

Summer Term

Newsletter 2020

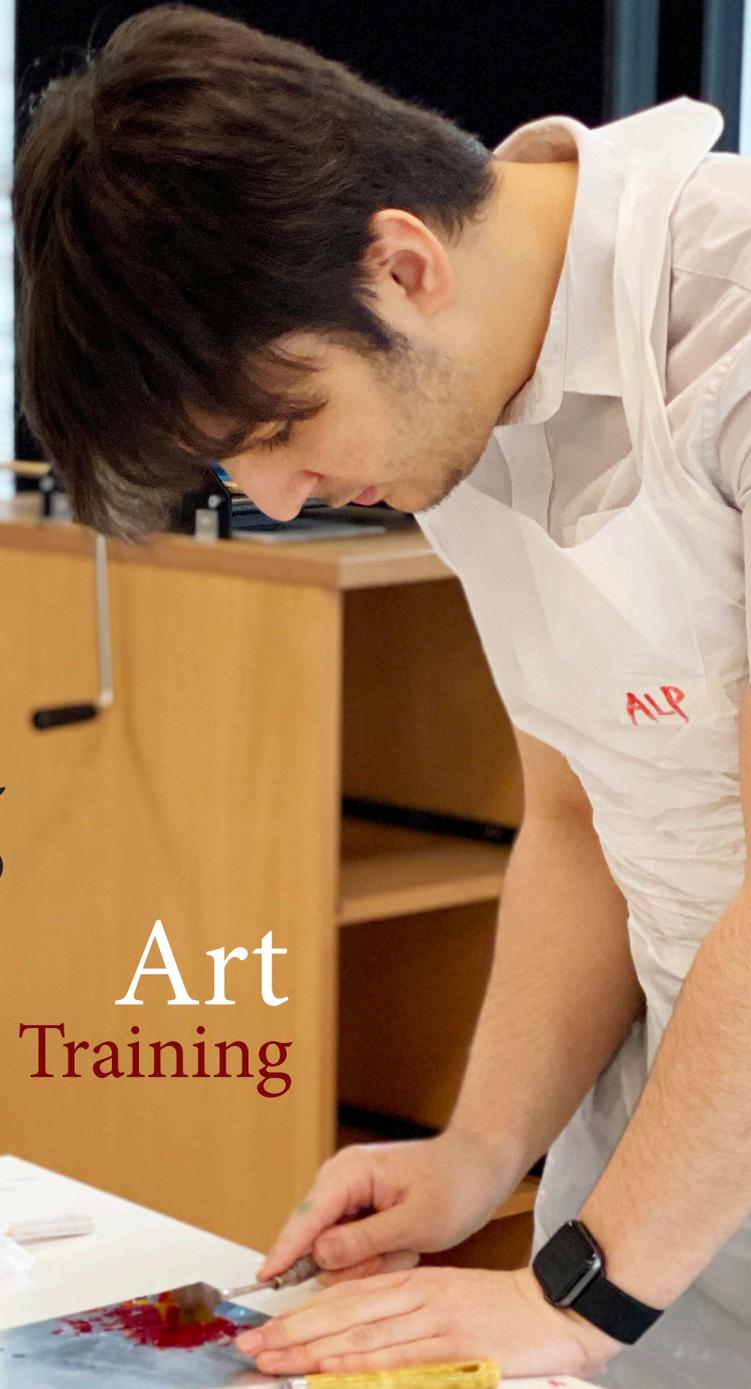
Paintballing

Competitions

Trips

Art

CPR Training



North London
Preparatory and Grammar School





British Heart
Foundation

CPR Training

On Thursday 23rd January, we had a very special awareness workshop, which was fantastic and very informative. This workshop was about CPR.

Mr. Ibis took the workshop and, as part of the learning, we watched two very important videos that informed us about what CPR is and, crucially, the 'recovery position' that should be adopted in an emergency to prevent choking if someone is unconscious. CPR is an abbreviation for Cardio Pulmonary Resuscitation.

After the first video, we briefly talked about the recovery position and how to move someone into this position. I could not believe how a simple position as this could be life-saving!

After this video and discussion, we watched a second video, which lasted about eight minutes. This time it was about CPR and what to do when a patient is unconscious and not breathing. It is at this specific time one needs to do CPR. We practised pumping the heart on a plastic manikin but unfortunately we were not able to conduct the breathing exercise on the manikin. We then also practised the recovery position on our peers.

The workshop was very enjoyable and the skills that I learnt are very important as they could save someone's life in the future!

