



# The APS Chronicle

The Lockdown Edition

July 2020



Welcome to a special lockdown edition of the APS Chronicle.

This issue has been put together by a dedicated team of Year 6 children, who have been in school during the first stage of the phased reopening. This issue is packed full of articles about how COVID-19 has impacted our school and the world! Read on and enjoy this exclusive issue.

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## The “New Normal” At APS

Many of you may be wondering what school has been like over the last few weeks and, as you can imagine, life for an APS child looks a little different now compared to what it did in March. Read on to find out more about our daily routine and what the “new normal” looks like.

On the first day back, all of the children were feeling excited (and a little nervous) after spending at least twelve weeks away from our friends, classrooms and teachers. The first change is that you can only enter the school through the Denbigh Road gate. Luckily, there were smiling adults there to welcome us and show us the way to our new, smaller groups.

### Safety

Our safety bubbles are the imaginary circles that we have around ourselves. No one, and I mean no one, is allowed to enter these ‘bubbles’, even our teachers! These bubbles remind us to maintain our 2-meter distance. Along with this, there are signs everywhere to remind us this too.

Mr Norton welcomes us at the start of the day with a strange gadget in his hand: a digital thermometer! This takes our temperature in the morning and the afternoon, to make sure that we are feeling healthy and well.



Every day, we listen to the NHS hand washing song to remind us of how to wash our hands properly; we all know the words off by heart now.

<https://www.youtube.com/watch?v=S9VjeIWLnEg>

We recommend that you give it a listen – it is very catchy. We wash and sanitise our hands throughout the day, which is very important to ensure that bacteria are not spread and we are keeping ourselves safe.



As you can see life at Alexandra -in terms of safety- is very different. We have all adjusted to our new rules and routines quickly and are doing our bit to beat the virus.

### Play

You may be wondering about how playtime works? Thankfully we still get to spend time in our beloved playground; even during a pandemic, we still have the right to relax and play (Article 31). However, as we have safety bubbles, we are not able to touch anyone. This means that we have had to get creative with the rules of the games we love the most. Some games that we have adapted are: rounders, dodgeball, racing and lava monster.

## Learning

You have probably been wondering what learning looks like in school. Well, as always, our teachers have been planning and teaching amazing lessons for us. We are not able to work in groups, but it has still been fun and it has certainly helped us build our independence. Classrooms look very different as tables are spaced out carefully and we get our own desk.



As you can see the seating arrangement isn't bad. We never would have imagined that we would get so much space! For our work, we have all the stationary we could possibly need, all to ourselves! We don't have to argue about who gets the glue next! We have our own packs to store everything in!

I hope that this has helped you understand how awesome and fun school is, even if we can't touch anyone. Even COVID-19 cannot stop APS students from **Aspiring, Performing and Succeeding.**

## Coronavirus Explained

**2020** will always be remembered for the COVID-19 pandemic, which has spread throughout the whole world. Read on to learn some more about the virus and how to stay safe as lockdown eases.

The exact origin of the virus is still unknown, but it is possible that it began in a wholesale market in Wuhan, China. Since the start of the year, it has spread to almost every country on Earth and has changed the way we live in a variety of ways.

Symptoms include: coughing, fever and a change to smell and taste. Most people can recover from Coronavirus, but it is much more dangerous for older people and people with weaker immune systems or other illnesses.

The best way to contain the virus is by social distancing and good hygiene.

In the UK, from the 4<sup>th</sup> July, the distance will be changing from 2m to 1m+. This is great news for schools and businesses and means that life can start getting back to normality.

Scientists recommend that face coverings are worn if you are in an enclosed environment where social distancing is not possible. Public transport is an example of this and it is now law that face coverings must be worn to travel.

Thankfully, in the UK the number of infections is decreasing. However, it is really important that we all carry on

following the rules, especially as more people will out and about. Remember the golden rules:



### **How To Keep Busy At Home**

As we may need to spend more time at home this Summer, we have some ideas to keep you occupied. The coronavirus has altered how we now live our everyday lives, but that doesn't mean that everything has to change. Try to stay as close to your normal routine as possible. Maintain some kind of structure from your pre-quarantine days. Say goodbye to boredom and look after your mental wellbeing.

#### 1. Watch a film

When cinemas do reopen, they are likely to be very busy. So we recommend that you relax and watch a movie at home. Some of our favourites include: The Lego Movie, Harry Potter and Jumanji.



#### 2. Baking or cooking

With the permission of an adult, you could get busy cooking up a storm in the kitchen. Try your hand at some healthy, savoury dishes as well as sweet treats. We recommend a homemade pizza full of your favourite toppings.

#### 3. Exercise

Exercise is extremely important for our physical and mental health and it can be done both indoors or outdoors too. Set yourself challenges every day and get your family involved too.



#### 4. Help at home

Remember that the last few months have been challenging for adults as well as children. Surprise your parents by lending them a helping hand. Our top ideas are cleaning or drying the dishes and helping keep the house tidy.

