



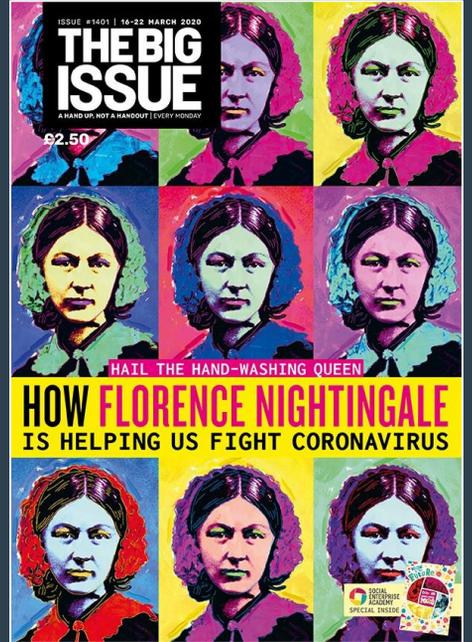
KING EDWARD'S SCHOOL
BIRMINGHAM

CREATIVITY,
ACTION & SERVICE
DURING SCHOOL
CLOSURE

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CREATIVE, ACTION & SERVICE



OVERVIEW

Our talented students at KES have the potential to achieve the most astonishing feats and as a result have an opportunity to contribute a great deal to the Co-curricular life of the school whilst making a profound positive impact on the local community during these unprecedented times. Students are therefore encouraged to engage in a range of the activities listed below over the coming weeks with the aim of maintaining their creative pursuits, remaining fit and healthy in body and mind and providing a service to the community within which they live.

Students are not obliged to pick any single activity but should instead choose a range of options that match their interests or talents. Students are also encouraged to innovate and urged to create activities of their own.

Before engaging in any of the activities listed they take care to consider the Governments advice on social distancing and hygiene. When contacting any members of the public outside of family or those known to the family, students should always consult with parents first.

If students have any questions about the activities listed or wish to suggest any additional activities please contact Mr. Petrie awp@kes.bham.sch.uk or Mr. Browning gpb@kes.bham.sch.uk.

SUPPORTING THE NHS & KEY WORKERS

STAY AT HOME MESSAGING:

Pupils can use their creativity to find different ways to support the stay at home message. This might include artwork, posters, social media or podcasts. Use your imagination!

WRITE THANK YOU CARDS:

These might be for hospital staff. Send them to the nearest hospital. Post offices are still up and running!

NHS RAINBOWS:

Create your own rainbows in support of the NHS (an initiative started by a UK nurse as a way of spreading hope). Either create a rainbow for the windows of your house or create rainbows for other houses in your street to display. Why not post rainbows to family members/ friends to display in their homes.

CREATE FACEMASKS AND SELL THEM FOR A CHARITY

Perhaps the best example of this entrepreneurship is KES' very own Aaryan Singh who has been raising money for the school COT fund by selling his own KES designs. These can currently be bought and delivered via the [OE shop](#)

You may choose to make your own masks by using the following guidance

[GOV.UK How to make a cloth face covering](#)

[CDC How to Make your own Mask](#)

COMMUNITY SERVICE

FUNDRAISE: The organisations in Birmingham who help to distribute food to those in need, are running extremely short of food.. During the recent school term students at KES created the school's very first [KES Food bank](#) and is now urgently asking for monetary donations during this lockdown. Consider ways you might fundraise and deposit any earnings in the [KES Food bank Just Giving Page](#). Share how you raised the money in the comment section so others can follow your lead!

Ziffit: Want to help out but don't have the cash right now? Why not declutter the house with your family and donate it to Ziffit. If you pack up enough books/ CDs/ DVDs/ Games (roughly the weight of 15 paperbacks) a courier will pick it up from your house from free. Importantly, Ziffit will pay for these unwanted goods and direct the money you raise to your chosen charity!

FOOD COLLECTIONS: Depending on the government advice at the time students might be encouraged to collect food/ hygiene items, identifying which stock is most in need. Students might collect food from outside people's houses after sending around notes and drop goods off at supermarket collection points. Deliveries to collection points in Supermarkets are currently dwindling due to the lack of footfall.

N.B. it is currently unclear as to whether the KES Food bank can accept donations due to distancing restrictions. It is easy to find a food bank that is open however at [Trussell Trust](#).

