

Community Bulletin

Monday 27th April 2020

School Update

There has been something reassuring about how the weather has played a role in supporting us over this period. Despite the frustrations with having to spend the day at home and indoors, we hope that you were able to enjoy the sunshine over the weekend. Perhaps, with wetter weather set to come in, we will be hoping for it to return soon.

Ramadan Mubarak to all the families that are practising fasting in the holy month of Ramadan. We have copied below some guidance from the Muslim Council of Britain on fasting and praying during this month under the conditions of self-isolation.

There are a number of letters on the school website we would like to draw your attention to: [a letter to parents](#) on the awarding of qualifications this summer, [a letter to pupils](#) on the awarding of qualifications this summer, and [a letter to Year 13s](#) on the university admissions process, 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.

A Moment's Thought

We are pleased to be able to share the [VTalks schedule provided for us by Speakers for Schools](#). Starting today from at 2pm, you can watch live talks by industry leaders that would normally take place in schools by clicking on the link above. Tomorrow – Tuesday 28th April – at 10am the Vice President for Europe for Spotify will be giving a talk. We've copied the programme for the next few days below, but have a look at the full schedule at the link above, and give these individuals' careers and advice a moment's thought.

Tuesday 28th April, 10am: Marco Bertozzi, Vice President for Europe, Spotify

Marco will be interviewed by Speakers for Schools and answer questions submitted by students on topics ranging from creating your CV, getting your foot in the door for work experience or a job, developing your personal brand and practical tips on how to get started with preparing your social channels for career success.

Thursday 30th April, 10am: Penguin Talks in Collaboration with Speakers for Schools - How to boss your mood

Chloe Brotheridge (Clinical Hypnotherapist and author of The Anxiety Solution) and Sara Milne Rowe (Performance Coach, founder of Coaching Impact and author of The SHED Method)

Chloe and Sara will kick-off the Virtual Penguin Talks series by sharing their expertise and practical tips for managing anxiety and taking control of your mood during these uncertain times. Students will have the opportunity to ask questions and receive a free audiobook download of *The Anxiety Solution* and *The SHED Method*.

Send in your thoughts to community@cfbs.islington.sch.uk.

Poetry Corner

Read [Different Ways to Pray by Naomi Shihab Nye](#), in which she sketches vignettes of the different methods of prayer of Muslims of different ages, genders and backgrounds. Ultimately, her message is there are different ways to pray and be thankful.

There was the method of kneeling,
a fine method, if you lived in a country
where stones were smooth.

The women dreamed wistfully of bleached courtyards,
hidden corners where knee fit rock.

Their prayers were weathered rib bones,
small calcium words uttered in sequence,
as if this shedding of syllables could somehow
fuse them to the sky.

There were the men who had been shepherds so long
they walked like sheep.

Under the olive trees, they raised their arms—

Hear us! We have pain on earth!

We have so much pain there is no place to store it!

But the olives bobbed peacefully
in fragrant buckets of vinegar and thyme.

At night the men ate heartily, flat bread and white cheese,
and were happy in spite of the pain,
because there was also happiness.

Some prized the pilgrimage,
wrapping themselves in new white linen
to ride buses across miles of vacant sand.
When they arrived at Mecca
they would circle the holy places,
on foot, many times,
they would bend to kiss the earth
and return, their lean faces housing mystery.

While for certain cousins and grandmothers
the pilgrimage occurred daily,
lugging water from the spring
or balancing the baskets of grapes.
These were the ones present at births,
humming quietly to perspiring mothers.
The ones stitching intricate needlework into children's dresses,
forgetting how easily children soil clothes.

There were those who didn't care about praying.
The young ones. The ones who had been to America.
They told the old ones, you are wasting your time.

Time?—The old ones prayed for the young ones.
They prayed for Allah to mend their brains,
for the twig, the round moon,
to speak suddenly in a commanding tone.

And occasionally there would be one
who did none of this,
the old man Fowzi, for example, Fowzi the fool,
who beat everyone at dominoes,
insisted he spoke with God as he spoke with goats,
and was famous for his laugh.

