

Special Edition Lockdown newsletter

'If you have tears, prepare to shed them now' (Shakespeare, Julius Caesar, III.2).

That (if maybe not quite so poetically expressed) was the heads-up I had from Mrs Samuels my PA, before reading the responses to my 'Thank a Teacher Day' email earlier this week. We were deeply touched by all the lovely things you said – and I return the thanks to you for them all. As some of you pointed out, there has been some negativity towards the profession in some quarters in recent days as the debate about reopening schools has come to a head, and it was immensely heartening to hear that we are getting it right for many JCoSS families. And yes, I shed a tear or two!

We know the struggles families are facing, and we surely know that we are not getting everything right – not just because different students want different things, but because we make mistakes and misjudgements. What I do know is that any shortcomings are not down to laziness, or lack of imagination: the energy being put in by staff is as huge as ever, and as we prepare to move to a new phase of inviting small numbers back into school the spirit of innovation is as strong as ever.

If we hoped – or feared – that leading a closed school might be less work than running an open one, we were wrong. Finessing the online offer, quality assuring public exam grades, redesigning the admissions criteria, planning the logistics of reopening are all new excitements, while we have had to move online both the normal seasonal activities such as teacher recruitment and writing the timetable, and the less seasonal ones such as planning applications and capital funding applications, or considering a student request that as a school we declare a climate emergency. As many are finding in all walks of life, I appear to have missed the modules of teacher training that must have covered all this stuff.

But back to the tears. I have to repeat my opening line: if there are any left, the pages that follow will surely get them flowing again. They record a humbling and extraordinary outpouring of kindness, generosity, imagination and energy on the part of students, parents and colleagues, responding to the challenges and opportunities of lockdown in so many different ways. Most of you will have heard me say from the platform at Open Day that we would rather put humanity at the centre of our mission as a school and watch the academic outcomes follow, than put the exam stats there and risk losing the humanity. If we ever needed evidence of that humanity, that Menschlichkeit which we seek to encourage, here it is in all its glory.

I am so proud of all that is being offered, risked, ventured and achieved, and I commend to you also yesterday's JCast (sent via Insight), the first one recorded by students, namely Millie Bryk and Milly Ash whose successes in the 'PaJeS Pitch' competition featured in a previous newsletter. We have a school full of wonderful human beings who give us hope for the future, sorely needed before the pandemic and even more so now. There are I know other achievements that have not made these pages, and many more of us (myself included) for whom just getting to the end of another day sometimes feels like all the heroism we can muster. I salute the efforts of all in their different situations and encourage you to take a step back and congratulate yourselves, without guilt or shame!

In normal times this would be the moment in the year to bid a farewell to students in Year 13 and their families. They were from the womb of JCoSS 'untimely ripped' (more Shakespeare, this time Macbeth, V.8) but I nevertheless take this opportunity to thank them for everything they have contributed to this community over their 7 or 2 years here, to wish them every success in the coming months (not as much in their own hands as it usually is at this point) and hope that they carry a little piece of JCoSS in their hearts in their lives ahead – as we will treasure them in ours.

Chag Shavuot Sameach and (whatever it may mean to say so) a good half term to all.

Patrick Moriarty

Visor Army

Many JCoSS students and their families have been making visors for frontline NHS



Top left to right: Mrs Foster and daughter Sara (Y8), Mrs Beale, Harry Abrahams (Y8), Georgia (Y10) and Brianna (Y8) Ryb, Ella Leboff (Y9), Ava (Y11) Lara (Y10) and Alex (Y7) Gubbay, Eitan Ansher (Y7), Mrs Hirshler and sons Sami (Y8) and Jacob (Y10).

JCoSS Staff .. what they have been up to in their spare time...

Mrs Raff, Head of Careers, has been busy cooking 20 meals a week for the NHS. Together with others in her area they are producing over 1,000 meals a week, with each person making between 20 - 40 meals.



On the 7 May, 22 members of the mainstream SEN team gathered for a quiz on Zoom. Not only was it so great to have everyone together again (if virtually), but we also raised £75 for charity. The four winners - Miss Hirschhorn, Miss O'Dea, Ms Tolosa and Mr Davey - collectively decided to donate the money to Crisis, providing vital care and support for homeless people who have been particularly vulnerable and isolated due to the pandemic.

Thank you so much to Miss Jordan and Miss Compton for expertly organising the quiz. It really lifted all our spirits during this strange time.

