



# VE DAY

75<sup>TH</sup> ANNIVERSARY

A SHARED MOMENT OF CELEBRATION

*Join your neighbours  
in a nationwide 'stay  
at home' street party!*

Prepare for the day by decorating your house in red, white and blue.

**11am**

2 minutes silence on your doorstep

**3pm**

Churchill speech shown on BBC

Then grab your picnic blankets or garden table and head to your front garden for:

**4pm**

Tea & scones (or coffee & cake)

**6pm**

Dinner and raise your glass to your neighbours

**9pm**

Nationwide sing-a-long to 'We'll meet again' with Royal British Legion after the Queen's address

**Please remember to follow the social distancing rules.**



**FRIDAY  
8th MAY**

**VE  
DAY**

**75TH  
ANNIVERSARY  
CELEBRATION**

# Newsletter May 8th 2020

## VE Day Celebrations:

***On Friday 8th of May 2020, the nation will be remembering 75 years since the surrender of the German armed forces marking the end of the European conflict during WW2. Although the disruption of the lockdown continues, there are still plenty of ways to celebrate and commemorate this important event. As well the events listed on the front cover to this newsletter, Mr Summerfield has provided a PowerPoint to all pupils via the Google Drive which includes lots of information about VE Day as well as lots of useful links. If you want further ideas as to what you can do on the day, please see the link below.***

***[https://www.nmrn.org.uk/virtual-ve-day-75-](https://www.nmrn.org.uk/virtual-ve-day-75-festival?gclid=CjwKCAjwwMn1BRAUEiwAZ_inEkJnEKFohz34AZR1WM5gUJeuYUEMr1KDx_ky_W2YUzEmN2tLRWWbRoCmFgQAvD_BwE)***

***[festival?gclid=CjwKCAjwwMn1BRAUEiwAZ\\_inEkJnEKFohz34AZR1WM5gUJeuYUEMr1KDx\\_ky\\_W2YUzEmN2tLRWWbRoCmFgQAvD\\_BwE](https://www.nmrn.org.uk/virtual-ve-day-75-festival?gclid=CjwKCAjwwMn1BRAUEiwAZ_inEkJnEKFohz34AZR1WM5gUJeuYUEMr1KDx_ky_W2YUzEmN2tLRWWbRoCmFgQAvD_BwE)***

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Message from Mrs Reeves, Headteacher

## **HOME LEARNING – A GREAT JOB!**

In these challenging times, we would like to say a big thank you to all of our parents, carers, teachers, and support staff for working tirelessly to help our young people establish new learning routines at home.

We are aware that many of you are dealing with competing demands and busy managing 'life in lockdown'. You should not feel it is necessary to run a full school day. However, it is very helpful to establish some kind of daily routine: a fixed point for educational activities and learning, reading, exercise, family time and free time. It is also vital to build in time away from screens. Some days will be more productive than others! The school staff, appreciate all that you are doing to encourage the completion of school work.

## **Heads up from our very own Head Boy.....**

Every day I have to be stuck indoors, doing the same routine and it gets very repetitive but it's not all bad. I can work at my own pace, so I can do all my work at one time and spend the afternoon relaxing or playing games with my friends - online of course. I cannot go out with my friends or play sports at the park. Not being able to go to the shops whenever I want is very different but it's something I can live without.

I decided to make use of my free time by learning how to code in javascript and python and I've learnt how to use a Linux terminal. Working from home is easier than working at school as when I need help there are many videos all over the internet that can help me with my work and I can do my work so it is easily stored and organised without having papers everywhere. Having said all of this, I do miss seeing people in person and having a normal conversation with them and I miss just my lessons as the way we learnt in them is a lot more fun than just reading off a screen. This lockdown has made me realise that I should make the most of this time as I won't get all of this free time ever in my life.