For further information on the need to donate hygiene products consult <https://thehygienebank.com/>

DIGITAL POVERTY: DONATE UNWANTED LAPTOPS & TABLETS

[BBC News has recently reported](#) that charities in Birmingham are appealing for donations of laptops and tablets to help children unable to access online learning. The Digital Education Partnership (DEP), based in Birmingham, said 5,000 children in the city were suffering from "digital poverty". It is among groups appealing for laptops which can be repurposed after schools closed to most pupils. Donation points have been set up at [Northfield Baptist Church](#) and [The Station Pub Kings Heath](#)

COMMUNITY SERVICE

START/ SUPPORT AN AWARENESS CAMPAIGN:

Share resources you make with your local community - you might focus on social distancing advice, hygiene and the importance of self-quarantining.

BECOME A CONTRIBUTOR TO THE WEEKLY KES COMMUNITY E-NEWSLETTER:

This is an opportunity for students to reflect upon their own actions during the pandemic or perhaps draw attention to the accomplishments of others through a series of 'feel-good' stories. Links could be made to podcasts, or video reports, enabling all pupils to feel a sense of ongoing involvement with the community. This activity is a great opportunity to learn about reporting, writing and films during a crisis.

BIG ISSUE SUBSCRIPTION DRIVE

Social distancing has made it almost impossible for Big Issue vendors to sell their magazines, eradicating their income through work. As a result, the Big Issue is aiming to share the income from its online subscriptions amongst its workforce. Raise awareness of this growing problem and use innovative methods to encourage the public to subscribe. Find out more here...<https://www.bigissue.com/support-the-big-issue/>

PEN PALS WITH THE ELDERLY:

This could be a member of the family or perhaps an elderly neighbour. Alternatively, there are many elderly individuals living alone in your local area that will be registered as in need of an emotional pick me up due to the impact of loneliness and social isolation. This could be explored further by consulting <https://www.ageingbetterinbirmingham.co.uk/> As a starting point for letter writing you might ask to learn more about local history or perhaps show an interest in their life stories.

MAKE TIME EACH DAY TO CALL SOMEONE LIVING ALONE:

It might sound simple but the best ideas often are. It is important for us all to remain connected during this difficult time. Consider family and friend networks, is there anybody who would appreciate some company? You might even try to organise regular family meet ups via zoom!

COMMUNITY SERVICE

BACK GARDEN CONCERTS:

Students could ask neighbours if they would enjoy some music each day played from the back garden. There are a whole host of heart-warming YouTube clips of music bringing communities together during lockdowns.

MUSICAL PERFORMANCES:

Students could either run an interactive concert by taking requests or organise an online concert whereby a number of students perform. This could be for the enjoyment of students, parents or family members who would enjoy something different.

HOME COOKED MEALS:

Prepare home cooked meals for friends and family in your community. Discuss with your parents how feasible it would be to deliver pre-prepared home cooked meals to doorsteps during their daily walk or trip to the shops for essential goods.

CREATE A COOKBOOK:

You could work with your parents or collaborate with friends to create a cookbook that focuses on using stock ingredients that you might find in every kitchen. This could perhaps be sent around to friends or neighbours. A well researched and comprehensive effort might even be converted to a PDF and sold for charity!

ONLINE MENTORING:

Pupils could help create online study resources such as short videos on how to complete mathematical problems, create online learning groups or perhaps offer tutorials to students in need of additional support e.g. language tutorials. This could start from home with siblings and extend to children in the local community known to you and your family.

Check out the superb effort by one of our own KES Students Sarem Shabir who created his own online educational platform [Melon School](#) during the last lockdown.

CREATE AN ONLINE QUIZ

This is a great way to keep boredom at bay in the evenings. Create an online quiz via zoom, Google meet, Microsoft teams etc. for your friends and families. Try to get friends and family who live alone involved to help them feel connected.

ENVIRONMENTAL SUSTAINABILITY

JOIN THE SUSTAINABILITY SOCIETY:

Students will discuss a range of sustainability issues across the school and have the opportunity to share expertise on good practice in the home. Students are given autonomy to investigate areas that are of interest to them and encouraged to initiate their own projects.

