

**Community Bulletin**

**Monday 20<sup>th</sup> April 2020**

**School Update**

We hope everyone was able to rest and stay well over the Easter holiday. The experience of winding down at the end of a long and extraordinary term, while also trying to keep to a routine and a sense of purpose over two weeks of self-isolation, made this a uniquely challenging school holiday. Our thoughts are with everyone in the community in this difficult time.

With the return to home learning following the resumption of term time we will be continuing to set work using Show My Homework following the standard timetable. Thank you to all parents who provided comments and feedback for our team here to help us refine the home learning programme. It is under continual review and we will be writing to the community shortly regarding this. In the meantime, we have shared below under Learn A New Skill some links on self-study strategies and a reliable website for advice on this.

**A Moment's Thought**

We are continuing to share this question for one final week, set by the Schools History Project. They have set this question as a competition, open to entrants from each school in the country.

*"If 1066 is said to be the most important date in English history, what is the equivalent in another country?"*

They have said that responses that do not deal with North America post-1492 or Western Europe will be more generously marked. You may want to ask your family, or your teachers, for help.

You might send us a few sentences justifying a choice, only for our and your benefit. Or you might want to enter the competition properly and write an essay on the subject. There is more information on the competition [here](#) if you did want to enter, including on the 800 word limit and the process through which the School would submit a single entry at the end.

The CFBS History Department has its [own Instagram account](#) where we will be posting relevant information to help with the Schools History Project competition. They would love to hear your ideas for the essay, and can offer feedback on how to submit your answers for the official competition.

If you would like to write a short post for [@cfbs\\_history](#) please send your work to Mr Scivyer at [scivyerr@cfbs.islington.sch.uk](mailto:scivyerr@cfbs.islington.sch.uk). It could be a piece about an historical figure you admire, an event you are interested in, or a reflection on a historical topic. If possible, include a photo or link to a photo of the event or person to illustrate your post. All submissions will be considered.

Send in your thoughts to [community@cfbs.islington.sch.uk](mailto:community@cfbs.islington.sch.uk).

## Poetry Corner

Thank you for all the submissions of poetry over the last two weeks. We have had some that have chosen works by established poets, and some original poems written by our pupils. Firstly, we would like to showcase one of the latter. This is an entry by Hasin in Year 7 and is called Stand Together.

In light of troubles we have today,  
There are just a few things I would like to say,  
Although the days of quarantine feel prolonged,  
together as a united country we stand strong,  
in these distressed times of sickness and despair,  
we should share our compassion and our devotion,  
listen to the rules and do what is right.  
Take your time and enjoy little things,  
clap for our NHS workers in the night,  
as the full moon shines on us for guidance,  
we should all stay safe, be brave and stay strong.  
As schools shut down far and wide,  
we stay cooped up in our stuffy homes,  
we moan, yawn and toil through the day,  
all we need is some sweet fresh air,  
Our leaders are doing all they can,  
we need to settle down and keep calm as much as we can.  
So, stay strong, do what's right and most importantly, catch it, Bin it, Kill it

Thank you and well done Hasin. We think the message speaks for itself.

His reference to the full moon reminded us of the stories that accompanied the full moon in early April, which was [bigger and brighter](#) than usual as a result of it being 25,000 miles closer to the Earth than normal. We wanted to accompany Hasin's poem with this one by [Derek Walcott](#), one of three black winners of the Nobel Prize in Literature who died in 2017.

A tenor pan repeating its high note,  
flowers of brass cornets, maracas stars,  
an alto sax's interrupting throat,  
a burst of rain from drizzling guitars.

He wrote this poem, called Milky Way, in 2016 in response to the below painting from 1989 by [figurative painter Peter Doig](#), also called Milky Way.



If you would like to submit a poem, email it to [community@cfbs.islington.sch.uk](mailto:community@cfbs.islington.sch.uk).