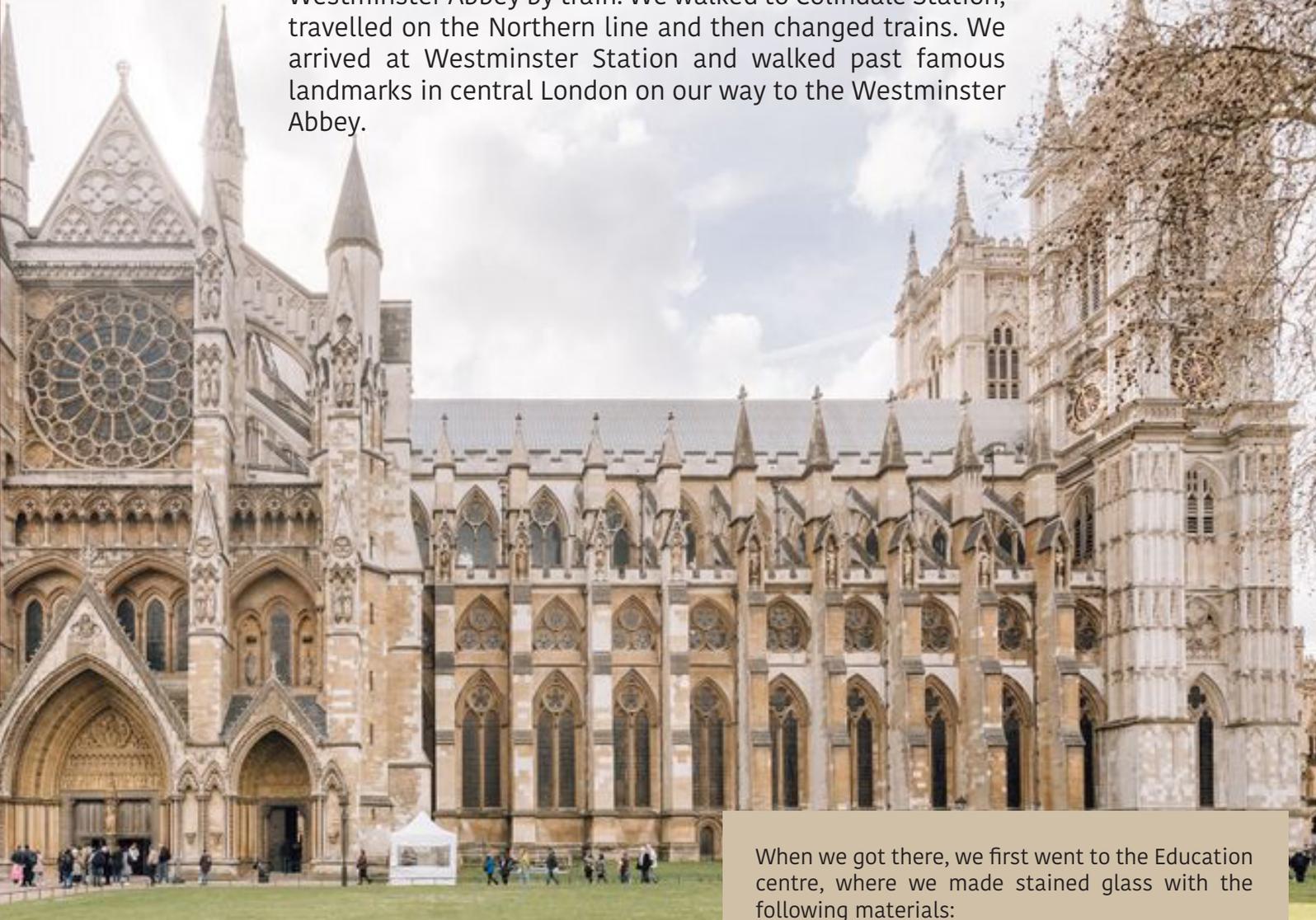


World War II

In history, we learnt about the Second World War in Europe and why the Battle of Britain was such a significant turning point in British history. We talked about evacuation and the experiences of both people in the cities and in the countryside. We placed events on a timeline such as the outbreak of the war, the Battle of Britain, the Blitz, the D-Day landings and the celebrations of VE Day. We researched the lives of the ordinary people who faced the Blitz and of those whose actions will always be remembered and used as an example for future generations, such as Anne Frank and Winston Churchill.

Trip to Westminster Abbey

On Tuesday 28th of January, my class and I went to Westminster Abbey by train. We walked to Colindale Station, travelled on the Northern line and then changed trains. We arrived at Westminster Station and walked past famous landmarks in central London on our way to the Westminster Abbey.



