

INSIDE

REASONS TO BE CHEERFUL PT 2

POSITIVE NEWS FOR A DIFFICULT TIME



ART, SPORT & CULTURE
A CREATIVE EXPLOSION!



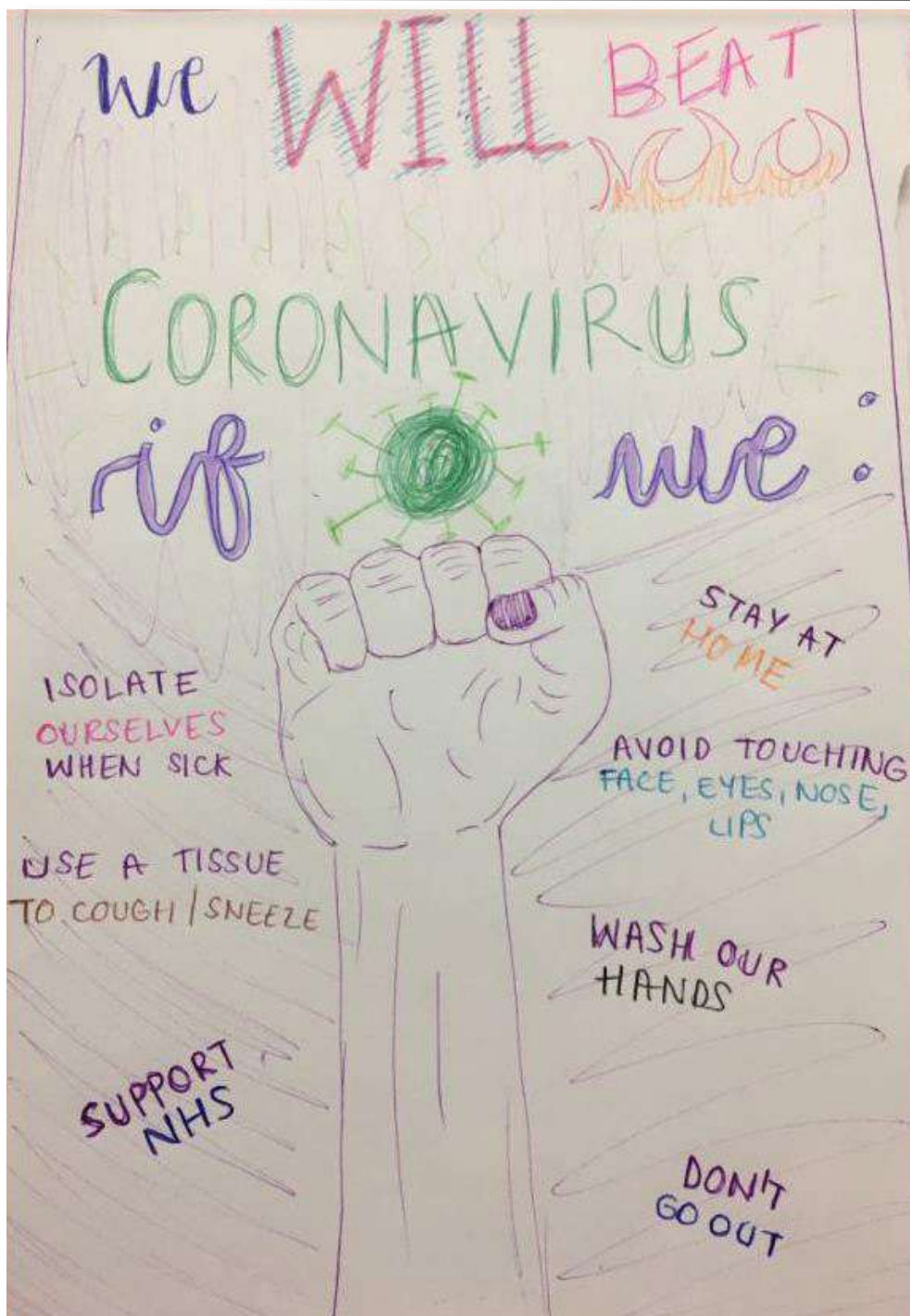
LOCKDOWN BITES
MORE TASTY TREATS



"WE ARE ALL DIFFERENT"
MEET OUR NEW SENDCO

STRANGE TIMES

NORBURY MANOR LOCKDOWN NEWS



Welcome to the second edition of Strange Times - Norbury Manor's lockdown newsletter.

We hope you're all staying safe and are looking after your friends and family as well as you are able to as we slowly acclimatise to 'the new normal.'

To those in our community who recently celebrated Eid al-Fitr we hope you had an enjoyable time despite the restrictions in place.

"Still missing you, students!"

