



KINGSBURY HIGH SCHOOL

YEAR 8 - NEWSLETTER

Week commencing: 23rd March 2020

Message from the Year Leader/ Stage Leader

Hello everyone, I hope you're all keeping well. What strange times these are. It feels very weird not being at school and seeing all of you. Something I have learned over these last few days is to maintain a routine. It's very easy to think I could go to bed late and get up late but I know if I do that I'll waste a lot of valuable time. So I encourage you all to get up and get moving with Joe Wicks (see below), have a great breakfast, and then get on with something constructive for the morning such as school work or an activity with your family. Your PS4 and TV shows can wait until later in the afternoon or evening as a reward for doing something great. - Mr Desmond

Although this is a tough time for everyone, please remember that every member of staff at Kingsbury High school is there for you. Anytime you need to speak to anyone, please do not hesitate to drop me an email and I will get back to you. Finally, In the toughest situations, the best comes out of people and as a family, we will get through these times and see you on the other side. Stay at home, stay safe and take care - Mr Froy

Food banks

<https://brent.foodbank.org.uk/locations/>

Please click on the link above if you need to find your local food bank. Students who are free school meals will be receiving food vouchers in the coming days. Please email Mr Desmond or Mr Froy if you require more information.

KLIC Messenger

KLIC messenger is currently not set up, we will review this but at the moment this function is not available.

Calendar of Birthdays this week-

We hope you have had a lovely day or enjoy it the best you can.

Day	Students Names
Monday 23 rd March	Kiamy Rafael Sequeira Teixeira,
Tuesday 24 th March	Tibu, Nathan and Zara Khan
Wednesday 25 th March	

Thursday 26 th March	Hmaza Farah
Friday 27 th March	Sami and Saif Shoukhat + Youssef Al Saeed

Calendar of Birthdays next week

Day	Students Names
Saturday 28th March	
Sunday 29th March	
Monday 30th March	
Tuesday 31st March	
Wednesday 1st April	
Thursday 2nd April	
Friday 3rd April	Cristina Dragusin

Quote of the week

It's nice to be important but it's more important to be nice. - Make sure you check in with friends and loved ones. Check your classmates and their families are OK. Be kind to one another whilst on social media as you never know what someone else is going through.

Thought of the week

Students don't care how much you know, until they know how much you care!
John C. Maxwell

This week in history

1914 1st successful non-direct blood transfusion is performed by Dr. Albert Hustin in Brussels

2015 UK inflation fell to zero for the first time on record. A deep oil price slump and a fierce price war being fought out by supermarkets brought fuel prices down by 16.6% over the year and cut food prices by 3.4%.

27th March - Today is Mariah Carey's Birthday!

Word of the day - Perseverance

Is not giving up. It is persistence and tenacity, the effort required to do something and keep doing it till the end, even if it's hard!

Music Resources

If you are lucky enough to have an instrument at home go to the link below to access keyboard, ukulele and guitar song sheets.

<https://drive.google.com/open?id=1JAm1g6VAbJvBDYSbcUjq2TkBwQRm23E>

If you don't have an instrument at home use the Chair drumming powerpoints (follow the same link) to learn how to play a drum beat (no drum kit required) or work on some body percussion at

<https://www.youtube.com/channel/UC-iOnF1dIM8eagPO05SMnRQ?fbclid=IwAR1yKwefi-yI-lMZAAtfMSNgF2HPp2yfPcqnAuJHiuj1hxHenFcczgFvFyQ>

How to stay Active

Joe Wicks - 9am every morning on his youtube account

<https://www.youtube.com/user/thebodycoach1>

Be Active: Stay In Work Out /5 Ways to Wellbeing

Are you ready to take on the challenge !!

Kingsbury High School Sports Partnership

ssp@kingsburyhigh.org.uk

#StayInWorkOut

#5WaysToWellbeing

#BrentKidsMoveMore

Week commencing : 30th March

It is important to keep to a daily routine which includes physical activity. We will use the 5 Ways to Wellbeing (Be Active, Connect, Give Back, Take Notice & Learn) to help with ideas of what you can do at home.

Remember the Chief Medical Officers' recommendation is moderate activity for at least 60 minutes each day.

BE ACTIVE MONDAY

Join The Saracens Foundation on their Youtube channel at :

10.00 – Dance 14.00
– Rugby dev
17.00 – Inclusion

Have fun!

CONNECT TUESDAY

Over the phone or at home, without demonstrating use clear communication to instruct your partner to get into 5 different balance positions.

GIVE BACK WEDNESDAY

Let's make our neighbours & friends smile with a card. Place your pens and colours around the house or room, move in different ways to retrieve the colour you want.

TAKE NOTICE THURSDAY

5 senses walk. During your walk in the house, garden or a safe space, concentrate on 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell and 1 thing you can taste.

LEARN FRIDAY

Beat goes On have been uploading online Body Beats session. Youtube – Ollie Tunmer
Ollie is live everyday at 11AM

CREATIVE SATURDAY & SUNDAY

Fitness monopoly. We will share details on Friday!

Other Ideas to Keep you Moving

Help with household chores like hovering and dusting.

Joe Wicks PE lessons at 9AM

Keep an eye on what KHS PE staff are getting up to on their Instagram page.

Fun Personal Challenge

Keepy-uppy challenge - you will need an object to keep up - a ball, a balloon, scrunch up some paper to create a ball or make a sock ball, be creative.

You can use any part of your body to keep the ball from touching the floor. See how many touches you can make before the ball touches the floor. Try to beat your score each day - On Friday share your name, school and best result with us!

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#StayInWorkOut

#5WaysToWellbeing

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WEEKEND CHALLENGE

Saturday 28th & Sunday 29th March

We hope you have enjoyed Joe Wicks workout sessions this week.

Now it is your turn to create your own workout! Choose your favorite 20 activities (this can be something you learnt this week or something you have done before), use the below session plan to help you. Can you deliver your session to someone in your house?

Warm up - 5 minutes

Activity - 20 activities, do each activity for 30 seconds and rest for 30 seconds before the next activity

Cool down - 5 minutes

Don't forget to let us know how you got on!

Fun Personal Challenge

You can do this as many times as like, try to beat your best score from the day before. At the end of the week, tweet, DM or email us with your name, school and best score. A video or picture of you doing the challenge would be good too @

Balance an object on any part of your body and see how far you can travel without dropping it. Challenge yourself by balancing the object on different parts of your body and/or changing the size & shape of the item. Can you get someone else in your house to have a go?

Unicef

If you need some strategies to help with your mental health, please take a look at the link below from Unicef.

<https://www.unicef.org/turkey/en/stories/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

Students - FAQs

Next week there will be a section that answers any of your questions. If you have any questions about the current section please email your lead and stage leader directly.

Do you have any ideas for our weekly newsletter or any messages you would like on here? If so, please email Mr Froy and Mr Desmond and we will see what we can include. Stay home. Stay Safe.

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