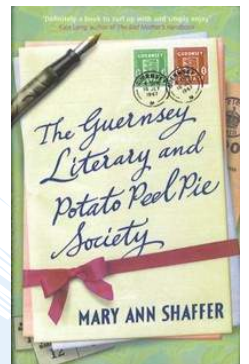
## **Notes from a Small Island - Bill Bryson:**

"The UK as you have never seen it, for a gentle, more sophisticated reader who'd like to tour our Islands with Bill Bryson during Lock Down."

"An interesting and affectionate book, which will provide a complete change of pace from our current activities."

## **The Guernsey Literary and Potato Peel Pie Society - Mary Ann Shaffer & Annie Barrows:**

"Top recommendation for historical or WW2 readers. Beautifully depicted, subtly told, humorous, heart-stopping. A truthful hard-hitting book with enormous heart and compassion. Get your tissues out..."



## **Boys Don't Cry - Malorie Blackman:**

"Another book not to miss. Boys Don't Cry is a lovely story of the heart."

"A top author writes one of her more real-life stories (...) Another one for your hankies at the ready. A contemporary style, modern setting, and ageless themes make this a constant in our 'favourites' reading lists."



# The Arts and Wellbeing

Many of us have been finding lockdown 3 hard to adapt to. The novelty of being away from school has worn off, the weather is colder and darker (although there has been some snow recently which we hope you've all enjoyed!) and we might be missing friends and family as well. It is essential that during this difficult time that you are kind and patient with yourself and others and that you take part in activities and surround yourself with things that make you feel safe and happy, so that your wellbeing does not suffer. In this article, we will discuss the importance of the arts and its positive impact on mental health.

Studies have shown that participation in the arts, whether this be through music, drama, literature or other forms, is linked to relieving anxiety in young adults. It has been proven that art and culture not only enrich your life by promoting creativity and self-expression, but they also maintain wellbeing, prevent isolation and reduce the likelihood of depression and other mental illnesses. Taking part in group activities can also help you form relationships and engage with the wider community. We understand that this may be difficult to do with the current lockdown, however this does not mean that you can't still benefit from the healing qualities of the arts.

Though meeting groups of people outside of your house may not be allowed at the moment, you could perhaps try organising zoom calls with friends to try to learn a new skill, watch a film together or even have group karaoke sessions! The arts also have a transformative impact on the individual. Take time out in the week to listen to music, take part in crafts activities such as painting or sculpting or to read a book simply for enjoyment.

Here are some suggestions that we've come up with...

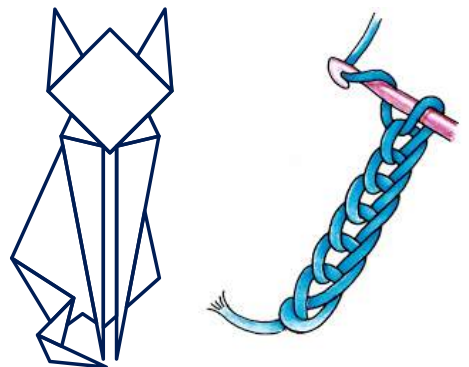
## Recommended albums/ music/ artists:

*Uncle Jazz* by Men I Trust, *Mama's Gun* by Erykah Badu, *Radio Music Society* by Esperanza Spalding, Sufjan Stevens, NIKI, [Soothing Relaxation playlist](#) on Spotify.



## Recommended films:

*Lovers Rock* (part of Steve McQueen's *Small Axe* film), *Amelie*, *Labyrinth* (1986), *From up on Poppy Hill*, *She Gotta Have it* (a Spike Lee joint), the Harry Potter films.



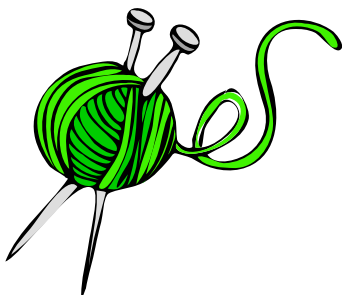
## Crafts:

Picking a theme with a friend and creating a piece of artwork inspired by it (you could do this weekly/ fortnightly and video call to share what you've created), knitting, origami, crocheting.