Trying New Genres

In the last three editions of the Community Bulletin we shared [five jazz albums](#) that we thought you would enjoy, a playlist [on Spotify here](#) of some of the most beautiful and calming music from the Western classical tradition, and [five works from the Jamaican reggae](#) scene. This week we are sharing some of the most stirring works from opera, all of which come with links to recordings of live performances, often with translated subtitles, by the Metropolitan Opera of New York.

[The Barber of Seville, Largo Al Factotum](#) – Rossini

[Turandot, Nessun Dorma](#) – Puccini

[La Traviata, Libiamo Ne' Lieti Calici](#) – Verdi

[Carmen, L'Amour Est Un Oiseau Rebelle](#) – Bizet

Send in any contributions you would like to make to community@cfbs.islington.sch.uk.

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

If you are able to, join British artist Grayson Perry, famous for his ceramics, on Channel 4 tonight (Monday 27th April) at 8pm, or catch-up afterwards on All 4, as he guides us through making art while at home. In the meantime, get creative and try some drawing or painting and send in your efforts to community@cfbs.islington.sch.uk.

Mathematics Puzzles

Here are the answers to last week's 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? **We chose 1, 2, 4 and 5, or 1, 2, 5 and 8.**
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? **22.**
3. What is unique about 8549176320? **This is the correct order of the numbers from 0 to 10 when written out in full and put in alphabetical order: Eight, Five, Four, Nine, One, Seven, Six, Three, Two, Zero.**
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? You can use trial and improvement or set up as ratios. If A is number in the artillery, then cavalry is 2A and infantry is 7A. $10A = 70,000$ so artillery is 7,000. $7,000/250 = 28$ large guns.

Ramadan

We are sharing the below information [directly from The Muslim Council of Britain](#) to help all our families safely pray and fast during the holy month of Ramadan in self-isolation conditions.

Top Tips

It is important to plan Ramadan activities given these restrictions. Consider:

Online – Stream Islamic lectures or taraweeh to your home, either pre-recorded or live.

Prayers – Organise prayers including taraweeh at home as a family and pray as a congregation in the home. Since it is no longer possible to do I'tikaf in the mosque, consider doing this at home.

Virtual Iftars – Try to organise virtual iftars with extended family and the community through the many online video calling facilities available.

Plan food – Plan your iftar menus in advance so that you can limit multiple shopping trips and limit exposure given social distancing measures.

Drink well – Hydrate well for the long work days. Dehydration can lead to tiredness, headaches, lack of focus/concentration.

Energy foods – Eat high energy, slow burn foods for suhoor (starting your fast) – It is important that you remain energised throughout the workday, especially as we can experience heightened levels of anxiety during these times.

Breaks – Take regular breaks to reflect and take time for yourself.

Mental Health – Life can be full, and we try to fill it with more worship during Ramadan. We all want to pray more and this can help with anxiety but it is important to be good to yourself – sometimes it is quality over quantity.

Studying From Home

Much like working from home, studying from home without the benefit of your classmates, and direct face to face time with your teachers can have its own challenges. Fasting may tire you out further, and dehydration is often a factor in reducing focus and/or concentration. Much like with working from home, we advise the following:

Let others know – Give your university, student advisor or professors advance notice that you will be fasting.

Breaks – Ensure you are taking regular breaks from studying, for rest and reflection – perhaps around salaah times.

Timetable – Set yourself a study timetable. Lectures always help structure your day even when scheduled online, but make sure you take into account prayer times and iftar when planning your day.

Timings – If you are able, start your day earlier so that you can finish earlier and have some down time prior to iftar.

Share – Share Ramadan with classmates and friends by having a conversation about Ramadan, your struggles or sharing what special activities you're doing or foods you may be cooking/etc.

Duties – Honour your studies and commitments with patience and good grace to those around you.

Breaks – Should you find yourself frustrated or tired, take a break.

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](#).