Ayman, Head Boy

# Lower School

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## ***From Mrs Acharya-Woodage (Assistant Head of Lower School)***

We are so very proud & humbled by the tenacity of pupils in embracing the 'new normal' way of learning. Your independence and initiative is wonderful. Postcards are being sent by the dozen to all those taking on the Daily Challenges set by Miss Elkin & Miss Swain. Well done - there seems to be 'virtual competition', especially in the amazing Keepy-Uppy challenge set last week. There is something for everyone – dance, sport, reading, art, origami to name but a few. And thank you to all who share their Wellbeing Wednesday activities with us. It gives us great ideas to share.

We all have our own LOCKDOWN stories and the recent photo competition in Art portrays this. Pictures truly do 'speak a thousand words.' If you have not seen them they are absolutely AMAZING. What talent we have in our younger pupils! Thinking outside of the box went to a whole new dimension. Check out TWITTER to follow the pictures – and bring us your own LOCKDOWN stories.

Finally, I could not be prouder of the mature, diligent self-learning going on, yes it is hard on your own but building this independence will stand you in good stead for the future. Equally, we need to prioritise and ensure we all have a balanced approach to everything we do. I'd like to share something that a friend shared with me & that I have with some of you:

***Daily, do one thing for yourself, for others, and then something different.  
This is a time that we continue to grow as people – embrace it.***

# Upper School

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## *From Miss Doras (Assistant Head of Upper School)*

Hello Upper School!

We hope that you and your families are well. I have been really pleased to hear how well you have been getting into good routines and completing the work that's been set for you. I've had the privilege of speaking to some of you and your families and it's been lovely to have that interaction when we are all missing school in different ways.

Please continue to do your best, remembering that routine is important but so is self-care. *Be kind to yourself and continue to do what you can.*

If you're feeling creative and want a project to get involved with, check out **Blurt** and their 'quarantine' competition. They want to hear from young people and share stories and artwork and anything creative that is a reflection of your experience during these challenging times. The link is [here](#), or you can just search via Google.

Finally, I would like to thank Year 11 students for their honest and detailed responses to the questionnaire we emailed out last week. The questionnaire will be closed on June 1<sup>st</sup> so you still have time to share your views. Keep in touch with us, especially if you need some support.

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# ***Hello from the Science Department!***

A big lockdown hello from the Science department, who have been busy coming up with practical's, videos, quizzes, worksheets and tests that you can all do from home. We would like to thank all the wonderful parents who have been helping out with a multitude of science experiments including friction tests, factors that affect the brewing time of tea and how sugar affects your reaction time. If you are struggling to calculate a bond enthalpy, or you don't quite understand a reflex arc we are all here to help so drop us an email; we would love to hear how you're getting on.



Parents need to know:

1. Every day your child would normally have a science lesson they will find a lesson in their Google Drive.
2. We want to see their work. Each lesson folder contains lesson instructions explaining how to submit work.
3. If your child needs help, they can drop their teacher an email.

If you need a little extra help online check out:

- [BBC.co.uk/bitesize](https://www.bbc.co.uk/bitesize) for comprehensive science help.
- GCSE pod – get onto this through frog for pod casts and more
- [Kerboodle.com](https://www.kerboodle.com) a comprehensive online textbook.

## Messages from your science teachers

HANG IN THERE



As well as setting work for year 10 students Miss Goodfellow has been attempting to learn knitting and has become addicted to cake. She has this message for you:

“I have been hugely impressed with the quality and quantity of work I have received from my group of year 10s. Thank you all for your hard work, I know it is tough so hang in there”

Indubitably



As well as being a full-time teacher for his two daughters Mr Rybinski has been setting work for year 7 and year 9 students he has this message for you:

“A big thank you and well done to all the year 7 and 9 pupils who have sent me work. I have seen some absolutely fantastic efforts. Keep it coming!”



Mr Altaf is ready to move into his new house but his parents are using it to self-isolate after returning from Pakistan. He has been setting work for year 10 and has this message for you:

“Thank you for your hard work triples. I've been seeing a lot of amazing work. Hope you are all keeping well and keep the work coming (on time). Thankyou. Mr. Altaf”



To express himself during lockdown Mr Proud has grown a moustache, he's also setting for year 8 students and has this message for you:

“I've been so impressed with how well you've engaged with the lessons Y8+9. Keep on doing the home experiments and continue with the great work!”