We hope some of our suggestions encourage you to immerse yourself in the arts. We appreciate that this lockdown has impacted everyone's mental and physical health in a range of different ways and we want you to know that we are here if you ever want to drop us an email. If you are struggling with anything it is important that you share how you're feeling and don't isolate yourself as this can leave you feeling worse. You could drop a text to a friend or email your form tutor, head of year or any teacher really that you feel comfortable talking to. Well done for getting through these first few weeks of online school. Keep up the hard work...we're proud of you!

## Our emails:

Femi Themen 14themen392@kechg.org.uk  
Aminah Rahman 14rahman088@kechg.org.uk  
Florence McGhee 14mcghee951@kechg.org.uk  
Grace Keast 14keast766@kechg.org.uk  
Purvaja Rajesh 14rajesh580@kechg.org.uk  
Salma Berriche 14berriche248@kechg.org.uk



# ***Support for Wellbeing and Mental Health***

As a school we prioritise the wellbeing and mental health of students. As part of this we recognise that during Children's Mental Health Week at the start of next month (1 – 7 February), students need to talk. Sometimes this can be difficult and you may need some help. The links to local agencies and partners are regularly used.

The charity, Place2Be, have further advice and support for children's mental health if you wish to look into the event next week further:



Local family support directory (including bereavement, financial support, mental health support etc):



**Hall Green**  
Communities

Mental health support, including pages for parents:

**YOUNG**miNDS

Local Offer for students with SEN and Covid-19 updates:



BIRMINGHAM  
CHILDREN'S TRUST



In school we have various forms of support:

- Speak to your form tutor, or any teacher in school
- Speak to the pastoral team: Your Head of Year, Ms Orr, Ms Maginnis
- We have a school counsellor and a referral can be made (if under 18 with parental consent)
- PSHE lessons
- Even your school planner has signposts to websites for support. We've also spent a lot of time signposting and referring students to Kooth.com and Pause through Forward Thinking Birmingham
- 1:1 or small group Virtual Google Meet sessions
- The Wellbeing Crew (although unfortunately this is not taking place virtually at the moment)





# Summer School Scholarships

Mayesa Mir and Amulya Maganty, both in 9X, entered Immerse Education's Cambridge & Oxford Summer School Essay Competition.

They have both been awarded scholarships for summer school - Law for Mayesa, and Economics for Amulya.

Well done to both of you!

immerse  
EDUCATION



For the economics scholarship, I had to write a 500 word essay on the Dutch Tulip Bubble, it was the first time i had written anything like it (with citations and a bibliography etc).

The scholarship was for a two week long summer school at Cambridge University where I would be able to stay in the dorms and learn with a tutor from the University for two weeks this summer. It would be with 7 other people from around the world. We would also get to experience going on outings across the country as well as dining in the halls and punting (hopefully it will still be on with covid). Thousands of people from across the globe entered and I'm very grateful for the scholarship.

*Amulya Maganty*



UNIVERSITY OF  
CAMBRIDGE

This year I decided to enter Immerse Education's Cambridge & Oxford Summer School Essay Competition. They offer a variety of summer programmes, from Architecture to Physics and offer applicants the opportunity to win a 100% scholarship to participate in an Immerse summer programme and spend 13 nights at a central college of University of Cambridge or University of Oxford.

The subject area which you decide to write your essay on is the one that you would study with Immerse. Upon entry, I chose to write my essay on Law and the question which I had to look to answer in 500 words was "What does Justice mean?"

This year they had a record breaking competition; receiving thousands of entries from students attending leading schools all over the world and I was lucky enough to be offered a partial scholarship to study Law at their summer school and my work was recognised for being one of the highest calibre of entries this year.

*Mayesa Mir*



# ***A Day in the Lockdown Life of the Camp Hill site team***



Although school has been closed to the majority of students, school has remained open and the site team have been working hard to ensure the school is ready for when students return. We have, as you have, had to change our approach to school life, adapting to the challenges of providing a COVID-secure environment and importantly keeping our school a safe place to work and visit. Lockdown life has been very different in many ways with the most obvious being the lack of students and staff!

