

Week commencing: 23rd March 2020

Message from the Year Leader

It would appear that while the UK is obsessed with buying toilet roll and dried pasta, as a young person you are likely to be concerned and anxious for very different reasons. It is important to look after yourself, family, listen and follow the rules! Take every opportunity to grow intellectually and as a person so you can stand out as you move to the next chapter of your lives and education. Social distancing is likely to be one of the hardest things you will experience, so keep busy, keep going, help others where you can and most importantly stay safe! Remember we are here for you if needed via email, so keep in contact. Don't forget to send in any images for the Digital YearBook to my school email address: jermaine.hamilton@kingsburyhigh.org.uk

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

If you have made applications to West Herts, Uxbridge, Stanmore and Harrow Colleges, they will continue to stand by any applications for courses already made. They are continuing to take and encourage new online applications for their courses. It is highly likely other colleges and 6th Form Centres will also be accepting applications so do continue to apply.

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

If you are 16 years old, you can apply typically for part-time jobs. If you haven't done so already start working on your CVs. All eligible 16 year olds will receive their National Insurance numbers in due course. There are a number of supermarket chains who are recruiting at present. These include: Aldi, Tesco, Asda, M&S, Morrisons, Lidl and Waitrose.

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

If you are considering applying, please familiarise yourself with the rules of Child Employment: <https://www.gov.uk/child-employment/restrictions-on-child-employment>

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.

Exams & 6th Form - Advice and Guidance

We have set up a Google Form (make sure you are logged in to your School Gmail account to open the link) to ask questions about exam grades and entry to sixth form etc. We will look at your questions and respond with a FAQs for you to read.

<https://forms.gle/31EJzvitSs5PBsb28>

Mr Senior

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-fsw9x_61safdxChshrtT87xVNEXa2QyjAHBfHC0Adp9feH26pSwk