Mr Hallett moved to a new house just before the lockdown. He is busy settling in and has been setting work for students in years 7 and 10. He has this message for you:

“Thanks for all of the amazing work guys, keep it up and stay safe at home”



Lastly me, Mr Grove. I have gotten a dodgy Corona trim since you saw me last. I've done almost every DIY job invented and have developed a little bit of cabin fever. I have been looking after year 11 as well as setting work for year 9 and 10 students. Thank you for your emails and messages. It is always great to hear from you, (even if it's just to gripe about my self-marking quiz not accepting your answer). **I know working from home is challenging, so thank you.** Thank you for sharing your laptop with your little brother or sister and for being so positive when I've called to chase you for work. Stay safe, stay home, protect the NHS.

# Updates

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## **EXTRA RESOURCES – KEEP IT FRESH AND VARIED!**

In the teaching and learning section of this newsletter every week, we will be drawing your attention to **three of the very best new resources** that you can access free of charge and that we think are well worth exploring!

### **1. TED-ED**



**Discover hundreds of animated lessons made by some of the best teachers and thinkers in the world! TED-Ed Lessons are short, award-winning animated videos containing ideas that will spark the curiosity of learners everywhere. Sign in and select 'secondary' and the subjects that you are interested in. Below are some examples of the lessons:-**

- The art forger who tricked the Nazis.
- How do vaccines work?
- The bug that poops candy!
- The hidden life of Rosa Parks.
- Think like a coder.
- How do IQ tests work?
- Why do cities need trees?

<https://ed.ted.com/lessons>

## 2. AUTHORFY.COM



For a daily dose of creativity and fun, check out the Authorfy '10 Minute Challenges', which are set by bestselling authors and illustrators - They add a new challenge to their page every single day! The website has many other brilliant things for those of you who love stories and writing.

<https://authorfy.com/10minutechallenges/>

## 3. UK PARLIAMENT LEARNING



Fun, online learning sessions and high quality resources to engage pupils with the work of the UK Parliament. Explore: how parliament works, the role of select committees, campaigning, how laws are made, the budget.

<https://learning.parliament.uk/resources/>

### FINALLY, IF YOU HAVEN'T ALREADY DONE SO...

Go to the QB website, click on NEWS tab and scroll down to the two 'Resource Newsletters' dated 26<sup>th</sup> March and 3<sup>rd</sup> April for over 15 additional high quality free home learning suggestions. You will find: ***Maths challenges, the BBC bitesize offer, non-fiction reading resources, MFL British Council challenges, physical challenges, free theatre links, science, media studies, school library association offer, subject podcasts for every subject*** and much more.



# Other news

- **Weekly Frog Challenge:** A reminder that each week a new challenge is set on FROG. You can access this by clicking on the homework tab on your FROG page. QB maths department.

## Pupil page

Please send your ideas, activities and photos for the Newsletter pupil page to your form tutor via Gmail.

Things to do:-

- Listen to a podcast
- Write a journal
- Share study ideas with other pupils

- **Story Club**

**"Reading gives us somewhere to go when we have to stay where we are"**



*Story Club is going from strength to strength! Next Friday (15th May) meet us in Google Hangouts to discuss Ray Bradbury's sci-fi thriller, 'The Pedestrian'. If you enjoyed World Book Day's 'The Veldt' you're sure to love this.*

*As always, send a message to Mrs Paetel or Ms Howe if you'd like to join in, or if you're unsure how to use Google Hangouts.*

### Recipe of the week.

#### RECIPE INSTRUCTIONS PIZZA CRUST

This recipe makes 2 x 9 inch crusts. One for tonight and 1 for tomorrow's lunch. You can use a pizza tray or alternatively you can use a 9-inch cast iron skillet.

1. Pre-heat oven to 350 °F.
2. In a bowl mix together 2 cups gluten free flour, 3/4's cup water and 1/3 cup olive oil. Adjust the ratios if need be, to get a nice dough texture.
3. Mix together to form a dough. Sprinkle gluten free flour on your pan and press the dough evenly on it creating a thin crust.
4. Bake for about 10 minutes or until it is lightly crisp on the bottom.