To everyone reading, we wish you good health and hope to see at least some of you again as soon as possible (we're still missing you, students!).

The cover image is by Fajur Khan - thanks to her for sending in this excellent poster and to all those who have also contributed to this issue.

THE NEW NORMAL

STUDENTS SHARE THEIR EXPERIENCES

we would do anything to be back! The world works in mysterious ways. Who would have thought we would be facing a pandemic? At least I can record for posterity the fact that I am an urban warrior who lived through a pandemic and fought battles with sweaty strangers over toilet rolls (they are back in stock, by the way). I love humans sometimes.

During this lockdown I have had much time for self-discovery. Which sounds enlightening but coming from someone who's had their fair share (and quite possibly too much) of living with anxiety and other hurdles, it's somewhat nerve-racking and dangerous. I wish I could say that being in quarantine has been all about elegance and relaxation, but I think the reality of it for many if not all is that we have had our moments of struggle. It's to be expected, I guess, considering we have been forced into isolation and broken out of the norms we've grown so used to - it makes sense.

A passion of mine is to write; however, I struggle to connect with others' writings and find comfort in unexpected areas. I swore I would be honest and wouldn't claim anything that I didn't believe to be true even in the slightest. So, here's me writing to you about the reality of living in quarantine - at least for me and some others that I know.

I am someone who is used to talking through situations, smiling and handing out advice despite never taking it myself. However confident one may appear, however, we all have our demons and mine are the kind who throw a surprise party for me every day. I have struggled to stay positive and optimistic through this lockdown. I haven't been able to smile much and have replaced my smile for many tears at night and endless fits of frustration.

My A-levels have been cancelled – all the hard work myself and others put in, the teachers' efforts, feel wasted. I can only imagine what GCSE students are feeling having lost out on even more years. My time with friends has been cut short (yes, we have social media but it's not the same as face-to-face contact and the reality is that we are going to attend different universities, my ambition being to study abroad).

Staring at four walls has left me alone with my thoughts; sitting awake in the dark has left me more than down. Plenty of time to overthink. Applications which I had to start working on and events I had coming up have all been either cancelled or postponed. My trip to South Korea has been cancelled - twice - and I am still waiting for refunds. I was supposed to be going alone to work on my personal statement and to volunteer. In reality, so much has gone wrong. However, I am also someone who knows how to take a punch and put up a fight.

I believe life is about balance. It can't all be good just as not all days will be bad. Life's like a coin; if you toss it you must expect one side or the other to land face up.

"My name is Sadia. I was - or am - a sixth former in year 13. I'm the one who walks around school with a beanie and scarf; I'm sure you must have seen me.

So, quarantine. Ha ha... haargh. You know, I always had this joke that I would be the one to have the last laugh at school yet school really had the last laugh yeeting me out. It's also ironic - and I think many of you will agree with me when I say this, teachers and students alike - we longed for the comfort of our beds, to lie in late and not come in. Now we have it,

"At least I can record for posterity the fact that I am an urban warrior who lived through a pandemic and fought battles with sweaty strangers over toilet rolls"

How I've been coping...

1. **My A-levels being cancelled** – Although I didn't get to show off my knowledge in exams, I have nevertheless learnt things that can be applied. Thanks to psychology, I know I have a tendency to think 'in black and white.' I question my thoughts and writings because of philosophy and ethics. I know about the more hidden aspects of society because of sociology. Education is about much more than exams if you only let it be.
2. **My friends are my family** – They have pushed me through so much and we share more memories than the days or hours lost in lockdown and that is worth more than I could wish for.
3. **My thoughts are part of me** – Running from myself or who I am is only neglecting a part of me that deserves to be loved and acknowledged.
4. **Hope goes a long way** – Those applications and opportunities will still be there after the lockdown ends; the timeframes may have changed but that means I'll have more time to figure out what it is I want to do and work towards achieving my aims.
5. **I'm in need of a serious holiday** – I will fly as soon as it's safe and not just for two weeks; I will extend my trip. I've used this time to make friends with people from Korea and now look forward to meeting them (shout out to Seung Hun and his patience with my terrible Korean which I am working on more now).

Some ideas that may help...

1. **Use this time not out of fear but to your own advantage** - start that diet you always said you would; pick up a hobby (even if it revolves around using TikTok); get all that work done that has been collecting dust on your cupboard.
2. **Accept and expect that some days will be harder than others** but let it make you stronger and ready for life and its challenges. My favourite times of day are sunrise and sunset; when the sun goes down I leave behind a day where lessons were learnt and mistakes were made while the sun coming up brings a new day with fresh potential.
3. **Remember the good moments in the bad** - I won't sit here and say things will get easier because who knows if they will any time soon? But one day - just one day - you might find yourself surprised.
4. **Most importantly, have hope and believe in yourself** - your values and beliefs are the very reason you should keep going; you can go places you never thought you could.