THE GREAT COMMUTE:

It is difficult to know exactly when students will be returning to school and what modes of transport will be available to them. However, this does not stop you from taking positive steps towards lowering your carbon footprint by building your fitness up to walk, run or cycle to school where possible. Alternatively, preparation might involve walking or running to the nearest train or bus station rather than being driven. We don't know what the future holds, but we can make positive steps in the meantime which will also help you improve your fitness! Read more about the Sustainability societies [KES 2020 Sustainable Commute Challenge](#) in the KES Community newsletter.

HOME ALLOTMENTS AND PLANTING:

If you have 'green fingers' why not join the School's Horticultural Society?

SAVE THE BEES:

Did you know that Bees are responsible for most of the food on your plate? Worryingly they are dying out in alarming numbers with 1 in 3 hives being lost in Britain last year. This global issue can be addressed by each of us through a series of measures that can be found using the following link...

<https://drive.google.com/open?id=1Uemk42FU9HPvY-F1iNmioS6vGjWzEf5h>

MONITORING PLASTIC USAGE:

Review your household's plastic consumption over a period of a week or a fortnight and write a record of what has been used. Consider ways in which you might cut down the amount of plastic you use or consider the more sustainable alternatives available. Write a summary of what you would change and share it with family members.

ECO JOURNALISM:

Either work alone or collaboratively to document some of the environmental changes that have occurred as a result of the Covid-19 pandemic. What positive environmental changes have occurred?

GLOBAL ENGAGEMENT

FUNDRAISE FOR A GOOD CAUSE:

There are lots of ingenious ways in which you could fundraise at home, for example 99 year old veteran Tom Moore raised £26 million for doing 100 laps of his garden!

<https://www.bbc.co.uk/news/uk-england-beds-bucks-herts-52303859>

Ziffit: Want to help out but don't have the cash right now? Why not declutter the house with your family and donate it to Ziffit. If you pack up enough books/ CDs/ DVDs/ Games (roughly the weight of 15 paperbacks) a courier will pick it up from your house from free. Importantly, Ziffit will pay for these unwanted goods and direct the money you raise to your chosen charity!

Given the current Covid-19 epidemic one good cause amongst many might be 'Students Unite' which seeks to fund Medicin-sans-frontiers doctors across the globe in dealing with the pandemic. A link for their just giving page can be found here...

<https://uk.gofundme.com/f/students-unite-against-coronavirus>

SUPPORT AMNESTY INTERNATIONAL:

Pupils can continue to support Amnesty International's work through letter writing, signing petitions, and sharing understanding and awareness of their campaigns. They can produce materials to keep their school community informed on human rights abuses relating to coronavirus too, helping to protect vulnerable people at this time.

Many students took a stand during the last lockdown and two KES students have since set up our first Amnesty International Society. Contact Azed Bhatti and Nikash Chekuri in the Divisions if you would like to find out more.

GLOBAL ENGAGEMENT

LEARN MORE ABOUT SOCIAL JUSTICE AND RACIAL INEQUALITY

DAVID OLUSOGA'S 'BLACK AND BRITISH: A FORGOTTEN HISTORY'

Click on the name of the Episode and you will be taken to the correct episode on the School Media Server.

[Episode 1 First encounters](#) David Olusoga explores the enduring relationship between Britain and people whose origins lie in Africa. From the African Romans who guarded Hadrian's Wall in the 3rd century AD to the black trumpeter of the Tudor courts.

[Episode 2 Freedom](#) In the second part of his four-part series, historian David Olusoga explores the business of slavery and remembers the black sailors who fought for Britain at Trafalgar.

[Episode 3 Moral Mission](#) In part three of this groundbreaking series, historian David Olusoga explores the Victorian moral crusade against slavery.

[Episode 4 The Homecoming](#) David Olusoga concludes his series with the three African kings who stood up to empire, an irresistible crooner, race riots in Liverpool and the shaping of black British identity in the 20th century.

'13TH' : A FREE TO VIEW NETFLIX DOCUMENTARY

'13th' is named after the 13th Amendment which abolished slavery in the United States. It is an in-depth look at the prison system in the United States and how it reveals the nation's history of racial inequality. Netflix have made the documentary free to view on YouTube.