Mr Corman, DT Technician, has also been helping the visor project by making over 150 visors for local care homes and other facilities, using the JCoSS DT equipment.



Mr Davey



Mrs Reuben, Trips co-ordinator, is part of the 'Made with Love Chicken Soup Run' cooking for elderly and vulnerable in the North London community.

They provide chicken soup with veg, knedlach, croutons, challah, fruit salad and a dessert every Friday. Please do get in touch if you know of anyone elderly or vulnerable who is in need of some home cooked food once a week. They would love to help.



Mrs Rice, our school librarian is volunteering at the Trussell Trust Foodbank based at St Peter's in New Barnet and is helping with packing food bags for clients.



Mrs Mccombe has been slaving away in the kitchen and made 43 pasta, egg mayo & sweetcorn salads for the NHS workers as part of the "You Donate, We Deliver" initiative Borehamwood hub.





Mr Itzhak, LSA, has had his lockdown birthday made better by his 6 year old son Elijah and his wife Devorah baking his birthday cake.



Mrs Levin has become a NHS responder as a telephone assistant to 'check in and chat' to people who have been asked to shield and could be feeling lonely.

If you or anyone you know is self isolating or shielding and needs a friendly 'chat', they should call 0808 196 3646

Mrs Lethbridge, didn't let the cancelled London Marathon get in her way. Instead, she ran the same distance (26.2miles) on her treadmill on the same day (26th April) to raise money for Norwood, the charity she was originally going to run for. They have deferred her place, so she will run it for real in April 2021.



Mrs Ward's VE Day display was all the stories of her grandparents' war.

This is her story: My paternal grandmother mended Hercules and hurricane bombers and the iconic spitfires which helped us win the Battle of Britain and prevent Hitler's invasion of England. Her and her sister worked as a team and won a prize for the fastest riveting team. My maternal grandfather, James Thompson, had an eventful war: he was taken off the beaches at Dunkirk, fought his way through Africa up into Italy with the Green Howard's; was captured and put in a concentration camp and PoW camps; marched across Europe; and kicked an SS officer in the face while stealing root vegetables while a prisoner of war. Finally, on the March of Death across Europe he was set free by a German soldier who had orders to shoot him and 4 of his friends and refused to do it.

One grandpa was on the railways in India and my husband's grandfather was in the RAF. Everyone's war was different with lasting impacts in different ways but they all played their part. The Grandpas in Asia didn't return to England on VE Day as they were still fighting in Asia until VJ Day.



JCoSS Staff .. what they have been up to in their spare time...

I don't think I ever anticipated lockdown keeping me quite so busy. Alongside my time spent with online teaching and music-making, myself and my partner came up with the ingenious idea of baking - it's funny no one else in the country had this idea either...

We began simply by baking some oatmeal and raisin cookies and when we had eaten too much ourselves, we decided to take the rest to our local ambulance station as grab-and-go snacks. What started as a one-off bake soon turned into a bigger project as we continued to see videos of ICU nurses struggling to find essential food supplies in supermarkets in between long and tiresome shifts. This led us to collaborate with a super talented young Chef, Charlie Dlima and the incredible team, 'You Donate, We Deliver'. A month in, and we have now become the Secondary Hub to this operation and we are now producing (at our kitchen facility in Mill Hill School) 600 meals each day in contribution to this local project, which is now serving to NHS workers in 31 wards across 26 local Hospitals as well as Ambulance hubs.

It's safe to say we're both overwhelmed and proud of what we have been able to do so far. I'm so grateful to my amazing colleagues who have so generously donated to our cause.

Miss Berg



A number of JCoSS staff have been busy pattern cutting, sewing scrubs or making scrub bags.

Mrs Lawrence, Mrs Martin, Mrs Zer-Aviv, Ms Reissner, Ms Weddle, Mrs Samuels and Ms Raven and her son **Lewis** have made 24 scrubs which have been sent to Northwick Park and North Middx Hospital and over 200 scrub bags which have been sent to The Royal Free and Barnet Hospital.



Now let's hear from some of our amazing students

Bella Howe (Y8) 'broke the internet' with her Bat Mitzvah portion on April 18 with over 1000 people trying to join. She was simply brilliant and, as far as we are aware, the first Zoomitzvah for a girl in the Reform Movement.

Bella's family were keen to share this, simply because whilst adapting to the new normal, Bella, as well as her peers, have also had to adapt around lifelong goals too.