#### RECIPE INSTRUCTIONS PIZZA TOPPING

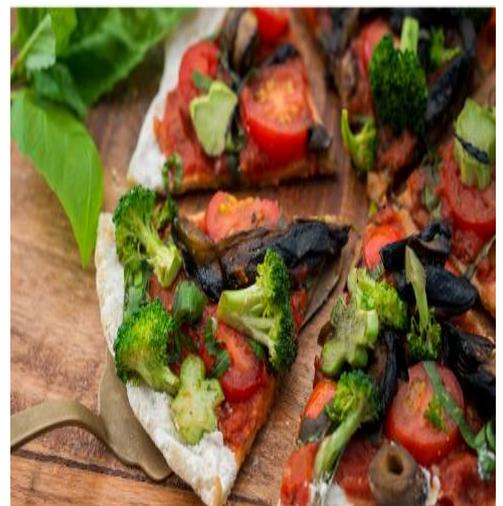
1. Wash your portobello mushrooms with a damp paper towel and slice them into 1/2

inch thick slices.

2. Chop up the broccoli into bit sized chunks.
  3. Place a couple tablespoons of coconut oil in a skillet on the stove top and turn it on to medium heat. Sauté the broccoli and mushrooms until cooked.
  4. Slice up the tomato slices and basil.
  5. Remove the crust from the oven and cover it with organic low-sodium tomato sauce and top it with your toppings.
- Place back in the oven to bake for another 15-20 minutes, until crust is nice and crispy.

#### RECIPE INSTRUCTIONS SALAD

Wash and chop lettuce and place in a bowl or on a plate. Top with sprouts, slices of cucumber and top with a squeeze of lemon or a drizzle of balsamic vinegar.



# *IT Support*

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If you are experiencing technical difficulties, please email the IT team who will endeavour to respond and support your query within 24 hours: [ITSupport@queensbridge.bham.sch.uk](mailto:ITSupport@queensbridge.bham.sch.uk) To ensure the fastest possible response and resolution times, **please provide as much detail as possible** when requesting support from the Queensbridge IT Team.

Required information:

Year Group

User Name (being attempted)

Where the error or issue is occurring ie Frog, Frogmail, Frogdrive, GDrive.

**Screenshots of any errors or onscreen messages are also extremely useful in resolving issues promptly.**

## *Stay safe during the Coronavirus outbreak*

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**Video chatting: a guide for parents and carers of secondary school-age children**

<https://parentinfo.org/article/video-chatting-a-guide-for-parents-and-carers-of-secondary-school-age-children>



## Kooth: supporting children's Mental Health

# Kooth.com

## Online support for young people

We would like to remind you of the availability of our online service to support the **wellbeing** and **resilience** of your students.

Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours' young people can message our team and get support by the next day.

When students register with Kooth they will have support available to them now and in the future. Support can be gained not only through counselling but articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated.

To find out more visit [kooth.com](https://www.kooth.com) where young people can register and others can find out more about the service.



Links to the Kooth website and a short video about the service

<https://www.kooth.com/>

<https://vimeo.com/318731977/a9f32c87de>

Advice for families is available from the CAT team. If you would like to access this service please email [CATParentEnquiries@birmingham.gov.uk](mailto:CATParentEnquiries@birmingham.gov.uk) with the following information:- your name – The telephone number you would like to be contacted on – The name of your child' s school Times and dates you are not available.





<http://www.youngminds.org.uk/>



This morning, millions of people will go into work on the frontline against COVID-19 while many others finish night shifts, supporting and protecting us all.

NHS workers, those working in social care, delivery and warehouse staff, refuse workers and many more are forming Our Frontline, putting their physical health at risk and their mental health under immense pressure.



We want to help make sure that everyone gets the right support with their mental health, both now and in the future. At Mind, we've joined Shout, Samaritans, Hospice UK and The Royal Foundation of the Duke and Duchess of Cambridge to launch Our Frontline.