Anyway, that's enough from me. While in quarantine I have been continuing to volunteer with the police in victim support and as a sixth former I know what it's like to be lost. If you do want any help or someone to talk to, advice on your options and studies or any questions - feel free to contact me; since I have loads of time, now, I will be happy to help."

- Sadia Shahid

“What have I been doing during lockdown?”

I have been doing a lot of cooking with my mum. I have learnt to cook meals and have been baking cakes. Pictured below is a breakfast I cooked including my own homemade chicken nuggets.

My mum has been doing charity work



for an organisation called Project 4 Youth Empowerment (p4ye.co.uk) that includes cooking meals for the vulnerable people in the community and I have been helping with preparing meals and packing food parcels. Above is a shepherd's pie that we prepared for delivery to vulnerable families.”

- Brianna Peters

“I’ve been keeping busy by playing with my pets. If you don’t have any pets, you could maybe go in your garden and enjoy some open space and some fresh air, maybe play around with a ball or create new games.

During this lockdown, I have been doing a lot of baking. One of my favourite recipes is to make simple brownies! They are quick and delicious! In my free time, I like to read and exercise to keep fit. Most of the time, I’m usually trying to complete the homework being sent to keep on track.”

- Maria Ianas

“I was filmed for TV (CBBC) during lockdown reciting 100 digits of pi!

(The first 100 digits of pi are: 3.14159 26535 89793 23846 26433 83279 50288 41971 69399 37510 58209 74944 59230 78164 06286 20899 86280 34825 34211 7067.)

I also did a virtual 1k run around my garden to raise money for the NHS.

And what I miss about school is all the teachers and my friends and I miss telling my stories.”

- Lana Mitchell

The Day the Virus Hit the Globe

Something happened; this something was called a coronavirus. It struck the globe as fast as lightning, country by country; they all caught it.

Everyone started to panic, panic buyers started to buy, loss of jobs began to occur - no toilet roll, soap or even food and so much more. Everyone seemed to forget about the homeless.

The day we got told no more school people were so happy, but not because this is a global pandemic. I bet now they want to go back to school because they are so bored. Year 11s were in floods of tears, our final year at school got cut short. Then the day we were all dreading; the lockdown issues came. Anxiety levels hit the roof; lockdown flies past.

Then Thursdays come around - this is the day when we all clap for the NHS. They fight to save our lives whilst risking their own. Then the day comes when you try to teach your grandparents how to use social media, the day when you keep on making an excuse to leave the house to see the outside world, the day will soon come when we are allowed to go back to school and see our loved ones, our friends, and squeeze the life out of them with a great big hug.

Scientists are working around the clock to find a cure. Life will go back to some normality if you stay indoors where advised and remember to stay safe.

- Lana Mitchell

“Some mornings when I feel productive, I wake up at 8:45am and get my gym clothes out. I put them on then head downstairs and have some breakfast and wait until 9:00am when Joe Wicks starts his morning live PE session.

Around 10:00am is when my friends from school wake up. We go on FaceTime because we have most of our lessons together (now, don't get me wrong, we do get work done but we still have fun and try not to get too stressed).

Other things that help me to stay positive are calling my friends, listening to music and watching Disney movies on the Disney+ channel.

I am very fortunate to have a garden so I go out there most days and walk up and down the path. I have also gone out for walks with my mum and helped with shopping for essentials.

I am missing school life and my social life with all of my friends. As I am the only child I enjoy going out to school and seeing friends which makes up for when I am feeling lonely (as being on the phone is not the same as seeing friends in person). I just take every day as it comes and pray that this will be over soon. I will never take school for granted again!”

- Amber Greaves

MEET MS GWYNN, OUR NEW SENDCO

"Hello everyone, my name is Ms Gwynn and I started a new job as the Special Education Needs Coordinator (SENDCo) less than a term before we went into lockdown. That means I haven't yet had the chance to meet many of you but hopefully this will be a good way for me to introduce myself so you can get in touch with me if you need to.

I've been teaching for many years both in the mainstream classroom and, more recently, working with students with additional needs. That basically means anyone who needs extra support, whether in academic areas; because of speech and language needs; because of challenges with literacy or social skills; or anything, really. It's a wonderful job that I feel very privileged to be able to do, and my aim is to try to provide help or support to anyone who needs it.

"We are all different... difference is not better or worse, good or bad, it's just different!"



My motto is we are all different and that difference is not better or worse, good or bad, it's just different! I was the SENCo at two other secondary schools before joining Norbury Manor, and

although experienced in most needs, my specialism is working with students with dyslexia.