The corridors are much quieter, and it's surprising how much the team have missed you, the students. The laughter and the conversations with students, for instance, when trying to get you off to lessons after break - and we have strangely also missed having to rearrange the classrooms and pick up the rubbish at the end of the school day! (Well, maybe not!)

Nearly all of the jobs day-to-day revolve around you, the students, and the teachers. We usually have many requests for help: from moving boxes, making sure there is enough toilet rolls and soap available, to clearing up spillages, moving desks, litter picking – and all the things that perhaps don't get noticed, but are a result of a busy school life.

So, in anticipation of your return to school, the team have been giving the school a spring clean - getting rid of all that chewing gum from under the tables.... (yes, you know who you are ☺). We have been cleaning carpets and windows, polishing floors, and washing walls to ensure the school is looking its best for when everyone returns. In addition, we have been doing lots of the minor maintenance jobs around the school and I am sure everyone will be pleased to know we now have working locks on all toilet cubicle doors!! ☺

We, as a team, focus on making sure that both students and staff have a clean and safe environment in which to learn, teach and succeed. So, from that perspective, our focus hasn't really changed. We may not have as many people in school at the moment, we may have had to change the way we interact and work together, but our focus remains on keeping the school in tip-top condition for when you all return, hopefully in the not-too-distant future.



*Mr Ratcliffe and the Camp Hill Site team*





# Life Outside the Google Meet!

It is heartening to hear that so many of you are keeping yourselves busy outside of online learning. Swimming pools, gyms and sports clubs may be closed; dance classes may have moved to Zoom, and orchestra practice is happening with musicians also connecting remotely.....

It is clear that Camp Hillians are finding ways in lockdown to pursue existing hobbies – and develop new interests and skills. Take a look at what some of you have been up to!

*'During lockdown, I do workouts with my Mum. I started following many tutorials on YouTube and changed my daily routine to include gymnastics. As well as this, for P.E lessons teachers sent out tutorials of different types of exercise and one of them was flexibility so I worked very hard to achieve my first move which was the splits. At first, this was difficult but after seeing improvements, I kept going and I can now do more moves such as feet-to-head position and cartwheel. Currently, I am working on the scorpion pose. I love that gymnastics allows you to make beautiful shapes with your body. This helps me a lot in lockdown as it gives me a way to relax after working. My goal is to achieve harder gymnastic poses such as the needle.'*

**Maryam Alam, 7V**



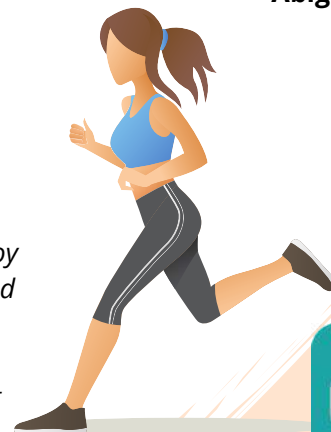
*"I started my own lip balm business just a few weeks ago as Lockdown 3 hit. I wanted something creative and useful to keep me occupied, especially something that kept me away from screens. It has been really interesting learning all about profit margins, and costing up a product to sell, and making the lip balms has been so fun! I start by melting down all the beeswax, shea butter and coconut oil, then use a pipette to squirt them into the tubes: it feels like a chemistry lesson! I have set up an Instagram account (@cherrybalm\_lips) where I ask people to order their lip balm though direct message. I then write down their details, and make their product to order. I think it has really helped me to cope with the most recent lockdown because I can get really stuck into it, designing packaging, taking photos for my Instagram feed, and learning some new and really useful information about the world of business. I would totally recommend starting a business, or making something similar to just give to family and friends! I hope to expand soon with some sugar scrubs - these are lip balms but with sugar crystals in them to exfoliate your lips.'*