When we got there, we first went to the Education centre, where we made stained glass with the following materials:

- Pencil
- Colours
- Tracing paper
- Picture

We also saw:

- The Coronation Chair in St George's Chapel
- The Unknown Soldier's Grave
- Graves of other renowned people such as Isaac Newton, Charles Darwin and people who had died during World War 2

After that, we had our tour of the cathedral. We discussed why it was that not only Christians were buried there and the Guide talked to us about the scratches on the Coronation Chair which had been made by the boys from the local school a long time ago.

It was great fun!

Ese Mike Aigbe



Our Trip to the Mandir

On the 20th of January 2020, we went to a mandir called the BAPS Shri Swaminarayan Mandir, where we learnt more about the history of the temple/mandir, Hinduism and more!

After taking our shoes off, our guide told us to take a seat on the floor and he then presented a video explaining the history of the temple. After that, girls and boys were told to separate into two lines and follow him. When we reached the place, we had to sit down on the floor, boys than girls, in that order. After a while, a pujari (the Hindu temple priest) came and chanted a prayer. Then, we had an opportunity to look at the statues and view the internal surroundings. Before leaving, we had a moment to look at the walls and pillars. This left everyone open-mouthed as there were so much detail that had gone into the decoration of the walls and pillars. We went back downstairs but this time, into a different room. In this room, sir asked if we had any questions and then, he asked us questions about the video we had watched, for example, when was the temple built, where was the stone carved?

Overall, we learnt quite a lot. Here are just a few examples of what we learnt:

- Some foods/items have got negative or positive energy.
- Made by following traditional methods
- Britain's first authentic temple
- Europe's first traditional, stone temple
- It took 5 years to finish, including the decor
- The construction took two and a half years
- The actual building was started in August 1992
- The stones/bricks/pillars were made in India
- The Hindu religion began at 1500 B.C.

By: Vildan



Robotics Club



The Robotics Club meets each week to learn about various concepts related to science, engineering, technology and mathematics. Within the club, students engage with each other in collaborative projects not only to consolidate and develop concepts across the different disciplines but also to improve their team-building skills as they work together to complete fun challenges. These collaborative skills are essential for student success, no matter what subject they choose to pursue in the future. Artificial Intelligence, robotics and digital platforms are changing the way we live, work and relate to each other. From autonomous vehicles to cancer-detecting algorithms, and from picking and packing machines to robo-advisory tools used in financial services, almost every industry in every country is being transformed. In the NLGS primary school's Robotics club students are preparing to navigate the new human/machine division of labour by improving their "Human" skills in this highly enjoyable club.



Chinese New Year



We celebrated the Year of the Rat. Those born in the Year of the Rat are considered to be clever and quick thinkers. They are successful however are content with living quiet and peaceful lives. We played with traditional Chinese toys, made good luck cards and watched the dragon dances that are common in China at this time of the year. The dragon is seen as a protector of the community and is considered a symbol of power, strength and good luck for people. We also dressed in red for the day (a traditional colour of good luck in China) and we also ate traditional Chinese food. We really enjoyed celebrating other people's cultures in this way.

International Food day

What a feast! The children in our class loved every minute of talking about their cultures and traditions. We looked at symbols, traditional clothing from different places around the world and most importantly, we had some delicious treats to share and enjoy! We discussed the ingredients used, whether we know how these foods are prepared and why they are so important to us. Sweet, milky, savoury, nutty, filled with honey and spices- this magnificent feast was confirmed by lots of sticky fingers and smiley faces!

Trip to a Mosque

As part of our places of worship topic, we will be going a London Mosque. We cannot wait to see this religious place and to appreciate the beautiful art of its architecture as we have done with the other places of worship we have visited as part of this project.



The London Skyline



We have been looking at the beautiful skyline of London. In art, we have been sketching and decorating our pages with the wonders of the London skyline. We have even been able to observe some of these sights at first hand from other trips we have been on with school and have taken a moment to take in the brilliance of the architecture around us. In the future, we will be more observant of these brilliant structures and feel blessed to live in such a wonderful city for architecture such as London. Have you taken a moment to appreciate the beauty of London?



Electricity in the Home

As part of our electricity topic in Science, we will be looking at circuits and building circuits in a house. Our work will include building model houses with circuits which is something we are eager to do and in this way, gain an understanding of how electricity works in our home.



