



KINGSBURY HIGH SCHOOL

YEAR 7 - NEWSLETTER

Week commencing: 23rd March 2020

Message from the Stage Leader

Dear Year 7,

I hope you are all well and looking after family and friends. Managing the transition to homeschooling is a real challenge. You may be experiencing a wide range of emotions from and anxiety to excitement and enthusiasm. The following are suggestions myself and my family are using to make the transition as smooth as possible for everyone.



fear

- One of the best ways to make the transition to learning at home is to establish routines as soon as possible.
- Copy the school timetable/or create your own
- Check Show My Homework and keep up with the work your teachers have set.
- Include similar break times and meal-times
- Work with others in your house if possible to replicate school. Invent a variety of ways to 'schoolify' your home
- Find ways to use technology to meet up with others.

Stay at home, stay safe and take care
Mr Gibson

Message from the Year Leader

Dear year 7

I cannot believe I am about to tell you this but Oh My Goodness how I am missing you all and your noise and your funny ways!. I am sorry I wasn't in school with you on those last few days but I hear that you were incredible and really showed yourselves to be the year group that you are. This has been a strange start to your Kingsbury High School journey, I know and no doubt it will shape you into the young adults you are quickly becoming for so many reasons.

I know we can get through this by working together, the key is keeping busy and thinking positively, even in the toughest of moments. Keep learning, in all the forms that are available to you:

- Learn through study
- Learn through your family
- Learn through doing new and creative things in your home
- Learn through this experience

Help each other and be kind, most of all stay safe and follow the guidelines

Thinking of you all

Take care

Ms Snow



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Greatness in students work:

Science, excellent work on SMHW. The following students have done fantastic. They seem really keen on working from home. (*Mrs Martin Redondo*)

7R :Jeilani Jeilani :Sebastian Sorescu

7S Darwaish Alamair:Larsa Jabar

Link to 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=1JAm1g6VkAbJvBDYSbcUjq2TkbwQRm23F>

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-yl-IMZAttfMSNgF2HPp2yfPcqnAuJHiuj1hxHenFcczgFvFyQ>

KLIC messenger

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

Useful Link KLIC messenger

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->

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 Miss Snow if you require more information.



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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

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?



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Kingsbury High School Sports Partnership

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#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 you name, school and best result with us!