**Abigail Cherry, 11M**



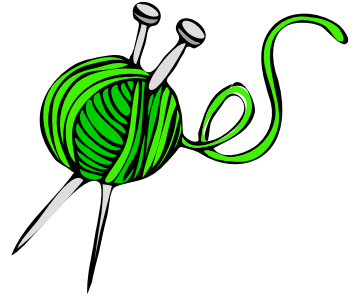
*'I have really got into running during lockdown. I don't run every day: I run on Monday, Thursday and Saturday. It is a hobby that I have taken up so that I can get out of the house. I run around 3 miles. I like to run around my local park. I run with my dad. We do the 'Couch to 5k'. I enjoy the feeling of pride after running and seeing just how far I have managed to run. Or, getting to the top of a hill and looking down at the amazing view. My advice is to keep going, even when it feels tiring. Instead, just slow down to a pace that is easier even if it means walking for a little bit of it.'*

**Darcy Taylor, 7W**



*'I decided to teach myself to knit during lockdown. I first got some tiny little knitting needles that were the length of my palm, and a few scraps of wool. I went onto a knitting tutorial and learnt how to knit. My first thing I ever made was a little multi-coloured patch. I had to knit different colours together as I kept running out of wool as I only had a little of each colour. The final piece looked slightly wonky and curved round a bit, but I was still very proud of it. Now I am making two long scarfs for my mum and dad!'*

**Lola Swoffer, 7W**



*'I began bullet journaling in lockdown. I find it calming and a spot of relief after school work for a day. It takes my mind off other things and allows me to get in touch with my (rusty) creative side.*

*I am also reading more and playing the piano more frequently, often including fun pieces like pop music as well as classical pieces.'*

**Aahna Jain, 11M**

*'I started doing watercolour painting when in school, we had to do a background watercolour painting for one of our lessons. I really enjoyed it and I started painting more often. I think that painting is relaxing and is a way to unwind, especially now because you can't see your friends and online lessons can be a bit stressful. I am not the best painter now, but I hope to get better. I want to start painting nature and animals.'*

**Claudia Melvin, 7V**

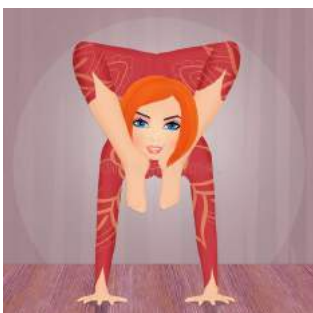


*'I had a friend who was into knitting and crocheting and it sounded cool, so I decided to teach myself. It can be quite frustrating sometimes, but once I'm finished it's really nice looking at your creation and thinking, "Wow, I made that!" I like making a lot of things, and I'm very happy with a Harry Potter I made. The photo is of my Harry Potter on top of the scarf I'm currently making.'*

**Adiba Akhter, 8W**

*'I recently started translating a German version of War and Peace ("Krieg und Frieden") into English, which is incredibly fun! I actually managed to start watching a German show ("Dark" on Netflix), which I would not have been able to do if it weren't for the extra time. I also just started teaching myself Russian - something that I've been meaning to do for a long time now!'*

**Mayuri Swaminathan, 11S**



*'During the lockdown periods, I have been teaching myself contortion tricks and stretching and I have been using one YouTuber to help me do this, Anna McNulty.*

*The link down below is one of the stretching routines I have been doing:'*

*<https://www.youtube.com/watch?v=yQ1Rb4MU3UQ>.*

**Kiran Arvapalli, 7Y**





## ***Musical Muse***



Since this third lockdown began, we've all been deprived of certain activities we would otherwise have enjoyed. I've found myself with much more time on my hands. It was this initial boredom that led me to GarageBand. I'd always had it installed on my laptop but I'd never paid it any attention before. At first I just experimented with it, trying out different sounds and electronic instruments. I started to really enjoy it, so I began to compose my own music.

I find that with our days packed with online learning, which can be quite draining, I don't want to do anything too strenuous afterwards. This is one of my favourite things about GarageBand - you don't need to focus particularly hard on it, I find it quite calming. You can create a tuneful piece of music in almost no time at all, so it's unlikely you'll get bored with it. Finally, it's easy to use - personally, I use the key mode (so almost every key on the computer represents a musical note). Unlike other music software, you don't need to play a musical instrument, or even be that good at music to create songs on GarageBand.

Pop music is my personal preference when it comes to composing music. I firmly believe that music has the power to completely change our mood; currently I think we all need some positivity in our lives! The vast majority of my compositions are fairly upbeat and fast - but now and again a slow tempo and possibly a minor passage can be quite tranquil and reassuring.