The Romans

We have been focusing on the lives of the Romans. It has been quite an insight. The Romans brought us many things, like roads, a sewage system and general urban infrastructure. However, Roman society was somewhat unequal, with Roman slaves and women not having a vote and being treated badly. Thank heavens we have improved since then! We really enjoyed hearing stories from Roman times and finding out about the architecture and other breakthroughs they have brought us.



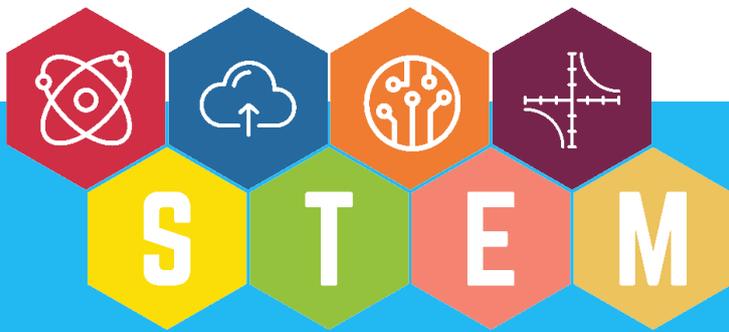
Trip to a Synagogue

Two weeks ago, on the 14th of January, we went to a synagogue. A synagogue is a place of worship for people of the Jewish religion. Jews also use synagogues as places to meet and study. Synagogues have played an important role in preserving the Jewish religion and culture throughout history. A synagogue is sometimes called a temple or a shul, which is a Yiddish term for house of worship.

What I learnt?

I learnt that the Torah is split into five different books and each of the books are as long as a football pitch. In addition, it is kept in a long cupboard called the ark and in front of it there is a little lamp called the eternal light. Finally, the men and the women are sat separately and the children wherever they like.

By Alaán



At North London Prep School we offer high quality Science, Technology, Engineering and Maths activities for our children aged 5-12 (KS 2) through our STEM club.

STEM stands for Science, Technology, Engineering and Maths. In our STEM club children learn topics and subjects in line with the UK National curriculum whilst having fun and doing lots of hands-on activities independently. While doing these fun workshops, they gain valuable experience and knowledge in their learning journey. During STEM club we place emphasis on creating an interest in scientific and technological subjects from a young age and in this way, releasing the potential of a future generation of young scientists in the UK. Please do not hesitate to contact me if you have any questions about our STEM club.



Below are our some future Scientific Fun activities and workshops during STEM club.

--Building a moving Skeleton model!	-- Becoming a Cardiologist! (How does your heart work?)	-- Soap and Perfume making workshops
--Building your own Hovercraft!	-- Choosing a healthy and balanced diet (make your own healthy diet plate.)	-- How to measure the volumes of different 3 D shapes with hands on activities.
--Making live volcano!	-- Become an engineer! (Building bridges and towers)	-- Building a sun dial/shadow clock!

History

Lady Zahava Kohn came to NLGS to speak about her experiences as a survivor in a concentration camp. It was a remarkable story to listen to describing how she survived the horrors of the Holocaust and showed incredible resilience and determination to rebuild her life afterwards. Following the presentation, students were given a chance to ask questions to Lady Zahava Kohn. For the students this was an opportunity to see history come alive as Lady Zahava was able to show us real life artefacts that she had kept of her experiences of the Holocaust.



Email from Ms Rudofsky

This was our first visit to North London Grammar School. We were made to feel extremely welcome from the moment we arrived at the school.

Speaking to an entire school with students from a range of ages can be a challenge – but all the pupils seemed to be engaged. There was a warm atmosphere at the school – and we particularly enjoyed the question and answer session, as well as meeting some of the pupils and staff after the presentation.

The tables were reversed for me on Friday – just a few days after our presentation.

On this occasion, I was a student, as Mr Mahriar had invited me to attend his year 9 history class as he was teaching the Holocaust. It was particularly timely.

I hadn't sat in a school classroom for many years so this was a refreshing and interesting experience for me.

The lesson was extremely well taught by Mr Hussain – and I was particularly impressed with the array of methods that were being used to teach the subject matter – text book material, interactive white board, debates and discussions, and an excerpt from a film – the range was excellent. The pupils were thoughtful and participated throughout – they seemed to respond well to this form of teaching and were very respectful of each other. Mr Mahriar had all of us engaged for the full two hours – no mean feat!