Some girls will be on the school Special Educational Needs (SEN) register if they have received support so that teachers are made aware of what their additional needs are. I expect to be contacting parents/carers of all girls who are on the SEN register by email shortly to make sure that we have accurate information and to start a discussion about the ways Norbury Manor can support students so that they achieve their full potential.

I look forward to meeting you all soon. Stay safe and stay well!"

3

THINGS I MISS.... by Ms Chong

1. Travelling - learning about new places and people.

2. Eating out - I miss going out for dim sum and what it represents. In Chinese culture, the round table is an important symbol of inclusion and where family and friends gather to share food and conversation.

3. My extended family and friends - I miss those who live in different parts of the country and further afield.

KITCHEN CONFIDENTIAL

LOCKDOWN SPECIALS



Main image: focaccia by Ms Radcliffe.
Inset: pizza by Ms Radcliffe.

Miss Sheppard's Homemade Butter

1. Pour double cream into a large bowl.
2. Whisk the cream with an electric whisk on medium. As you beat it, it will go thicker, like whipped cream. Keep going until the butterfat and buttermilk separate completely.
3. Collect the butterfat together with your hands.
4. Wash it to get rid of any remaining buttermilk.
5. Pat dry the butter.
6. Wrap in grease-proof paper and store in the fridge - around three days for unsalted butter.

Butter making with Miss Sheppard in six easy steps



Above: macarons by Hamnah Kashif.

"Macarons were quite hard to make and I did fail and crack half of them but I guess you can't see that from the picture!"

Left: chocolate strawberries drizzled with white chocolate by Maria Arshad

ART, SPORT & CULTURE

STUDENTS' WORK AND MORE



Comic strip (above) and face masks (left) by Lexus Harris-Macintosh.

(If you're interested in making your own face masks the online tutorial at <https://www.youtube.com/watch?v=4FB--BOyTiU> is recommended by Ms Kershaw.)

FOOTBALL

Football is one of many aspects of ordinary life staff and students are missing since the advent of COVID-19 restrictions. Here, our resident sportswriter, Ms Sage, shares a personal perspective on women's football.

"Alright peeps, Sagey here. Thought I'd share a bit about me growing up, playing football.

When I was younger football was looked upon as a boy's game. Despite being very popular - with tens of thousands attending some matches - women's football in England was actually banned between 1921-71 by The Football Association (FA) on the grounds that 'the game of football is quite unsuitable for females and ought not to be encouraged.'

At my school the attitude was that it was definitely a boy's game. Of course, I didn't let that stop me. I played football with the boys all the time, getting stuck in like the rest. I didn't feel in any way that I didn't fit in and that made me feel good.

"Women's football in England was actually banned between 1921-71 by The Football Association (FA)"

Years later I joined a ladies' football team, [South London Women](#) (nicknamed 'The Studs'). To finally play for a proper team was wonderful; I loved it.

Womens' football has changed so much over the years. There are now lots of opportunities to play, all the way up to international level. I have been to watch Chelsea FC Women with Ms Hardwick on a few occasions and it's really exciting; I wish I could have played for them.