For me, music helps calm me down and unwind at the end of the day: this new online schooling can be stressful and, from my perspective, everyone needs to have something that helps them switch off from school at the end of the day.

I tend to draw inspiration from a range of different musicians and I try to mimic each of their strengths, whether it be creating a strong beat or a catchy riff.

Even if you don't play an instrument, I'd urge you to give it a look - I guarantee you'll be stunned at how simple it is to create something beautiful!

*Sayuri Knox 9V*



## Letters & Feedback

We thought that you might appreciate the email we received about the Chronicle recently, as well as feedback from a previous Camp Hillian regarding the virtual tour video on the website.



*Thank you so much for sending a copy of the Chronicle to me.*

*I quickly scanned through it before Christmas and have spent a wonderful few minutes this afternoon reading it through. My time at school was in the 1960s and I am delighted to see and read how the young women whom the school is sending out into the world still reflect the values with which we were surrounded. They are probably also more rounded in world knowledge and awareness than we were and the scope of interests and subjects about which they write makes me so proud to say that I am an Old Edwardian. My house badge is in my jewellery box and if anyone asks what that duck is (!) I can tell them with certainty.*

*My best wishes to everyone at Camp Hill.  
Mary Marshall*



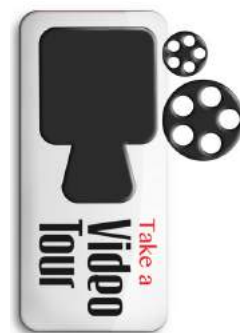
*Dear Mrs Gahir*

*I would like to become a part of Camp Hill Girls alumni – I attended the school between 1998 and 2003.*

*I enjoyed watching the virtual tour of the school and recognising many of my old classrooms – although a lot has changed and been built since I left! I was most impressed with the dance studio and fitness room in the new sports block. I have extremely fond memories still of my Geography field trip to Iceland – it still keeps me wanting to go back there, all these years later.*

*Unfortunately, I am not often in Birmingham since I relocated to Edinburgh in 2014, but that is what prompted me to get in touch regarding the alumni community.*

*I look forward to hearing from you.  
Kind regards  
Jennifer Hamilton*





# Immersive Career Experiences

Last term I participated in a weekend young engineering programme run by InvestIN. It was an immersive experience, with participants all around the world ranging from USA to India to Singapore. It offered a small insight into some of the possible sectors within engineering such as aerospace, biomedical, chemical and civil engineering. I was able to further expand my knowledge through the Q&A sessions led by professional engineers. I was given the chance to participate, in smaller groups, in a range of tasks such as designing the lift-off, journey and arrival of an aircraft in order to get to Mars and using computer software to look at a simple design and development of a prosthetic limb. I would definitely recommend this programme to anyone interesting in engineering.