Ms Rudofsky



Year 11 Paintballing

On Monday the 3rd of February 2020, year 11 students had a fantastic time at the HIVE Paintball. There is a lot we can tell you about paintballing that you probably don't know: year 11 students formed two teams, dressed up in camouflage jumpsuits, each kitted out with a facemask and air-powered paintball gun, set loose in a battlefield to create havoc by shooting paintballs at each other across various war game scenarios. If you've never tried to participate in this amazing game, just remember, people love paintballing for a reason. We have taken on a bunch of teenagers for a bonding experience they'll remember for a long time to come. The students were working as part of a team so they had to make group decisions, load and shoot with the team, all in one amazing battle-filled day. Well done!

Student Services

Student Services is the new home for all students at North London Grammar School, formerly the mentoring department. It was launched in September 2020, promoting itself to students as a warm, friendly environment for all to visit. Our main aim is to provide a safe place in which students can congregate and meet up. We provide careers information and guidance, organise team building trips, film nights, help with personal statements, college interviews, discuss healthy lifestyles, including healthy food taster sessions for students. We invite forms for tea and a healthy snack, giving them time to socialise with us and mingle with other students in their form in an informal environment.

We encourage students to give us ideas on extra-curricular activities they would like us to add to our school. Above all, we listen to students. So far all forms have visited the student services department. Our peer mentors have their meeting in the room and everyone is made to feel welcome. Our mentoring team work with students offers a listening ear, providing CBT, organisational skills support, revision timetables and strategies to deal with exam stress. We take pride in developing our students, not only academically, but the whole person and understand that each student is unique.



Healthy Eating Taster Sessions

Representatives from student council, peer mentors and different forms were given the opportunity to taste a variety of healthy snacks. Following the session, the representatives were asked to choose what snacks they would like to see sold in the canteen during break time.

Our student council have also devised a questionnaire looking at healthy lunch options- so please watch this space to see the changes that will be made!

THE APPRENTICE



This year the school introduced the Apprentice Challenge, based on the popular BBC series. Students at NLGS were shortlisted to enter the competition, and took part in 5 business challenges over 10 weeks. In the beginning, the teams were introduced to each other and came up with a team name. Our two teams were called, 'The Sugars' and 'Resilience'. The first challenge was to create a commercial and a billboard for a brand of bubble gum. The teams performed their commercial adverts in assembly and the audience took part in a vote. In the boardroom, the teams were questioned on their decisions and took on constructive feedback. The Sugars walked away with the winning prize (and a box of doughnuts!) but the game is still on as NLGS's hunt for its first ever Apprentice continues...



Year 11 Art GCSE

Portfolio Workshop

Peter Richards, South London artist and Art educator teaching our Year 11s, helping them prepare their exam portfolios.



Happy Valentine's Day



Boards Game



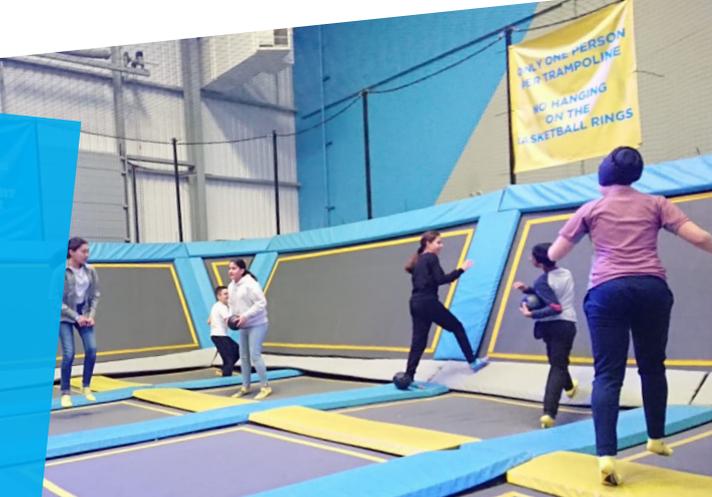
Chess Club



Year 8 Trip to Oxygen Free Jumping

8S went on a form trip to Oxygen Free jumping Park in Acton. It was a really fantastic day. We left the school at 12pm, in high spirits and very excited. When we got there, the students were keen to get going straight away and their energy never faltered for the whole 2 hours. All students participated well, working with each other in groups in the various zones of the trampoline park and helping and supporting each other. We saw some fantastic flips and somersaults from some of the students, which were a real treat to watch. There was no shortage of courageous moves from some individuals which encouraged others to have a go! We ate lunch together in the cafe at Oxygen before arriving back at school for 16.00 by the school minibus: tired but very, very happy.

The trip was a chance for the form class to bond and particularly to get to know the two new students who had joined the class a few months ago. All of us would agree that it was an overall superb fun day out!



Trip was a chance for the form class to bond and particularly to get to know the two new students who joined the class a few months ago. All of them would agree that it was an overall superbly fun day out!