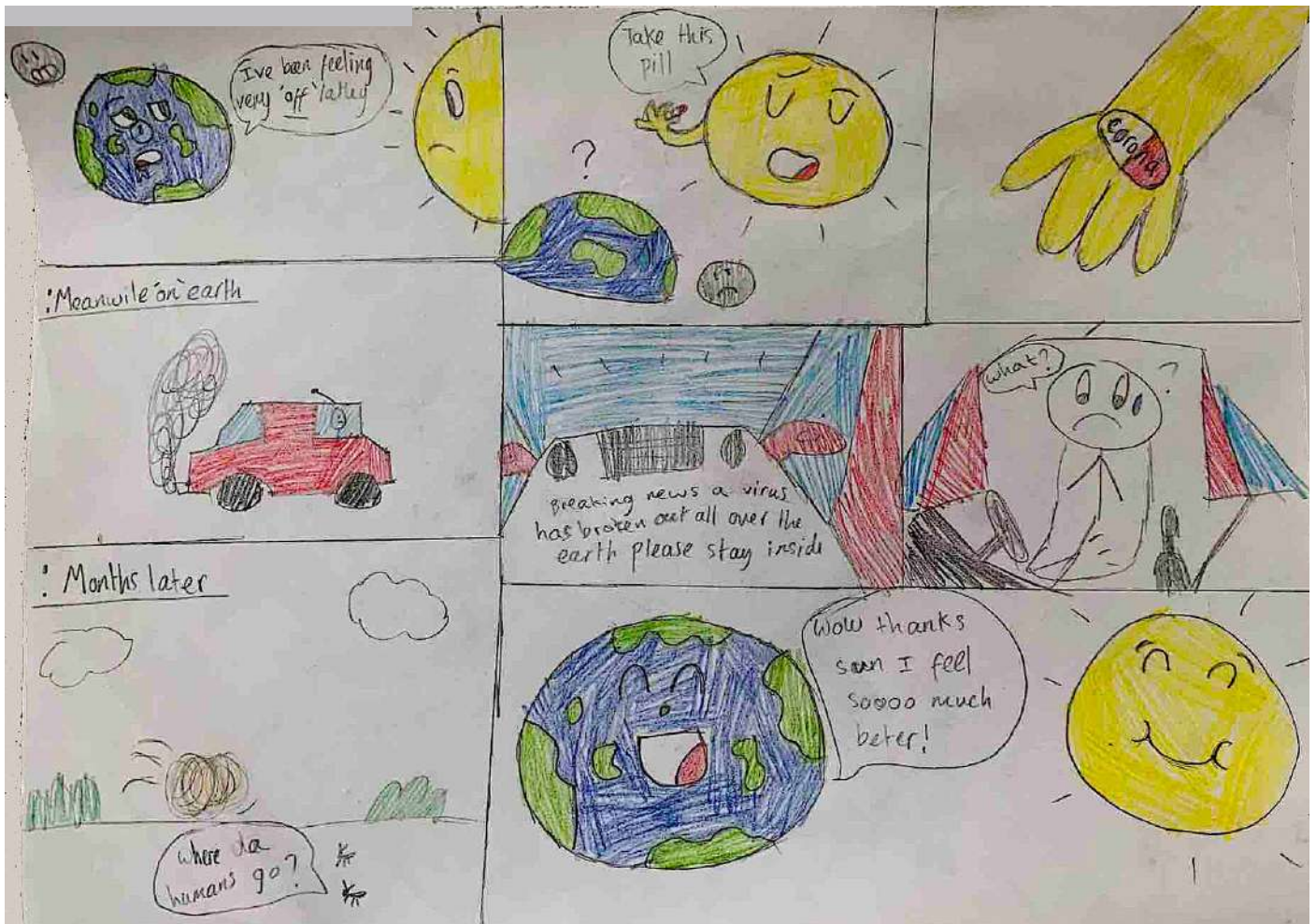
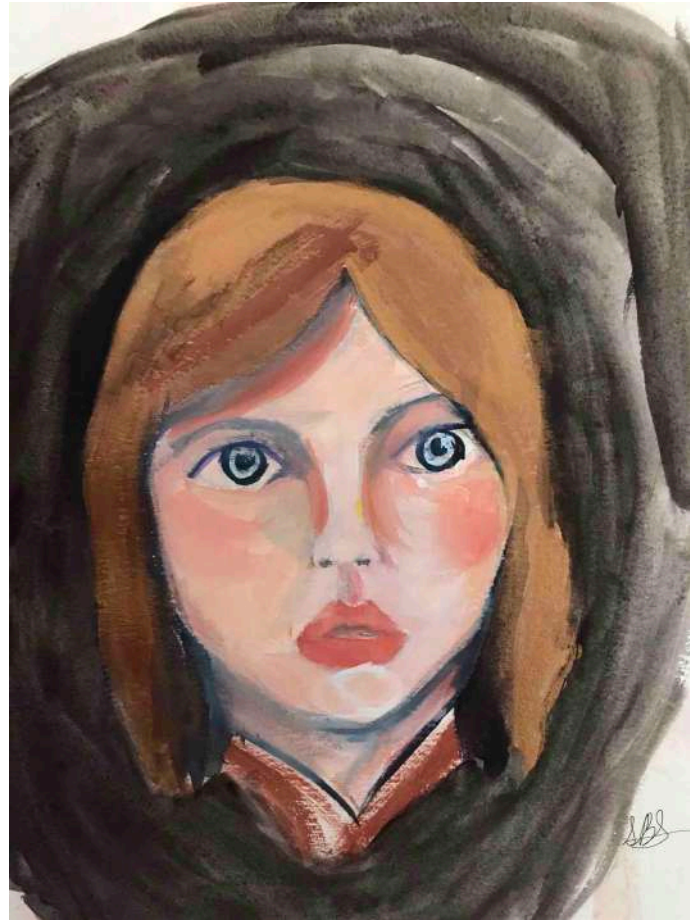
So girls, if any of you want to play football, don't think twice. Whether it's for fun, for a school or even for your country - don't let anything hold you back. Someone has to be the next Lucy Bronze (pictured above) - why not you?"