Lucy Jackson (Y8) has been making rice crispy cakes for the workers at Barnet hospital as well creating and selling bracelets to people all over the country to raise money for the NHS. She has set up a Just Giving page so that people receiving bracelets can donate what they would like/think it is worth. 100% of the money is going straight into the Hertfordshire covid-19 fund.



Nate Finestone (Y9) delivered a large donation of food to Barnet General Hospital, (and while he was there bumped into former JCoSS LSA Sabrina Barclay, who works in Radiography). It was all the stock from his p-t drama school's tuck shop, so lots of high energy snacks, which were very gratefully received.



Mrs Licht has been co-ordinating a 'sew for the NHS' group, including help from **Macy Gayer** (Y12), **Noa Pitish** (Y9) and her own children **Noah and Chloe Licht** (Y7 & Y9). Together they have made 61 scrub sets, 145 scrub bags, 94 headbands with buttons, 13 scrub caps and 30 face masks.



Adam Hershkorn (Y8) and his sister **Scarlett** (new joiner for Y7) are shown in this picture counting hand cream donations for Royal Orthopaedic Stanmore in their Great Stanmore Hand cream drive. Along with two other houses, they collected nearly 400 hand creams within a weekend, to give to the staff upon their request.



JCoSS Students being Mensch's



Reuben Simon (Y12) has been playing 'Somewhere Over the Rainbow' on his French horn, after the Thursday 8pm clap for the NHS.

Daniel Sacks (Y13) has been volunteering for a few weeks packing up meals on wheels. He helps out three mornings a week and apparently they love him there!



Ella Philip (Y12) has been delivering meals to the elderly for Jewish Care.



Noah Macmull (Y9) has recorded a song every day in lockdown, mostly on guitar and singing, but also Ukele and piano too. Every day he adds another one. He has covered rock, musical theatre, Brit pop and lots of other genres.



Matthew (Y7) and **Sophie Page** (Y10) have been amazing kids, bringing food and drink and leaving it outside the door whilst mum is in isolation



Raphi Kelvin (Y9) has been out helping deliver food to homeless shelters and hospitals



Mia Sinclair Y11 and her mother have been delivering meals on wheels for Jewish Care



Jasmine Savage (Y9) and her sister Amber helped out with Compassion London delivering fresh food to vulnerable people.



Seren Gee Y7 has been designing and making care packages for her friends to help cheer them up during this time



Aron Taylor Y8 has been helping the charity Caris by collecting food from his shul community, sorting the food into types and then helping to give it out to families in desperate need - many of whom have no other food at all.



JCoSS Students getting creative

Ella Stone Y7 is pictured making a paper Flower Crown for a zoom workshop with participants from Barnet's Health & Well-being Hub.



Jake Carras in Y7 has, like all of us, been missing school, so built JCoSS in Minecraft as a temporary stop-gap! Well done Jake!



Millie Morris Y7 is pictured with her drawing for the NHS. Millie and her brother **Zack** (Y11) have also been getting involved in other projects.



As part of an initiative by Adobe to honour keyworkers across the world, **Ella Morris** Y8 submitted a digital painting using Adobe Fresco of her mum who is a key worker. This artwork was show-cased on the Adobe website.



Oscar Statman Yr 13 is hand - building a workshop in the garden from scratch. Oscar is hoping to study Engineering at University.



Ben Berman Y7 drew this poster for his window to support the NHS.



Charlotte Kurash Y12 has been very creative over lockdown. This was one of many photos sent in.



This started as a Blue Planet art project for **Lucy Woolf** (Y7) and became a bit of an obsession, discovering all sorts of techniques such as Papier mache and polyfusion, which whiled away several hours!



Kobi Kahn-Harris Y12 has been building an authentic Roman shield from the republican era, as part of his EPQ. The shield, now complete, consists of 3 layers of wood, a layer of linen and a layer of deer hide. It's painted with milk-based paints and sealed with bees wax. On the front there is a copper shield boss.

Kobi received absolutely no help from his useless parents!



Millie Bryk Y8 enjoys extending her art tasks using fabric and making wearable garments.



Lockdown Culinary Delights!

Jack Davis-Black Y10 has gained his Level 2 Certificate in Food Safety and Catering since lockdown and has created many new dishes. He has been accepted as a regular cook for a local group called Crouch End Home Cooks where local chefs offer their delights to the local community. Jack is donating 20% of the proceeds to The Trussell Trust which raises funds for local food banks.