Table Tennis Tournament

A fantastic performance from our table tennis team who represented NLGS admirably at the North London Schools Individual Qualifying Table Tennis Tournament. We entered at U13, U16 and U19 age groups. In the U13 category Charles-Ronald Mambo gave his all with 2 wins out of 4, just falling short of 2nd place and a place in the quarterfinals. Salah, Shagylych and Mekan competed in the U16 category. Mekan won 2 out of 3 games and finished 2nd in his group and qualified for the quarter finals, where he fought hard against an experienced U16 GB representative but unfortunately fell short of the semi-finals. Shanazar, Vepa, Abdyleziz and Batyr represented in the U19 category. Shanazar fought back from 1 set down to win 2 sets to 1 in a crucial match that saw him qualify for the semi-finals where he was defeated by another GB representative. However, as he finished in the top 4 of the U19 age category, he will now represent NLGS at the Jack Petchey London Finals on the 4th of April- a brilliant achievement.



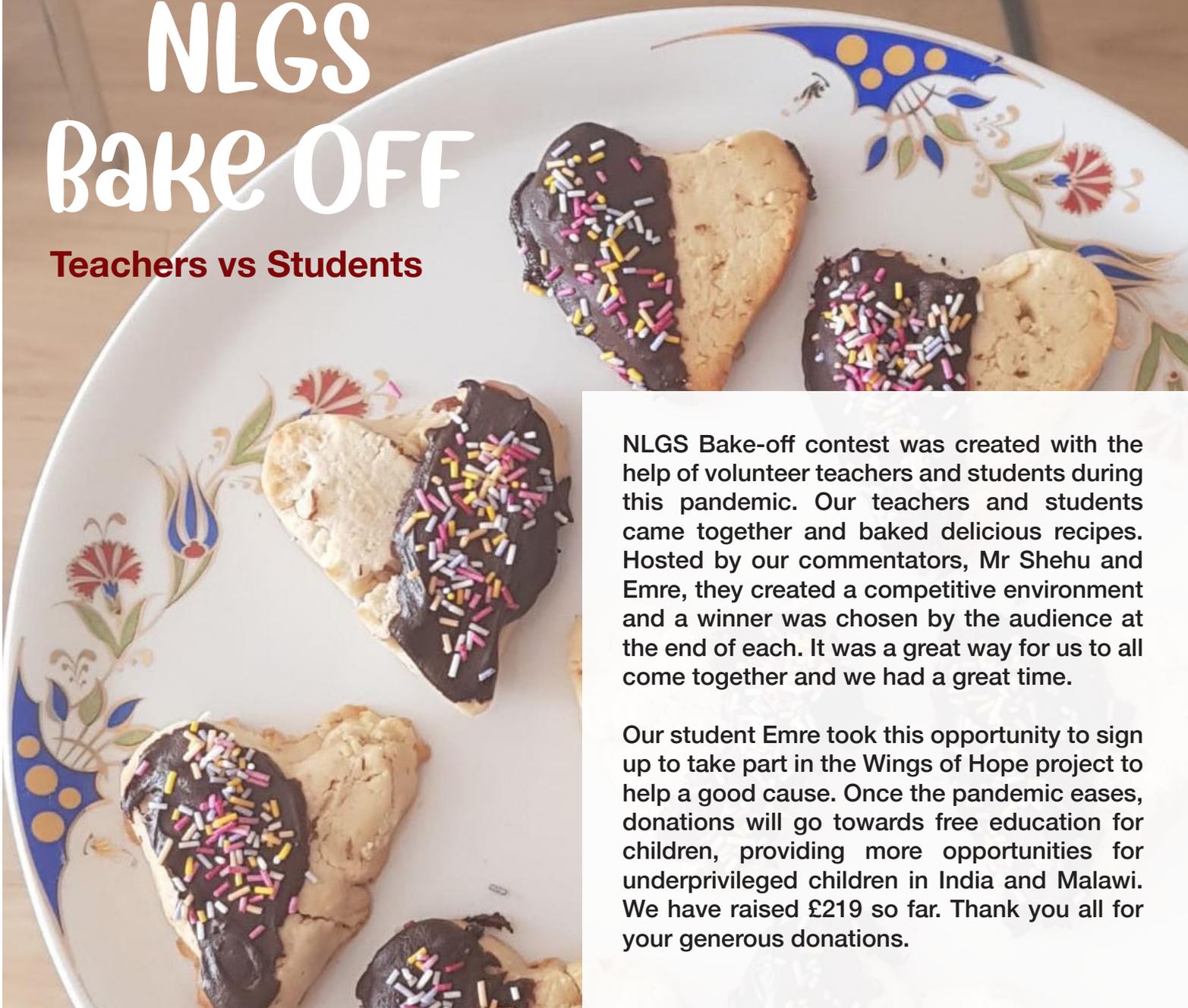
Sunday 17th May 2020 is the British Basketball Play-Off Finals at the O2. The event will host both the women's and men's play-off finals. I think it will be a great way to promote the sport further, as well as give our keen basketballers an event to look forward to.