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THINGS I MISS.... by Maria Arshad

1. Cinnamon waffles from the canteen
2. Meeting my friends, family and teachers
3. Going to school



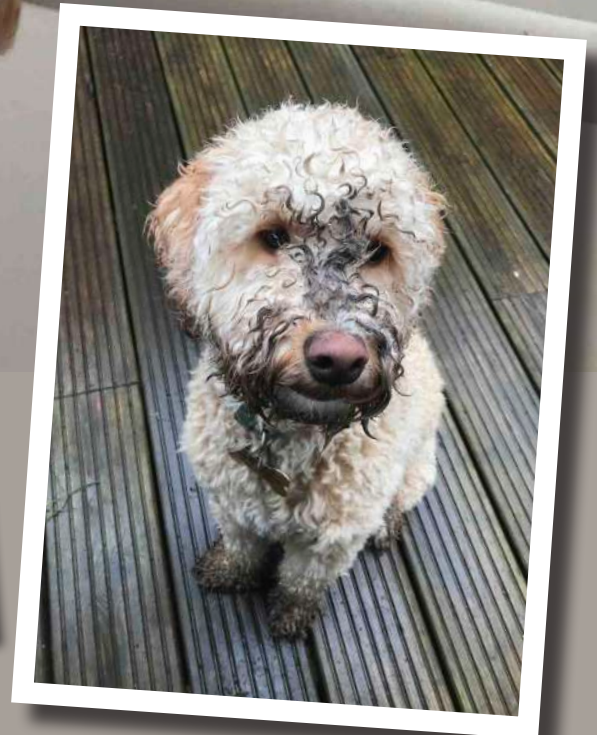
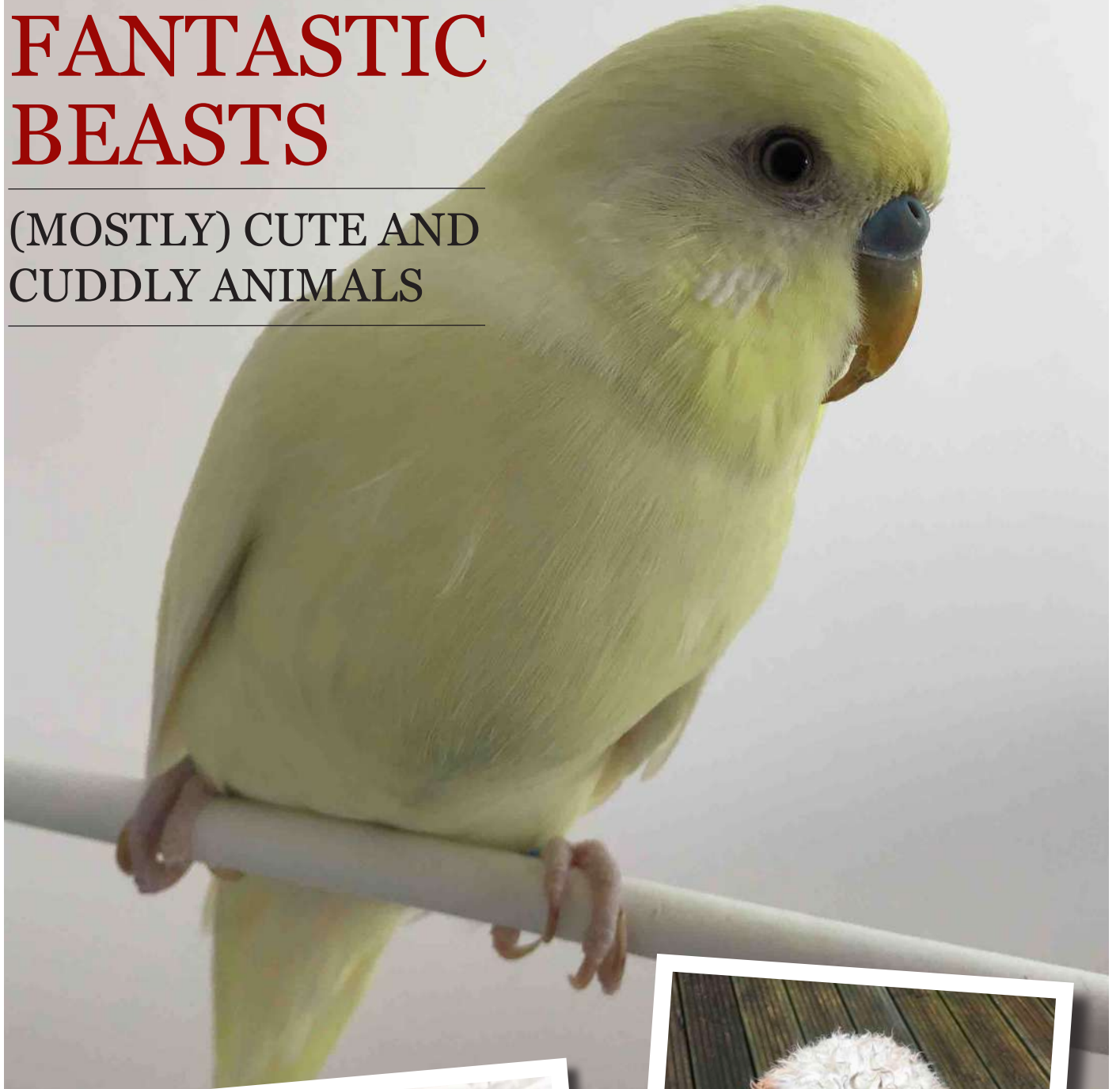
Clockwise from top left: painting by Lana Mitchell; portrait by Sienna Longmore; comic strip by Eva-marie Lacriarde