### Trying New Genres

In the last edition of the Community Bulletin we shared five jazz albums that we thought you would enjoy. This week we are sharing a playlist put together by Ms Wild of some of the most beautiful and calming music from the Western classical tradition. You can access it [on Spotify here](#). If you are unable to access Spotify, you can find the music on YouTube and can start by trying these five:

[Symphony No. 6 "Pastoral" \(Scene by the Brook\)](#) – Beethoven

[Symphony No. 9 "From the New World" \(Largo\)](#) – Dvořák

[The Lark Ascending](#) – Vaughan Williams

[Hymn to the Fallen](#) – John Williams

[Piano Concerto No. 2 \(Andante\)](#) – Shostakovich

### Well-Being

Staying at home for long periods is difficult. We should all be conscious of this and take care to look after our mental and physical well-being. Today, try to notice the everyday things, this might be the wind blowing through trees, or the sound of passing cars, but take a moment to notice and appreciate everyday, ordinary things.

Remember to keep up-to-date with your exercise routine set on SMHW too.

## Learn A New Skill

As we return to our timetabled school work, now might be the time to improve study habits. There are a number of articles and resources for parents and pupils to [help with self-study here](#) and much of this is developed from the work of John Dunlosky and his research summarised in his article [Strengthening the Student Toolbox](#).

## Mathematics Puzzles

Here are the answers to the Easter edition's problems:

1. If there are ten blue socks, ten red socks and ten brown socks in a drawer in a dark room how many socks must be removed to ensure they contain: (a) a matching pair? (b) a blue pair? **a) 4 (b) 22.**
2. A fish weighs 10kg plus half its weight. How much does it weigh? The answer is not 15kg! Show your working. **20kg. If we call the fish weight  $x$  then  $x = 10 + 0.5x$ . This can be simplified to  $2x = 20 + x$ , then rearranged to  $2x - x = 20$  or  $x = 20$ .**
3. A first class stamp costs 26p, a second class stamp costs 21p. I buy some stamps and the cost is £1.93. How many of each price have I bought? **Five 26p stamps and three 21p stamps.**
4. Draw a clock face with the numbers 1 to 12 in their usual positions. Can you draw a line so that the numbers on one side of it add up to twice the numbers on the other side? **Two possible answers: 5, 6, 7, 8 on one side with 1, 2, 3, 4, 9, 10, 11 and 12 on the other. Or 11, 12, 1, 2 on one side and 3, 4, 5, 6, 7, 8, 9 and 10 on the other.**

Send in your answers to [community@cfbs.islington.sch.uk](mailto:community@cfbs.islington.sch.uk).

## **Health Advice For Everyone**

### *1. Stay at home measures*

The School would like to reiterate the importance of all the pupils adhering to the latest measures introduced to help stop the spread of the coronavirus.

Everyone must stay at home. You may only leave home:

- to shop for basic essentials – only when you really need to
- to do one form of exercise a day – such as a run, walk or cycle, alone or with other people you live with
- for any medical need – for example, to visit a pharmacy or deliver essential supplies to a vulnerable person
- to travel to and from work – but only where this is absolutely necessary

If you have to go outside to do essential tasks or exercise, stay at least two metres (three steps) away from other people.

### *2. Stopping infection spreading*

The NHS continue to emphasise the following to help reduce the risk of catching or spreading coronavirus:

- Washing your hands with soap and water often – for at least 20 seconds
- Avoiding touching your eyes, nose or mouth with your hands
- Covering your mouth and nose when you cough or sneeze – disposing of the tissues into a bin afterwards and washing your hands

### *3. Symptoms*

It is important that everyone in the community stays at home at all times. This is especially important if you have either:

- A high temperature
- A new, continuous cough

The vast majority of our community will be able to treat these symptoms with rest, paracetamol and drinking plenty of fluids. The NHS continue to state that to protect others do not go to GP surgeries, pharmacies or hospitals if you have these symptoms. If you are concerned, you can use the [111 coronavirus services](#).