Table Tennis Tournament at Lunch Time



NLGS Bake OFF

Teachers vs Students



NLGS Bake-off contest was created with the help of volunteer teachers and students during this pandemic. Our teachers and students came together and baked delicious recipes. Hosted by our commentators, Mr Shehu and Emre, they created a competitive environment and a winner was chosen by the audience at the end of each. It was a great way for us to all come together and we had a great time.

Our student Emre took this opportunity to sign up to take part in the Wings of Hope project to help a good cause. Once the pandemic eases, donations will go towards free education for children, providing more opportunities for underprivileged children in India and Malawi. We have raised £219 so far. Thank you all for your generous donations.



Episode 1 - Apple Crumble
Emre (WINNER) vs Mr Hussain

Episode 2 - Raspberry Cheesecake
Ritish (Winner) vs Mrs Dhrona

Episode 3 - Shortbread Almond Cookies
Fathers Day Edition

Mr Zerrenturk & Vehbi (Winner)

Mr Dhrona & Dia

Mr Adak & Fetih

Episode 4 Finale - Chocolate Brownies
Mr Federici vs Thia (WINNER)



MINECRAFT

Our Minecraft Club created much enthusiasm and creativity from our students. This club has been a great opportunity for students to explore new worlds, build from scratch and play creatively with each other.

Our students used their creativity to join the 'Thank a Teacher' challenge. They built trophies, apples, victory sculptures, houses, fireworks, roller coasters and much more!



Yoga with Anna

Anna's journey started over 10 years ago. As her practice deepened, she became curious as to how and why yoga could make her feel so good in her body and mind, giving her the tools that allow her to be more present, content and take life less seriously. Through this pandemic, our parents and students came together every Wednesday and practised mindfulness together.

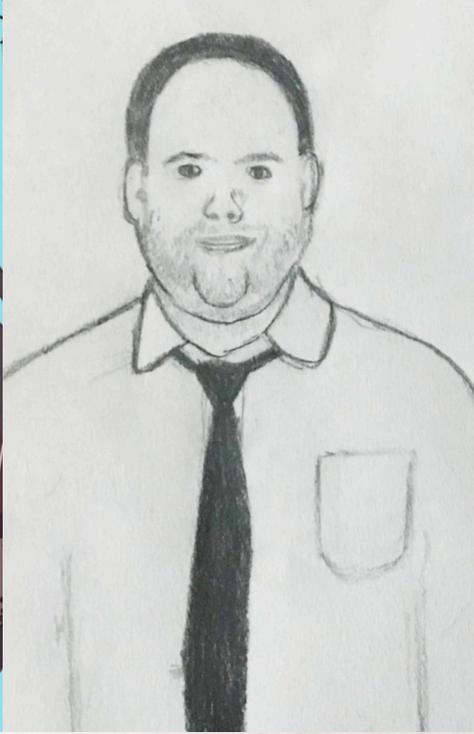
Her classes were designed to allow you to move your body in way that is accessible for all levels, regardless of age, gender, body shape and fitness level, making you feel comfortable on and off the mat, whether you're a beginning or a regular yogi.

One of the most important aspect of her classes was the mind body connection. Yoga allows us to create space in our bodies and our minds. When we create space we can gain clarity and peace and in today's world of enormous upheaval and change globally, it is essential that we all slow down and learn how to relax.



Lovely Portraits from our students to thank their Teachers





A STUDENTS GUIDE TO LEARNING FROM HOME

SET YOUR SPACE

Find an area in your house where you can sit comfortably and focus.

Make it separate to your relaxation space. Ideally away from a TV screen or other distractions.



TAKE NOTES

Stuck in a webinar zoning out? Note-taking keeps your mind engaged.

PLAN YOUR DAY

If you have one, follow the schedule provided by your school.

If you just have a list of things to study, break it down into tasks and plan to do the hardest ones when you have the most energy.

LESSEN DISTRACTIONS

Harness your imagination and picture that you're at school and not at home.