French shape poem by Kinza Ali

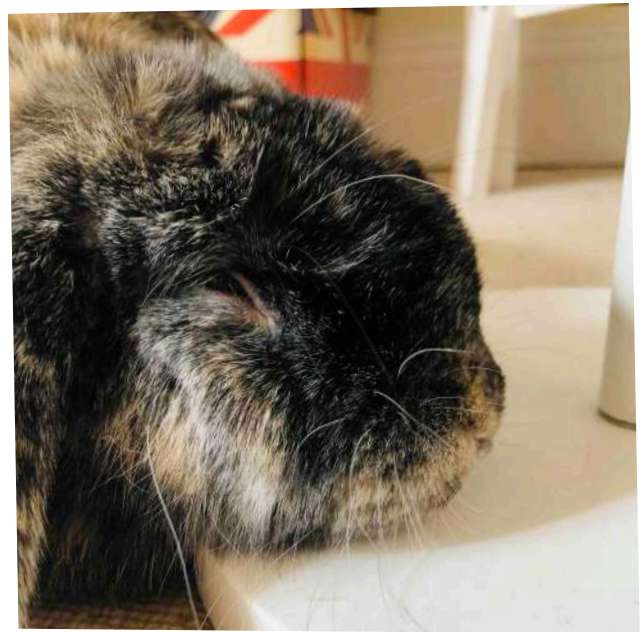
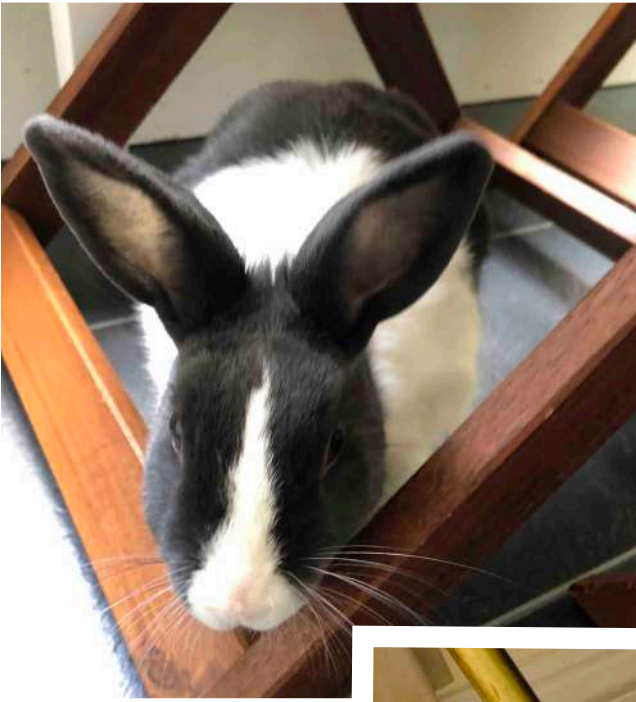
FANTASTIC BEASTS