Our Frontline offers round-the-clock, one-to-one support, by call or text from trained volunteers, or, on Mental Health at Work you can find resources, tips and ideas to support the mental health of key worker groups. To find out more about the campaign click

[https://mail.queensbridge.bham.sch.uk/owa/redir.aspx?C=17Fb4K9TEthQp0eKzBVtkIsDrbp3\\_4ClfhjPIoW1YTNIWtBbsfHXCA..&URL=https%3a%2f%2fmind-charity.org.uk%2fCZC-6USEU-VSBRH8-41LE2G-1%2fc.aspx](https://mail.queensbridge.bham.sch.uk/owa/redir.aspx?C=17Fb4K9TEthQp0eKzBVtkIsDrbp3_4ClfhjPIoW1YTNIWtBbsfHXCA..&URL=https%3a%2f%2fmind-charity.org.uk%2fCZC-6USEU-VSBRH8-41LE2G-1%2fc.aspx) and feel free to join us on our social channels, too.

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## Looking after children and young people during the coronavirus outbreak

How a child or young person reacts to the coronavirus (COVID-19) outbreak may depend on their age, past experiences or understanding of what's happening.

Parents Helpline Enquiries, from Young Minds, offers advice about mental health in children and young people up to the age of 25. You can call the helpline on 0808 802 5544. Childline offers a confidential telephone counselling service, so your child can speak to someone

anonymously. They can: call 0800 1111 any time, free of charge have an online chat with a counsellor check out the Childline message boards

Shout provides free, confidential support with trained crisis volunteers via text for anyone, 24 hours a day, 7 days a week. Text SHOUT to 85258 in the UK, or visit Crisis Text Line for more information.

The Mix offers a free, confidential telephone helpline and online service for young people.

They can:

call 0808 808 4994 free of charge, from 11am to 11pm every day

access the The Mix online community

email The Mix

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## How teenagers can protect their mental health during coronavirus (COVID-19)

6 strategies for teens facing a new (temporary) normal.

By UNICEF

Being a teenager is difficult no matter what, and the coronavirus disease (COVID-19) is making it even harder. With school closures and cancelled events, many teens are missing out on some of the biggest moments of their young lives — as well as everyday moments like chatting with friends and participating in class.



For teenagers facing life changes due to the outbreak who are feeling anxious, isolated and disappointed, know this: you are not alone. We spoke with expert adolescent psychologist, best-selling author and monthly New York Times columnist Dr. Lisa Damour about what you can do to practice self-care and look after your mental health.

### 1. Recognize that your anxiety is completely normal

If school closures and alarming headlines are making you feel anxious, you are not the only one. In fact, that's how you're supposed to feel. "Psychologists have long recognized that anxiety is a normal and healthy function that alerts us to threats and helps us take measures to protect ourselves," says

Dr. Damour. “Your anxiety is going to help you make the decisions that you need to be making right now — not spending time with other people or in large groups, washing your hands and not touching

your face.” Those feelings are helping to keep not only you safe, but others too. This is “also how we take care of members of our community. We think about the people around us, too.”

While anxiety around COVID-19 is completely understandable, make sure that you are using “reliable sources [such as the [UNICEF](#) and the [World Health Organization's](#) sites] to get information, or to check any information you might be getting through less reliable channels,” recommends Dr. Damour.

If you are worried that you are experiencing symptoms, it is important to speak to your parents about it. “Keep in mind that illness due to COVID-19 infection is generally mild, especially for children and young adults,” says Dr. Damour. It’s also important to remember, that many of the symptoms of

COVID-19 can be treated. She recommends letting your parents or a trusted adult know if you’re not feeling well, or if you’re feeling worried about the virus, so they can help.

And remember: “There are many effective things we can do to keep ourselves and others safe and to feel in better control of our circumstances: frequently wash our hands, don’t touch our faces and engage in social distancing.”

## **2. Create distractions**

“What psychologists know is that when we are under chronically difficult conditions, it’s very helpful to divide the problem into two categories: things I can do something about, and then things I can do nothing about,” says Dr. Damour.