MR MILTON'S BLACK LIVES MATTER 2020 READING LIST

Mr. Milton has compiled a list of 22 books considering issues of race, society, science and history. [Mr. Milton's Black Lives Matter 2020 Reading list](#)

TAKE ACTION AGAINST RACIAL INEQUALITY

WRITE TO YOUR LOCAL MP:

Have you ever wondered who your local MP is? What do they stand for? What is their voting record? You can find out all of this information on theyworkforyou.com

MP's are responsible for representing their constituents and accountable to them as well. If you feel passionately about the issue of racial inequality you might choose to write your local MP to express your views. Other charities such as [Amnesty International](#) have pre-prepared letters you can send but you should be very careful to ensure these emails accurately resemble your own views. Through theyworkforyou.com you will be able to write your own personalised email to your local MP.

BECOME INFORMED AND RAISE AWARENESS:

KES has a long history of encouraging debate and critical thinking through a range of extra-curricular activities such as clubs and societies. Apply your learning on the topic by offering to lead a discussion on topics relevant to social justice and racial inequality. .

ENRICHMENT

TAKE A VIRTUAL TOUR OF THE WORLD'S MUSEUMS

Experience the greatest collections across the world by taking virtual tours. Perhaps use this as inspiration to contribute to a School Club or Society. Alternatively, tell your form tutors what you had learnt about on your tour. A list of the best virtual tours can be found in Timeout magazine using the link below...

https://www.timeout.com/travel/virtual-museum-tours?utm_source=CAS%20Trips%20Global%20List&utm_campaign=d855628ffbEMAIL_CAMPAIGN_2020_03_25_01_35&utm_medium=email&utm_term=0_47ffa8c982-d855628ffb-346337153

LEARN SIGN LANGUAGE FOR FREE

15 year old Brummy Tyrese Dibba has teamed up with Sense to create a series of free online tutorials. Watch an introductory video and then sign up if you wish at <https://www.sense.org.uk/sense-sign-school/>

Additionally British Sign language online have significantly reduced their charges for a more comprehensive course from £25 down to £3 to encourage more people to learn sign language.

<https://www.british-sign.co.uk/shop/product/introducing-british-sign-language-enrolment-2020/>

LEARN A LANGUAGE FOR FREE:

The app Duolingo is now offering its courses for free! There are 34 different languages to learn.

<https://www.duolingo.com/register>

REMOTE FIRST AID TRAINING:

A few useful first aid activities can be found on

<https://www.futurelearn.com/courses/basic-first-aid>

ENRICHMENT

SHARE YOUR SHAKESPEARE WITH THE RSC:

Do you have a favourite Shakespeare quote, speech or moment? One that speaks to you? Maybe one that reminds you of somebody or something? One that makes you laugh? Or makes you shed a tear? Share your Shakespeare any time, in any way, and play your part in our global Shakespeare celebration. Film or photograph your Shakespeare in any way you like and upload it to your Instagram, Twitter or Youtube, tagging @theRSC and using the hashtag #ShareYourShakespeare.

For more info go to the RSC website: <https://www.rsc.org.uk/share-your-shakespeare>

POETRY:

Pupils could engage in writing poetry or other creative writing pieces, sharing different elements of their experience of the virus outbreak

ONLINE LEARNING PLATFORMS

Learn a new skills and take an online class through [Coursera](#), [the Youtube learning platform](#), [Alison.com](#) , [Futurelearn.com](#) or [Khan Academy](#). Many of these platforms are entirely free and the level of difficulty varies from beginners to preparation for University and Careers.

GRESHAM COLLEGE LECTURES:

Gresham College provides lectures on a vast array of topics given by academics or people in public life, and are designed to be accessible to a wider audience.

[Gresham College Lectures](#)

OXFORD UNIVERSITY PODCASTS

Enjoy lectures on a wide range of topics from the very finest minds in their fields of expertise. Explore the variety of series using this link. [Oxford University Podcasts](#)

ENRICHMENT

DRAWABOX

Have you ever wanted to learn to draw? Despite its name, Drawabox aims to provide free resources to help people become accomplished artists. From the basics of drawing ellipses to constructional drawings you will become a pro after plenty of practice! <https://drawabox.com/lesson/0>

CTRLPAINT.COM

CTRLPAINT.COM is a collection of short, free, videos on the basics of digital painting. Start with *Digital Painting 101* and go from there. The Free video Library is quite extensive and more than enough to get you started!