(MOSTLY) CUTE AND CUDDLY ANIMALS

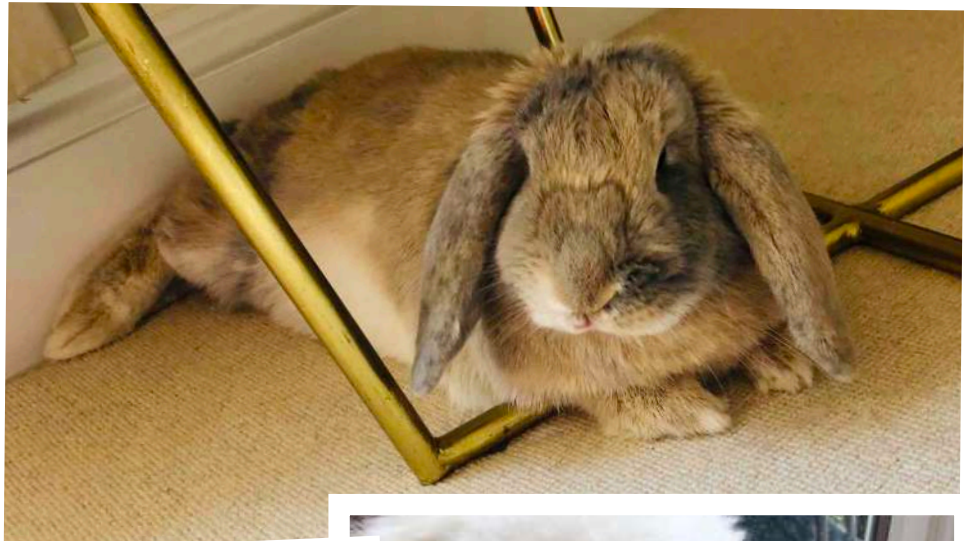


Main image: Maria Ianas's Budgie.

Bottom left: Ms Millard's dog, Queenie. Bottom right: Ms Wooper's dog, Mr Toto.



Clockwise from top left: Esme Rabinska's rabbits - Laura, Luna and Fifi; Ms Tsoukka's dog, Teddy; Mr Ireland's 'park friends' - Canada Goose goslings he has named X Æ A-Xii, X Æ A-Xiii, X Æ A-iv, Moon Unit and Dweezil.



Mrs Jayaram's Interesting Things to Do

- **Explore museums and art galleries online:**
<https://www.artfund.org/whats-on/museums-online>
- **Enjoy free performances from the National Theatre:**
<https://www.nationaltheatre.org.uk/nt-at-home>
- **Watch free musical productions from Andrew Lloyd Webber:**
<https://www.youtube.com/channel/UCdmPjhKMaXNNcCr1FjuMvag> - Andrew Lloyd Webber's new YouTube channel, The Shows Must Go On, will be streaming a free production every Friday for the foreseeable future; the shows will remain free to watch for 48 hours before being taken down
- **Yoga:** a great exercise option during lockdown - yoga has been found to support young people's executive function skills; Yoga with Adriene (<https://www.youtube.com/user/yogawithadriene>) is suitable for teenagers as well as adults; you might want to consider taking up her 30 day yoga challenge as a family

Lockdown Superstars

Students and staff who deserve a special mention...

STUDENTS

- **Melissa Louzouaz** - for consistent hard work in biology and being thorough in her independent learning
- **Kinza Ali** - for submitting all her art work over the lockdown; she has created some lovely pieces
- **Khushi Patel** - for being amazing in Spanish, completing all work and side projects on the same day they are set and doing extra work; Khushi collaborated with Khadijah Noor (at a safe distance!) on a Spanish quarantine project and they wrote a song together in Spanish
- **Zuha Chatha** - for working hard at Spanish and submitting an excellent poem about quarantine written in Spanish; she has set the bar very high with her excellent work
- **Camecia Campbell** - for submitting an intriguing and highly imaginative short story, experimenting with metafiction
- **Aisha Rehman** - for recommending a novel for Ms Millard to read during lockdown
- **Drishtee Tupsy** - for changing the skills section of her Duke of Edinburgh's Award to improving her art skills and then creating some stunning work in response to the lockdown

STAFF

- **The caretakers** - for 'smashing' the redecoration in school
- **Marlon and Kingsley** - for removing rotten food and eggs from student lockers in the English corridor to get rid of the awful smell!

out and about

things we've spotted...



Clockwise from top: geraniums (Mr Ireland); lettings agency sign repurposed as bird box (Mr Ireland); bluebells (Mrs Compton)

THAT'S ALL FOR NOW; REMEMBER TO CHECK THE SCHOOL WEBSITE (nmbec.org.uk) AND TWITTER ACCOUNT (@NorburyManor) REGULARLY FOR OTHER NEWS!

Thanks to all contributors - please keep the contributions coming (staff, please send to Mrs McCardie; students, please send to Ms Roberts at robertsc@nmbec.org.uk). If your contribution hasn't yet featured, don't worry - it will probably appear over the next couple of weeks in another issue.

STAY SAFE, BE KIND AND LOOK AFTER EACH OTHER

Edited and produced by Stephen Ireland. Thanks to Mrs McCardie, Ms Millard and Ms Roberts.

Images: Photograph of Lucy Bronze on page 10 by Steffen Pröbldorf [CC BY-SA 4.0](https://creativecommons.org/licenses/by-sa/4.0/); pink Sars-CoV-2 image "File:SARS-CoV-2.pink.P1067513.jpg" by Membeth (page 5) licensed under [CCo 1.0](https://creativecommons.org/licenses/by/1.0/).