There is a lot that falls under that second category right now, and that’s okay, but one thing that helps us to deal with that is creating distractions for ourselves. Dr. Damour suggests doing homework, watching a favourite movie or getting in bed with a novel as ways to seek relief and find balance in the day-to-day.

## **3. Find new ways to connect with your friends**

If you want to spend time with friends while you’re practicing social distancing, social media is a great way to connect. Get creative: Join in a Tik-Tok challenge like [#safehands](#). “I would never underestimate the creativity of teenagers,” says Dr. Damour, “My hunch is that they will find ways to [connect] with one another online that are different from how they’ve been doing it before.”

“[But] it’s not going to be a good idea to have unfettered access to screens and or social media. That’s not healthy, that’s not smart, it may amplify your anxiety,” says Dr. Damour, recommending you work out a screen-time schedule with your parents.

## **4. Focus on you**

Have you been wanting to learn how to do something new, start a new book or spend time practicing a musical instrument? Now is the time to do that. Focusing on yourself and finding ways to use your new-found time is a productive way to look after your mental health. “I have been making a list of all of the books I want to read and the things that I’ve been meaning to do,” says Dr. Damour.

## **5. Feel your feelings**

Missing out on events with friends, hobbies, or sports matches is incredibly disappointing. “These are large-scale losses. They’re really upsetting and rightly so to teenagers,” says Dr. Damour. The best way to deal with this disappointment? Let yourself feel it. “When it comes to having a painful feeling, the only way out is through. Go ahead and be sad, and if you can let yourself be sad, you’ll start to feel better faster.”

Processing your feelings looks different for everyone. “Some kids are going to make art, some kids are going to want to talk to their friends and use their shared sadness as a way to feel connected in a

time when they can't be together in person, and some kids are going to want to find ways to get food to food banks," says Dr. Damour. What's important is that you do what feels right to you.

## 6. Be kind to yourself and others

Some teens are facing bullying and abuse at school due to coronavirus. "Activating bystanders is the best way to address any kind of bullying," says Dr. Damour. "Kids and teenagers who are targeted should not be expected to confront bullies; rather we should encourage them to turn to friends or adults for help and support."

If you witness a friend being bullied, reach out to them and try to offer support. Doing nothing can leave the person feeling that everyone is against them or that nobody cares. Your words can make a difference.

***And remember: now more than ever we need to be thoughtful about what we share or say that may hurt others.***

# Stay safe during the Coronavirus outbreak

## Stay at home, protect the NHS and save lives

The infographic is titled "Coronavirus" and includes the text "Wash your hands with soap and water more often for 20 seconds". It also says "Use a tissue to turn off the tap. Dry hands thoroughly." and features a logo that says "CORONAVIRUS PROTECT YOURSELF & OTHERS". The steps are numbered 1 through 6, each with a circular icon and a caption: 1. Palm to palm, 2. The backs of hands, 3. In between the fingers, 4. The back of the fingers, 5. The thumbs, 6. The tips of the fingers. The NHS logo is in the top right corner and the HM Government logo is in the top left corner.

Advice on keeping good mental health: <https://www.nhs.uk/oneyou/everymind-matters/coronavirus-covid-19-staying-at-home-tips>

Government advice: [https://www.gov.uk/government/publications/covid-19guidance-on-supporting-children-and-young-peoples-mental-health-andwellbeing?utm\\_source=198a9e75-a418-4442-91027c714bd37c3c&utm\\_medium=email&utm\\_campaign=govuknotifications&utm\\_content=immediate](https://www.gov.uk/government/publications/covid-19guidance-on-supporting-children-and-young-peoples-mental-health-andwellbeing?utm_source=198a9e75-a418-4442-91027c714bd37c3c&utm_medium=email&utm_campaign=govuknotifications&utm_content=immediate)

Advice on keeping your body fit: <https://www.nhs.uk/oneyou/for-your-body>

*Next week's newsletter*

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Articles on TFL, Ramadan reflections, Yr11 careers and Mrs Lee's Big Question...

***Stills in Isolation - Photo of the week***



***No man's Land*** by Sophia B, Year 8