<https://www.ctrlpaint.com/library/>

CREATE AN ART EXHIBITION AT HOME:

Is lockdown leaving you inspired? Choose your theme for an exhibition and consider how you would curate it. You might choose to share your exhibition online, perhaps through Firefly or our weekly newsletter. Here is just one example of 'Home Art' <http://www.lgbexpress.com/?p=3710>

Consider collaborating with others to create your exhibition as part of a broader CAS Project to raise awareness of important issues.

CREATE A TIME CAPSULE:

Capture these extraordinary times in a time capsule you make either by collecting a variety of items you think summarise life in lockdown or by collating images/websites etc. in a file on your computer. What would you include to represent life during lockdown?

ENRICHMENT

CONSIDER FUTURE CAREER OPTIONS

Unifrog will help you to explore key interests and career paths you can take to reach your goals. You will have received an email from unifrog which will provide you with a username and password There are videos you can watch to give you information you will not find elsewhere (e.g. what is it really like to study at Cambridge), take quizzes to reveal careers that your skill set suits, produce short lists for UK University courses/Apprenticeships/International Universities/Scholarships, produce a C V or even write a personal statement It really is a one stop shop for all things careers related!

Engineering@School STEM CHALLENGES

Every Thursday a new Engineering @ School STEM Challenge turns those materials that would normally be sent out for recycling into something that students can design, build and test. These activities can be used towards obtaining a CREST Star or SuperStar Award - students can gain their award by completing eight of the weekly challenges.

<https://mailchi.mp/smallpeicetrust/eng-at-home-week-six-821953?e=a691b0c671>

HEALTH AND WELLBEING

SWITCH OFF, GAME ON!

Are you a bit of a gamer? Find out how to use these talents to fundraise for Mental Health Charity [MIND](#). Importantly make sure you read their [Safe Gaming Guidelines](#) to ensure you are doing so in a safe way and remember not to overdo it and spend too much time in front of your screen!

SHARE INNOVATIVE HOME WORKOUTS

Perhaps you study Sports Science and have constructed some innovative ways to keep fit during lockdown. Use a video editing software to create videos a la Joe Wicks and send them on to family members. Better still, send on your clips to Mr. Browning who will share the best in our newsletter or on Firefly.

SET UP A HEALTHY LIVING CLUB OR SOCIETY

Perhaps the company of your friends is just what you need to inspire you to stay fit. Why not form a club with a regular meeting time to get together for your fitness based activities. Contact Mr. Petrie or Mr. Browning if you would like to set up a fitness related club or society.

JOIN A HEALTH AND WELL-BEING SOCIETY

The PE department is offering an array of different ways to stay fit so keep a close eye on the Health and Wellbeing section on Firefly. Why not give Yoga with Ms. Vaze a try each week? The staff seem to really enjoy it!

SET HEALTH CHALLENGES FOR YOU AND YOUR FRIENDS

Dr. Fennell has laid down the gauntlet already with his burpee challenge but plenty is left unanswered. Who can perform the longest plank? Who can do the most press ups? Who can do the most keepy uppies!?!? These are all important questions that need answering! If you would like to initiate a challenge then just put it out there or contact Mr. Browning to help spread the word.

REFLECT UPON DIET CHOICES

Analyse your diet and create an informed nutritional plan with recipe ideas. Consider ways in which you can share your healthy lifestyle with friends and family.

ADDITIONAL CAS OPPORTUNITIES FOR UPPER SCHOOL STUDENTS

Whilst all of the activities listed above would be a worthwhile use of any student's time, some of the activities listed below might be more appropriate to students in the Divisions or Sixths. Despite being young adults, it is still imperative that government advice on social distancing and hygiene are observed. Students should also take the opportunity to discuss the options below with their parents or members of staff if they have any concerns or queries.

Supporting the NHS & Key Workers

- **Give blood or encourage others to do so:**

Hospitals are in special need of blood donations at the moment and travel to blood donation centres is still deemed essential travel. Find out more information about blood donation via the link below.

<https://www.blood.co.uk/news-and-campaigns/news-and-statements/coronavirus-covid-19-updates/>

Community Service

- **Write to elderly neighbours offering practical support:**

This might involve picking up essential shopping on a weekly basis or perhaps carrying out some gardening chores on their front gardens. It would be critical that social distancing rules were observed.