Ella Morris Y8 has been developing her baking skills - her extra challenge being that she is highly intolerant to gluten, wheat, eggs and dairy. With shortages of certain products, she has had to learn to bake her own 'free from' bread, biscuits and cakes.



This picture shows the great efforts of **Alexander Cohen's** (Y7) focaccia and **Hannah Cohen's** (Y9) sourdough.



Aviva & Tamar Cullis Y10 have baked challot to take their grandma.



Mr de Jong's Chocolate Brownies

Ingredients

200 g dark chocolate (smash up in the packet to speed melting),
175 g salted butter plus extra for greasing,
325 g caster sugar,
130 g plain flour,
3 eggs

Method

1. Preheat the oven to 170°C and grease and line a 23 x 5 baking tray with greaseproof paper.
2. Put chocolate & butter in a heatproof bowl over a pan of just simmering water (don't let the base of the bowl touch the water). Leave until melted and mix until smooth - stir gently throughout to speed up.
3. With a tea towel, remove from the heat.
4. At this point you can transfer the mix into an electric mixer, but I've found that it's easy enough by hand and not worth the extra effort to wash-up another bowl (put in and remove it from the dishwasher).
5. Add the sugar and stir until well incorporated.
6. Add the flour and stir until well incorporated.
7. Finally, stir in the eggs one at a time and mix until thick and smooth.
8. Spoon/ pour the mixture into the prepared baking tray, and bake in the preheated oven for about 30 to 35 minutes, or until flaky on the top but still soft in the centre. Be careful not to overcook otherwise the edges will become hard and crunchy.
9. This is the worst part: leave to cool - they need to 'set' (a few hours in the fridge once cool is best) otherwise you risk chocolate brownie soup (not a terrible thing).
10. If this isn't decadent enough for you, I have been known to mix in any number of extras: crumbled Crunchies, peanut M&Ms, nuts - the sky's the limit!



JCoSS Lockdown Art Gallery



Left to right: Charlotte Fitzpatrick Y7, Chloe Lever Y9, Maddie Noah Y8, Michal Guterman Y9, Gilly Baum Y7, Ben Genish Y9, Ellie Jackson Y7, Amy Freedland Y8, Dana Thomas Y8, Rory Slagter Y8

In other News...

Izzy (Y9) and Ashleigh Franks (Y7) and family rediscovering the simple things, with their walk in Epping Forest.



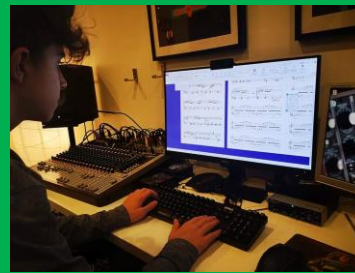
George Leach (Y9) and brother Louis getting a Chemistry lesson from their mum!



Sam Gold (Y11) has learnt to clean the bathrooms – as well as other parts of the house – during lockdown and has been doing a really good job with them as part of his daily chores.



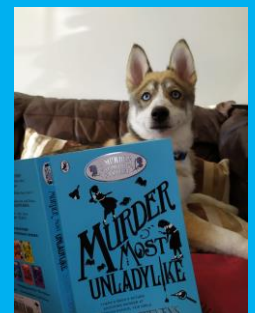
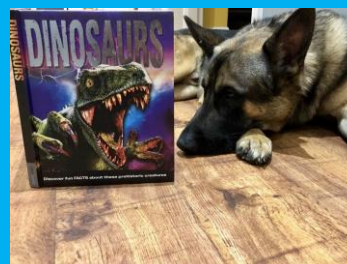
During lockdown, **Asher Saibe (Y10)** applied to and was offered a place at both the Royal College of Music and Royal Academy of Music junior department to study composition. Sister **Ellie Saibe (Y12)** has also taken part in several other musical projects for the Royal College of Music for saxophone and clarinet. Needless to say, the Saibe household has not been quiet during lockdown!



Dinah Lewis (Y11) participated in a live Q&A session with Lord Winston organised by JLGB. She asked a great question relating to Covid-19.

Year 7 and 8 Pet Reading Competition

Cute entries from **Samson Bloom Y8** (left pic) and **Lauren Stepsky Y7**



At the start of lockdown, my catering business ground to a sudden shocking halt. Whilst catering my next Barmitzvah seemed like a lifetime away, I decided to continue cooking, but charitably rather than for profit. Along with my daughters (Shana Y10, Mia Y12 and Eve ex JCoSS student), we are preparing 500-600 meals a week which are donated primarily to the NHS for staff working on Covid wards, as well as supporting a B&B housing homeless people, a children's services home which houses teenagers, and a number of individuals who are in need of a regular hot meal. We have all got so much out of the experience and feel like we have grown together as a family. Giving back to the community has helped both myself and the girls cope with the isolation of lockdown and made the most of family time together.

