

**Community Bulletin**

**Thursday 23<sup>rd</sup> April 2020**

**School Update**

We would like to direct you towards the [letter from the Headteacher](#) that is currently published on the website where you will find information on home learning, summer exams, school meals and returning to the School when we reopen. You will note that regarding the latter he states that we have had no official information but are preparing nonetheless. Please continue to check the [website](#) for an update on home learning and on examinations for Years 10, 11 and 13.

Please also note a section below on e-safety during this period of school closure.

**Poetry Corner**

Edward Thomas (born 3<sup>rd</sup> March 1878, died 9<sup>th</sup> April 1917) was a poet, critic and biographer who is best known for his careful depictions of rural England and his understanding of modernity's tendency toward disconnection, alienation, and unsettledness, themes that are still relevant today. Thomas signed up to fight in the First World War and died in the Battle of Arras, shortly after arriving in France.

Thomas was a close friend of the American poet Robert Frost and, before war broke out, they spent much time together on long walks in the countryside, discussing life, death and poetry. Thomas was late to poetry and wrote 140 poems between 1914 and 1916 whilst serving in the British Army.

This poem, [The Trumpet](#), is a stirring and life-affirming one, exhorting the reader to seize the day and make the most out of it. A closer look however, could reveal the trumpet as being a 'call to arms' signalling to the infantry or cavalry to charge – one of the fascinating aspects of good poetry is the fact that the meaning of poems is down to the reader's interpretation.

Rise up, rise up,  
And, as the trumpet blowing  
Chases the dreams of men,  
As the dawn glowing  
The stars that left unlit  
The land and water,  
Rise up and scatter  
The dew that covers  
The print of last night's lovers—  
Scatter it, scatter it!

While you are listening  
To the clear horn,  
Forget, men, everything  
On this earth newborn,  
Except that it is lovelier  
Than any mysteries.  
Open your eyes to the air  
That has washed the eyes of the stars  
Through all the dewy night:  
Up with the light,  
To the old wars;  
Arise, arise!

### **Trying New Genres**

In the last two editions of the Community Bulletin we shared [five jazz albums](#) that we thought you would enjoy and a playlist [on Spotify here](#) of some of the most beautiful and calming music from the Western classical tradition. Today we would like to share five works from the Jamaican reggae scene, which we hope you will enjoy as the sun shines today and this weekend:

[The Harder They Come](#) – Jimmy Cliff and other artists (soundtrack to the film of the same name)

[One Life To Live](#) – Phyllis Dillon

[Catch A Fire](#) – The Wailers

[In The Dark](#) – Toots & The Maytals

[Bam Bam](#) – Sister Nancy

### **Well-Being**

There are some excellent online resources for managing mood, calming down or relaxing. [Childline](#) has both ideas for managing mood and a one-to-one counselling service if things get too much. [Kooth](#) provide support specifically directed towards young people, and includes an online feelings diary. Here are two further website aimed at specifically helping young people worrying about self-isolating: [Young Minds](#), and [Mind](#).

## Learn A New Skill

Try some basic bread making. [This recipe is easy](#) to follow if you have flour and doesn't require yeast. Send in your efforts to [community@cfbs.islington.sch.uk](mailto:community@cfbs.islington.sch.uk).

## Mathematics Puzzles

1. You're creating a new coin system for the UK. You must use only four coin values and you must be able to create the values 1 through 10 using one coin at a minimum and two coins maximum. What four coins do you choose, and can you think of a second set of four coins that achieves the same goal?
2. Say what you see: the number 1 is made up of one one, so it produces 11. 121 is two ones, and one two, so produces 2112. Some numbers produce themselves: for example, 21322314 (two ones, three twos, two threes and one four). What's the smallest number that produces itself?
3. What is unique about 8549176320?
4. The Battle of Waterloo was where "Napoleon did surrender" according to the 1974 Eurovision winning entry by Abba. Assume that Napoleon's army had 70,000 men. There were twice as many men in the cavalry as there were in the artillery. There were also 7 times as many men in the infantry as there were in the artillery. If there were 250 guns in total, how many men were there per gun in the artillery section?

## A Moment's Thought

This is the last week of us sharing this question, 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 [scivyer@cfbs.islington.sch.uk](mailto:scivyer@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).

## Internet Safety

It is probable that as a result of home learning we are all spending much more time online. It is important to remind ourselves that the internet has emerging online spaces and social networks which allow individuals to publish unchecked content. It is also important to use your better judgement and in particular be aware of fake news, scams and other forms of exploitation online.

Here are our 11 tips for being safe online:

1. Only **USE** devices or apps, sites or games if a trusted adult says so.
2. **ASK** for help if you are stuck or not sure.
3. **TELL** a trusted adult if you're upset, worried, scared or confused.
4. If you get a **FUNNY FEELING** about something online, talk to an adult.
5. Look out for your **FRIENDS** and tell someone if they need help.
6. **REMEMBER** people online aren't always who they say they are.
7. Anything you do online can be shared and might stay online **FOREVER**.
8. Don't keep **SECRETS** or do **DARES AND CHALLENGES** just because someone tells you that you have to.
9. **BE CAREFUL** what you do in front of a camera, even if you think it is not recording.
10. Never **SHARE** personal information including your real name, address, mobile or landline phone numbers, school attended, IM and email addresses, bank details, passwords, full names of friends or family, specific interests and clubs that you belong to.
11. Always be **KIND** and polite to everyone.

Parents seeking help or information to support their child with online safety can learn more from the resources provided below:

[Childline](#) - for support.

[UK Safer Internet Centre](#) - to report and remove harmful online content.

[CEOP](#) - for advice on making a report about online abuse.

[Internet matters](#) - for support for parents and carers to keep their children safe online.

[London Grid for Learning](#) - for support for parents and carers to keep their children safe online.

[Net-aware](#) - for support for parents and careers from the NSPCC.

[Parent info](#) - for support for parents and carers to keep their children safe online.

[Thinkuknow](#) - for advice from the National Crime Agency to stay safe online.

[UK Safer Internet Centre](#) - advice for parents and carers.

## **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](#).