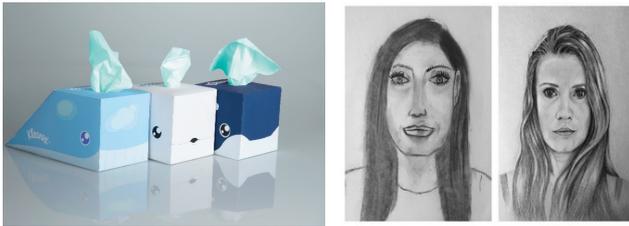
#### 5. Gardening

If you are lucky enough to have a garden, you could dig up weeds and help water the plants you have. An idea that anyone could do is to save seeds from fruits and plant them on some damp tissue. Good luck!

## 6. Arts and crafts

If you like crafty stuff, then this section is for you! There are lots of things around the house that you can use to be creative. Here are some of our favourite ideas.

You could make your own tissue box, inspired by your favourite animal.



Another creative idea is to draw your own self-portrait using different materials or showing different emotions that you are feeling.

### **The 100-Year-Old Hero**

Captain Sir Thomas Moore, more commonly known as Captain Tom, is a former British Army officer known for his breath-taking achievements raising money for charity in the run-up to his 100th birthday during the COVID-19 pandemic.

About 2 months ago, war veteran and NHS supporter, Captain Tom Moore, started a fundraising campaign to help the NHS. He had recently been treated for a hip replacement and skin cancer and has been supporting the NHS ever since.

On April 6<sup>th</sup> 2020, at the age of 99, Captain Tom started his campaign to help support the NHS.

He aimed to reach the target of raising £1000 before his 100<sup>th</sup> birthday in about 4 weeks, but he ended up exceeding his target in one day. He raised this money by doing 100 laps of his garden, which was about 25m long.

He became so popular for his struggle to help the NHS that he even had guard of honour for the last ten laps he did. He successfully finished 100 laps before his 100<sup>th</sup> birthday and raised an astounding £30+ million. The Queen even sent him a letter and he got to see his favourite war planes fly over his house. In addition to this fantastic achievement, Captain Tom also reached number 1 in the UK music chart with his cover of *You'll Never Walk Alone*. His collaboration with Michael Ball and the NHS choir was the fastest selling song of 2020 so far. Sir Tom said that he and his grandchildren "could not believe the wonderful news!"

Captain Tom's determination shows us that no matter how old you are, you can always make a difference in the world. We should all be more like Captain Tom Moore.



## **Marcus Rashford takes on Boris Johnson**

Marcus Rashford, Manchester United and England forward, has recently made headlines for something other than football. This passionate 22-year-old has forced a food voucher U-turn after campaigning on social media and even writing a letter to the Prime Minister.

During the COVID-19 lockdown, the government has been offering vouchers to families, who are eligible for free school meals. These vouchers are worth £15 a week per pupil and can be spent in all major supermarkets. However, the government claimed it would not continue this help during the summer holidays.

Around 1.3 million children in the UK benefit from free school meals and this number is growing due to a rise in unemployment because of the lockdown. Here at APS, we know that all children have the right to food and good health, despite their family circumstances. (Article 24)

As a child, Marcus Rashford himself benefitted from free school meals and so he knows the difference they make to families. He was not content with the government's decision to stop the vouchers and was determined to get his voice heard. "We have to understand the pressure families are under now," he said in an exclusive interview.

His campaigning in the news and social media put more pressure on the government to change their mind. In just a matter of days, they did. Boris Johnson claimed that he "respects that Rashford is using his profile as a leading sportsman to tackle such important issues."

His football club, Manchester United stated on social media that Rashford is, "A hero. An inspiration. One of our own. We are so proud of you Marcus Rashford."



## **Black Lives Matter Protests**

Throughout June, protests have taken place across the globe after the death of a black, American man named George Floyd. Floyd was killed by a police officer, who knelt on his neck after accusing Floyd of paying for his shopping with a fake twenty-dollar bill. This sparked anger and outrage across the USA and the world and was seen as a symbol of racism and discrimination.

Protests began in America and quickly spread to the UK, and even as far away as Australia.

Most of the protests were peaceful, however there were concerns of violence and a lack of social distancing. Many celebrities used social media as a platform to speak out against this serious subject to raise awareness and spread a message of equality. Here at APS, we are proud to be a part of a multi-cultural community, and we know that discrimination for any reason is wrong (Article 2). Our hope is that we do not have to report on news stories about racism and discrimination again.



### Support for NHS Keyworkers

Even though we were unable to make plans with friends and families during the lockdown, there was one place we knew we needed to be on Thursdays at 8pm – on our doorsteps! The weekly ‘Clap for Carers’ began on Thursday 26<sup>th</sup> March and lasted for 10 weeks. Adults and clapped enthusiastically, banged instruments and even saucepans to show appreciation for the NHS and key workers. Colourful rainbows were also placed in windows up and down the country. This nationwide event ensured that these workers kept their heads held high in order to help us get through the pandemic. You might be wondering why it has stopped? Annemarie Plas, the lady who started the “beautiful” gesture, decided that it should become a larger, annual event to show our gratitude to the NHS and carers. Even without the weekly clapping, we at APS continue to be grateful for all of those workers who have been working hard to defeat COVID-19.

### Final thoughts

As we reach the end of the school year, we would like to thank you all for supporting The APS Chronicle in our first year. We wish you all a relaxing Summer and we look forward to what next year brings.

This issue was brought to you by:

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