- **Write a local history through the eyes of elderly neighbours:**

Get in contact via letters or phone calls and pen a local history based on their life experiences.

- **Food & Hygiene bank collections:**

If you are responsible for conducting the shop for the family you might conduct a collection of food/ hygiene products on your road to bring into your supermarkets foodbank collection point (providing they have one). Deliveries to collection points in Supermarkets are currently dwindling due to the lack of footfall. This would need to be negotiated with parents and mindful of current government guidelines on social distancing and travel.

- **Create online academic material for local schools:**

This might be the act of collating quality material or creating online videos on a range of academia to allow students in isolation to receive high quality educational material. Any materials created should be sent to AWP who can then organise distribution to local primary schools.

- **Online tutoring:**

Students could offer their Service as an online tutor free of charge either to our younger students at KES or to younger family members. Ask younger siblings if they have friends at KES in need of tutorials and run group sessions. If you would like to run live interactive tutoring sessions please contact AWP or CB to arrange a Google Classroom on your behalf.

- **Delivery of home cooked meals:**

Students might prepare food parcels to support key workers and children in receipt of free school meals. Alternatively, students could prepare home cooked meals to be delivered to the doors of the elderly or key workers. If you are going for a walk each day in line with government guidelines then you might choose to deliver meals on your route. Students might send out letters provisionally to see if neighbours would welcome this support. This would need to be negotiated with parents and mindful of current government guidelines on social distancing and travel.

- **Sending online video material to Care homes/ Hospices**

With visits being made impossible for the elderly, students might send a Virtual Concert or step by step guide on how to create a piece of art that could be followed/ paused accordingly. Resources etc. could even be sent in the post to assist this. AWP is happy to facilitate this if you would like to send him any materials.

Environmental Sustainability

- **Sustainability review:**

Are there ways in which you think the school could improve its environmental sustainability? Start considering a proposal that identifies the issue and explains the potential problems with inaction. Research potential solutions and put together a proposal for our Estates Manager upon our return to school. Write down any questions you might have for him e.g. How much do we currently spend on unsustainable toilet roll?

- **UN Climate Change Learning Partnership:**

A range of online courses on sustainability and climate change can be found at https://unccelearn.org/theme/uncc/page_about.php

- **Climate advocacy:**

Create a team to put forward a petition to government. See how many online signatures you can receive. If you gain enough then the issue must be debated in Parliament!

Global Engagement

- **Create a website:**

Maybe you need a creative outlet and want to share some art or music? Maybe you want to advocate for a cause or raise awareness. You might possibly want to fundraise. There are lots of website builders but here is one example of a site you can use.

<https://www.wix.com>

- **Translators without Borders**

[Translators without Borders](#) is a non-profit working towards a world where knowledge knows no language barriers. TWB recognizes that the effectiveness of any aid program depends on delivering information in the language of the affected population. By maintaining a global network of professional translators, TWB helps non-profit organizations overcome communication barriers, increasing access to critical information and services.

Enrichment

- **Prepare for University/ Learn more about vocations:**

As well as referring to the variety of tremendous options in the Sixth form options booklet students might begin preparing for University by engaging in a series of lectures or undertaking an online course. The following website details 600 courses on offer from 190 Universities! <https://www.classcentral.com/report/new-courses-october-2018/>

- **Unifrog :**

Don't forget the school subscribes to Unifrog (<https://www.unifrog.org/>), which is the one stop shop for all things university/careers related. You will have all been emailed your own personal login details and this will also be the platform on which the Divisions will write their personal statements, therefore go and explore and get to grips with Unifrog , from searching universities/apprenticeships/careers, finding scholarships or just recording your competencies and activities you have already done in preparation for writing your personal statement and C.V.

- **The Open University**

have a huge range of free online courses including those on 'Climate change', 'Crimes of the powerful', 'Modern Slavery', 'Human Rights and law' and 'understanding international development'.

- **Ed X**

[\(https://www.edx.org/\)](https://www.edx.org/) offers a wide range of courses, although there is a charge if you want to achieve certification. The courses are free but the assignments are charged.

- **Massolit**

has a range of lectures delivered by University lecturers up and down the country on just about every subject you can think of. Gresham College also produces a vast array of online lectures to enjoy for free.