by Santina Bunting, Year 11

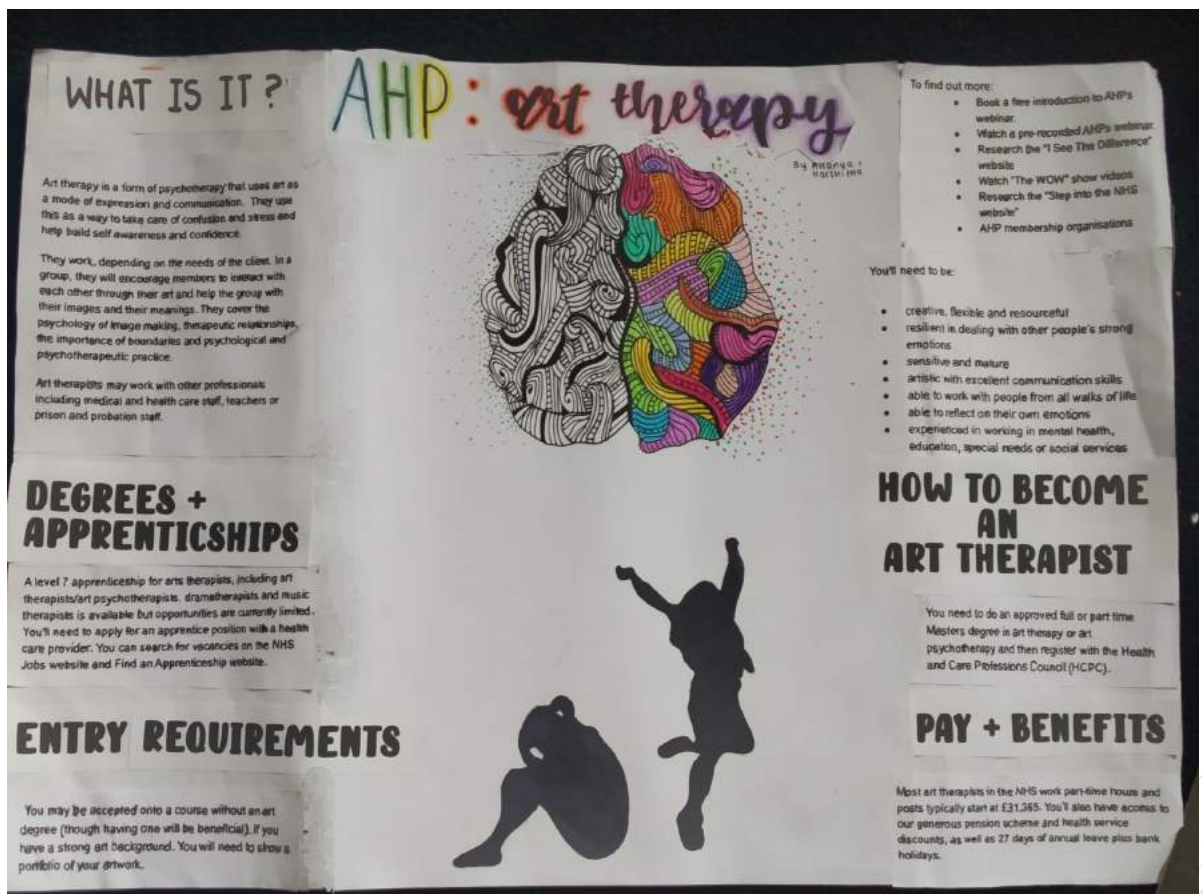


## Health Careers Poster Competition

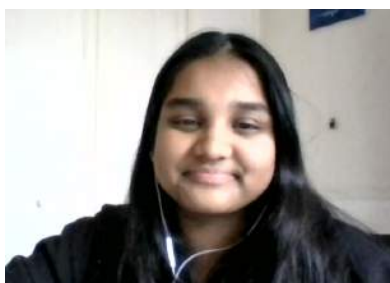
Congratulations to Harshitha Ramesh and Ananya Pradeep (both in Year 10) who were runners-up in a national competition to design a poster encouraging people consider a career as an Allied Health Professional (AHP).

AHPs are medical and health careers beyond doctors, nurses, midwives and dentists - see the list on the left for all 15 AHPs.

The competition was run by [iseethedifference.co.uk](http://iseethedifference.co.uk) - click on the link to view their website about AHP careers.



Harshitha & Ananya's winning poster



# Congratulations



## **2020 Christmas Pantomime Review**

*By Aanya Rana (7V), Jess Wang (7V), Poppy Willis (7X) and Mia Lowry (7X)*

The Christmas Pantomime 2020 was an amazing performance combining a great deal of wit, humour and amusement for the audience. We interviewed some of the key worker students and teachers in school and received many positive comments on the performance.

The narration and rhyming was really creative. The costumes were very inventive and it was great to see a classic story modernised. We enjoyed the music and special effects and the plot of the story was really well thought out.

We quoted some key-worker students about what they thought of the performance:

*"Mr Taylor's dress twirling was on point!"* - Eva and Annika

*"10/10 comedy!"* - Poppy

*"Mr Hamblett and Mr Johnson were hysterical in their little skirts!"* - Shreya

We asked the key-worker children to vote for their favourite actor and actress. The opportunistic sample of students who were involved in the survey determined that their favourites were:

Actor: Mr Franks, as the narrator!

Actress: Miss Orr, as Sleeping Beauty!

