



# KINGSBURY HIGH SCHOOL

## YEAR 10 - NEWSLETTER

Week commencing: 23rd March 2020

### Message from the Year Leader

Hi Year 10's, (Possibly soon to be year 11's when I see you again) what an unfortunate way to finish our school year. It's sad what is going on in the world right now but we are all in this together.

Please try not to lose focus and don't allow your determination to fade

Use this time wisely to reflect on the things in the past, things you could change and things you could do better. Share ideas with friends and family, talk to each other as this is still part of educating yourselves. There are lots of educational resources you can access so do your best to keep your mind active

So, on a finishing note, prepare yourselves for your return, step into year 11 with your heads held high. Walk confidently in the direction of your dreams. Let's make it GREAT!

Be safe! Miss Powell

### Message from the Stage Leader

We know this is a strange and challenging time and you may not be motivated to keep up with your studies, but you need to continue working. You may be in a position where you wish to sit exams when schools reopen; and you need to maintain good working habits for your next steps in education, because at some point in the near future you **will** be moving onto the next stage, and you need to stay ready for that moment when it comes.

Please go onto Show My Homework so you can keep up with your work using tasks your teachers may have set for you. Continue to follow your revision planner that you started to develop a few weeks ago, and go through the various specification points for your subjects and fill in any gaps. Take some time to practise exam papers and questions so you stay sharp. We will also be posting bridging work for the 6th Form in due course.

### Careers Advice and Guidance

Ms Connie Collie (Connexions Advisor) will be available on Monday, Tuesday and Wednesday between 9:00am and 3:00pm via email: [connie.colli@kingsburyhigh.org.uk](mailto:connie.colli@kingsburyhigh.org.uk)

#### How to stick together, by staying apart



Stay at home  
no unnecessary journeys  
or social contact



Only leave home for  
essential shopping  
or medical needs



Or one form of exercise  
per day



Or travelling to work if  
absolutely necessary



Public gatherings of  
more than two people are banned -  
excluding people you live with



Police can fine you  
if you don't follow the rules

## Message of the Week

Students are like footballers now- just because there are no games doesn't mean they stop training! School students are not the only people who are caught in this limbo. For example, you are all now in the same position as professional footballers!

All football activity has been suspended until further notice, but players have been told to remain professional and to follow their training programmes for however long they may be isolated.

Les Ferdinand, Director of Football at our nearest League club, Queens Park Rangers, has this to say: "We have given specific training and nutrition programmes to the players. We keep reiterating to the players '**this is not a holiday, this is not a break.**' Unfortunately, you are not allowed to come into the training ground but you are professional athletes. You need to **keep yourself in condition** to be able to hit the ground running again. We all know that if you are off for a certain amount of time, at the end of the season, when you come back you will need a six-week period to get yourselves back up to speed. But this is **not** a period where we have said 'go home, put your feet up and relax'.

The players are **expected to do something every day** to keep themselves ticking over so when we do go back in, we will have missed a couple of games but they shouldn't need a full pre-season to resume playing football again. We'll test them when they come back and hopefully they realise they **need to be professional** enough to take it on board."

You need to be as professional as you can be by continuing to study.

Although we can't imagine this right now, we will eventually return to some kind of normality. We don't know exactly when that will be, but it will happen, and we must remember this because it gives all of us a reason to keep going and look forward to the future.

### 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=1JAm1g6VkJvBDYSbcUjq2TkWQRm23F>

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-MZAttfMSNgF2HPp2yfPcqnAuJHiuj1hxHenFcczgFvFyQ>

## KLIC Messenger

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

## Useful Link

What to do if you're anxious about coronavirus -

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/#dealing-with-self-isolation->

## Entertainment - Interested in trying out a bit of theatre?

Theatre tickets are often expensive but every Thursday at 7pm on Youtube the National Theatre is allowing free access to a performance filmed on stage live (at the time). 'One man, Two Guvnors' starring James Corden from Gavin and Stacey fame will be shown on 2nd April 2020 at 7pm. If you need a gentle introduction into theatre, this is the play for you and family too!

[https://www.timeout.com/london/news/the-national-theatre-is-going-to-stream-a-free-play-every-thursday-night-032620?fbclid=IwAR2Be-fswn9x\\_61safdxChshrtT87xVNEXa2QyjAHBfHC0Adp9feH26pSwk](https://www.timeout.com/london/news/the-national-theatre-is-going-to-stream-a-free-play-every-thursday-night-032620?fbclid=IwAR2Be-fswn9x_61safdxChshrtT87xVNEXa2QyjAHBfHC0Adp9feH26pSwk)