Lock your phone away if you need to - don't be afraid to ask your parents to intervene.

CHANGE IT UP

You probably have a schedule for your lessons, but if things are becoming difficult to focus on, take a 5-min break and come back to it - just let your teacher know.



TAKE BREAKS

Get up once in a while. Have a snack.



JOURNAL IT

Use a journal to track your progress or any questions you might want to ask your teacher about the work.

Remember

We're always here



North London
Grammar School

SPEAK UP & ASK FOR HELP

When things get tough, don't just push through it. Ask your parents, or reach out to your teacher.

**IF YOU ALREADY HAVE A PHONE CAMERA THAT
SHOULD BE ENOUGH FOR YOU TO AMAZE US WITH
YOUR STORY**

THE THEME IS "SUMMER 2020"

The Film should be up to 10 minutes long

**Submit by 31st August
Prizes will be given in September
2020**

SUBMIT TO

FLORIN.SHEHU@NORTHLONDONGRAMMAR.COM

OR TO MR. SHEHU ON TEAMS



Lovely Thank You letters from our students

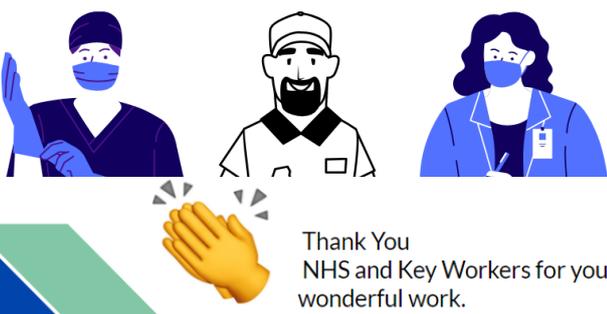
NLGS REACH OUT PROJECT



North London
Grammar School

How will you say THANK YOU TO ALL OUR HEROES?

Show your gratitude in your own unique way and share
with us by Friday, May 15th.



Thank You
NHS and Key Workers for your
wonderful work.



Thank
You NHS



Missy

year 10 - NLGS



North London
Grammar School

Dear NHS workers,

I am writing to you because I want to thank you for saving thousands of lives every day in the busy hospitals and preventing people from catching the deadly coronavirus. Without you, many of us would be dead, many of us would have lost hope, but fortunately, you are the light that has guided us through a positive path. I need you; we need you; everyone needs you. As far as I am concerned, you are one of the most essential people in the world! Why? It's because you are the people who are there when someone is ill. You are the people who glue happiness onto someone's exhausted and depressed face.

Did you know that you have saved thousands upon thousands of people across the world? No, you didn't. I applaud you for your effort to save lives. Never give up, never lose hope and certainly never back down. Without you, we will not have our crown. Since, I absolutely admire you, I have decided to put my time and effort into keeping safe. Every single day I wash my hands, every single day I create awareness on the streets about COVID-19 and every single day, I make sure that I wear gloves and masks before I step out of my door. I would not have thought of this if it weren't for you. You give me hope and you have lit us up with colourful emotions. Keep up with the good work, for all we have is you at the end of the day, to create the magic.

Dear NHS staff,

"The promise of a hopeful future is motivation for the pursuit of my dreams."

I am writing to inform you that over the time this pandemic has been in this country I would like to thank you of what you have been doing for the people who have been terribly sick. You have risked your own lives for the sake of others and that truly is a big risk for yourself, in fact. This pandemic is one of the most horrifying diseases I have ever seen in my life; the amount of people dying in one day is just bring me scenes in my head of destruction as I once truly believed once this virus had reached here it would never go away and that it will keep on continuously effecting people.

You, the NHS staff have brought bravery to our country; you have shown people that we should not be afraid and to do also what is right in order to survive this pandemic. During this pandemic my active life was lost and so were others as well, and this made me feel terrible and heartbroken inside as it made me feel that a chunk of my humanity had just disappeared! NHS staff I would like to thank you for what you have been doing in the front line for everyone not just me. I would like to compliment you so much as you are brave, wonderful people who have put their lives on the lines in order to help others to survive. And for that I would like to say *"Thank you"*.

Tawheed Ali - Year 9
North London Gramar School



"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." - Helen Keller

During this pandemic, we wish all our NHS staff the best and save more lives on the oncoming days. You have spent all your time to try help our society! We give you all a round of applause every week in order to show you the love we have given you for helping our world. Even though we all know we are in a crisis right now, but everyday you try your best and that is the main thing to do right now. Thank you for all you have done for us.

-Ryma, year 9