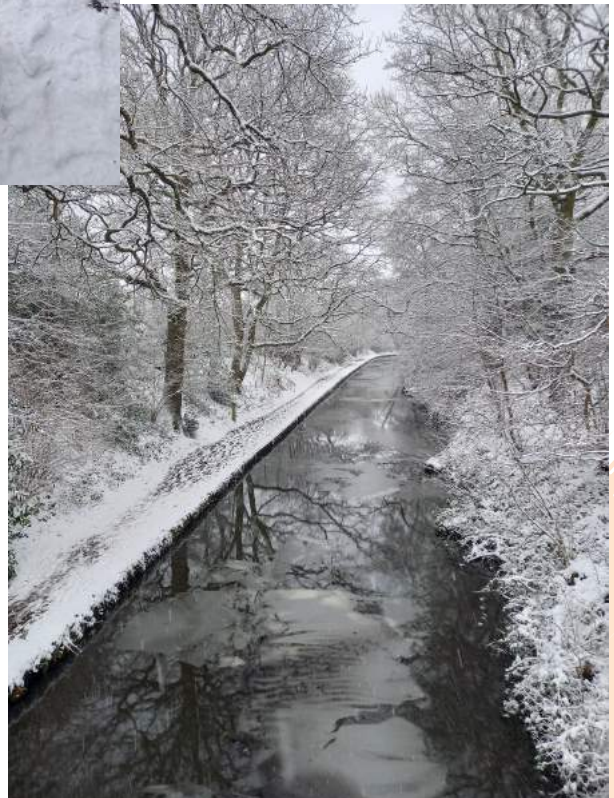
Overall we thought this pantomime was a brilliant performance, it was well written, well performed and very entertaining.





# *Let it Snow!*

We hope you enjoyed the recent snow as much as some of the staff did.



# Recipe Page

## Party Cupcakes

*This recipe was sent in by Evelina Coca, Year 8.*

This recipe is easy to follow and makes 12 delicious, party-themed cupcakes. They are classic vanilla cupcakes except with a few more ingredients to add the party- theme!

### Ingredients

For the cupcake batter:

- 125g of softened butter
- 100g of caster sugar
- 25g of light brown sugar (this is optional)
- 125g of self- raising flour
- ¼ of a teaspoon of bicarbonate of soda
- ¼ of a teaspoon of salt
- 50g of chocolate chips (white, milk or dark chocolate or a mixture)
- 25g of sprinkles
- 1 tablespoon of salted caramel sauce
- 2 eggs
- 1 ½ tablespoons of milk
- 1 teaspoon of vanilla extract

For the buttercream:

- 225g of softened butter
- 250g of icing sugar
- 1 ½ tablespoons of milk
- 1 ½ teaspoons of salted caramel sauce
- 1 teaspoon of vanilla extract

You will also need 12 cupcake cases and a cupcake tin with 12 holes.

### Method

- Preheat your oven to 175°C or 347°F.
- In a bowl, add in 125g of softened butter. Make sure that it is soft and at room temperature to ensure that the cupcakes turn out right!
- Add in the caster sugar, light brown sugar, self-raising flour, bicarbonate of soda and salt.
- Mix the ingredients together for around 1 minute until combined.
- Next, add in your chocolate chips. These can be any type you want. Also, add in your sprinkles and salted caramel sauce. Then, add in your 2 eggs, milk and vanilla extract.
- Mix all of the ingredients until fully combined.
- Divide your cupcake batter equally into the 12 cupcake cases.
- Stick the cupcakes into the oven for around 15-25 minutes. You will know when they are ready by sticking a toothpick in them and if it comes out dry, they are ready. Another way is pressing onto them and if they spring back up then they are done!
- Let the cupcakes cool down.
- When they are cooled down, add some buttercream to them. You can easily make buttercream by whipping 225g of softened butter until thick, creamy and white in colour, and then adding 250g of icing sugar to it. Stir them together. If you think you need more icing sugar, feel free to add more until you are satisfied. Add in 1 ½ tablespoons of milk and mix everything together!
- Add some flavour into your buttercream by putting 1 tsp of vanilla extract and some salted caramel sauce into it.
- Finally decorate, with sprinkles, a drizzle of salted caramel sauce and anything else you want!
- Eat them up and enjoy!