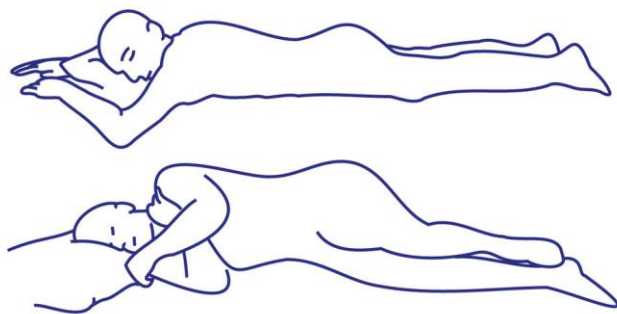
Simone Krieger



Sascha Keates shaved her head and received donations to help the NHS frontline staff.



Brandon Broll has written an ebook 'Still-life of a Pandemic' that has been published on Amazon Kindle.



NHS
Barts Health
NHS Trust

面朝下躺下 或 躺在你的右邊 你可以呼吸更好

Lea Jagendorf, Gabriel Griffith (Yr 11)'s mum was contacted by a doctor who had found that some patients on the Covid ward, especially those with English as a second language, had difficulty understanding doctors' advice that lying on their front and side can ease breathing. She asked if I could help communicate this visually and now these graphics are used in East London hospitals in 10 different languages. Who knows? Maybe graphic design will save a life?

Tim Jackson has written, recorded and released a song in lockdown to raise money for the nurses, doctors and staff and The Whittington Hospital N19 Charitable Trust.

It was featured on LBC radio and we have so far raised over £3500 towards the campaign.

<http://hyperurl.co/nowheretogethersong>

Kindness

18th-22nd May is Mental Health Awareness Week with a theme of Kindness. Over the past 7 weeks I have felt a real mix of emotions, as we all have. A couple of times I have found myself really welling up and feeling something really powerful. When a good friend dropped off some of my favourite snacks – just because, hearing about staff and students hand making masks or food for NHS staff, my children offering to make food for care home staff and friends showing genuine care, compassion and kindness whilst listening with a warm heart as we chat.

One thing that we have seen all over the world is that kindness is prevailing in uncertain times. And this is being done with genuine intention and goodness. That's part of the beauty. In Judaism, *chesed*, (kindness) encourages the giving of oneself to helping another without regard to compensation is one of the foundations.

This definition is spot on for me “Kindness is defined by doing something towards yourself and others, motivated by genuine desire to make a positive difference.”

Doing something towards yourself

Evidence shows that helping others is beneficial for our own mental health and wellbeing. It can help reduce stress and even benefit our physical health.

Something else to be mindful of is the importance of being kind to ourselves. Especially at the moment. It is important to manage our expectations and forgive ourselves when plans change or outcomes differ from ideals. If we are not able (or choose not) to fill all of our time to complete that to do list, learn a new instrument or generally be productive. It is ok, life is tough right now. Be kind, be gentle.

Doing something towards others

Being kind to someone can make them feel supported and cared for. Which is a beautiful gift to be able to give. It's important to remember that kindness also breeds kindness. When we hear about the generosity and support that others have given during this time, it inspires us to be kind too. *Gemilut hasadim*/acts of loving-kindness can have the power to brighten someone's day. Think about the last time someone did something nice for you, even the smallest acts can have a big impact.

One way that you can show kindness is to anonymously thank a teacher for their actions through our Virtual Staff Shout Out Have a think about what you can do to show kindness and enjoy noticing when people are showing kindness to you.

Motivated by genuine desire to make a positive difference

For me this is really important. Being kind and doing good is when we put other people's needs before our own. Because we genuinely care about them. I am wary of the danger of competitive compassion / PDC (public displays of compassion) which can alter people's motivation. Does it lose its impact if we are doing it to “be seen” “noticed”? Perhaps. It is important to stay anchored to the true “why” of being kind. I think it's about integrity and good intention, which are foundations of becoming a JCoSS Mensch.

Kindness makes us feel part of a wider, connected and caring community. In this time of social isolation, it seems that kindness is needed now more than ever.

Jessica Overlander-Kaye
Emotional Wellbeing Practitioner