## Cookie Dough

*This recipe was sent in by Ishita Mahesh, Year 8.*

### Ingredients:

Plain flour (300g)  
Butter - room temperature (115g)  
Sugar (125g)  
Brown Sugar (125g)  
Eggs (2)  
Choc chip cookies (100g)  
Vanilla essence (1tsp)  
Baking powder (1tsp)

### Method:

- Firstly, whisk the butter and sugar together until the mixture is smooth.
- Add 2 eggs and mix them in.
- Then, add 1tsp of vanilla essence. Add the baking powder, plain flour and choc chips to the dough.
- Next, evenly mix the dough and spread on an iron skillet/baking tray.
- (OPTIONAL) sprinkle some more choc chips over the dough.
- Bake in a preheated oven for 10-15 mins at 220° celsius.
- Finally, enjoy your cookie dough with a scoop of ice cream and a drizzle of chocolate glaze as much as you fancy!



## Word of the Month

# **HYGGE**

This is a Danish word with no direct translation, but it seems to mean something like that feeling when there are a few of you in a room playing board games at Christmas, and it's freezing cold outside and you can hear the drumming of bitter rain on the window, but it's warm and cosy in the room and there's an open fire roaring and you have hot chocolate and biscuits and everyone's having a good time. It's a sort of combination of cosiness and companionship and happiness and warmth, and it would be a lovely word to get into English.





# Christmas Jumper Day

We raised just over £79 for Save the Children - thank you to Year 12 and staff!

We received this message from Save the Children:

THANK YOU FOR TAKING PART IN SAVE THE CHILDREN'S CHRISTMAS JUMPER DAY  
Your donation of £79.70 could help change a child's life.  
Don't believe me?

MEET LEXI-MAE...

"She's one of the brainiest five-year-olds I know", says Lexi-Mae's mum, Georgina.  
Lockdown has been hard for them – but Lexi-Mae is her mum's rock. "I think she's been coping more than I have," says Georgina.

Save the Children helped this dream team out with food vouchers and a learning pack to help Lexi-Mae's big brain keep growing.

That's what Christmas Jumper Day is all about, people!  
By taking part in the festive fun you've helped families from the UK and all around the world.



Save the Children  
**CHRISTMAS  
JUMPER DAY**



## Tinsel Day

We raised a fantastic **£640.75** for St Mary's Hospice - thank you everyone!

What a fantastic amount of tinsel! This year, probably more than previous years, we saw an array of tinsel attire: headbands, belts, flashing pieces of tinsel, bracelets, earrings, brooches even jumpers and one pair of glasses! It certainly was sparkling!

St Mary's Hospice were incredibly grateful for the money that was raised - well done to everyone for your efforts and generosity.

"Thank you for supporting Birmingham St Mary's Hospice. Tinsel day is a great idea and sounds like so much fun! Thank you for raising such an incredible amount!"



## Year 7 Readathon Fundraising Update

Our final fundraising total was a fantastic **£2,813.29**  
Well done everyone!

Mrs J Royall



# The Chronicle Quiz

## JUMBLLED CAPITAL CITIES QUIZ

nludbi      naievn      srapi  
uragep      slersubs      riaddm  
ehanst      Inbrei      kahda

## RIDDLES:

- 1) The more you take, the more you leave behind. What am I?
- 2) What can you catch, but never throw?
- 3) What is more useful when broken?
- 4) What goes away as soon as soon you talk about it?
- 5) What has 88 keys, but cannot open a single door?
- 6) Where can you find cities, towns and streets, but no people?

## FLAGS QUIZ



## GUESS THE TEACHER



*Answers on the next page!*



## Answers

### JUMBLLED CAPITAL CITIES QUIZ

dublin      vienna      paris  
prague      brussels      madrid  
athens      berlin      dhaka

### RIDDLES:

- 1) Footsteps
- 2) A cold
- 3) An egg
- 4) Silence
- 5) A piano
- 6) A world map

### FLAGS QUIZ

lebanon      jamaica  
  
israel      ivory  
coast  
  
singapore      mexico  
  
gambia      fiji

### GUESS THE TEACHER



Ms Durham