



KINGSBURY HIGH SCHOOL

YEAR 7 - NEWSLETTER

Week commencing: 30 th March 2020

Message from the Stage Leader

Dear Year 7 ,

I hope you and your families are all well. I've been working really hard this week making sure I spend some time looking for some "good news " stories to make me smile . This was one of my favourites !!

Good News Stories

The Stockport Spiderman

A mysterious figure known only as the Stockport Spiderman has been cheering up isolated children in the Greater Manchester borough. Spiderman goes out for an hour each day – even superheroes need to take their government-sanctioned exercise – and visits a different neighbourhood to bring joy to children.

The Stocky Spidey explained the rules of engagement: "I can only go out just for an hour a day, just to keep fit and strong. I know it's super hard for you all right now, having to stay indoors, not seeing your friends. But just know you're doing the right things. Keep listening to mum and dad and the grown-ups and I will see you soon."

Please make time to help improve your mood !!

Top tips to improve your mood



Increase helpful activity

Low mood can stop us doing important or enjoyable activities. Try listing these things and doing some each day. Start with easier ones and, as you progress, your mood should improve.



Challenge unhelpful thoughts

The way we think affects the way we feel. Watch our video to learn how to challenge unhelpful thoughts.

[Reframing unhelpful thoughts video](#)



Talk to someone

Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling. This can be online, by phone or seeing someone in person. Watch our video for more ideas.

[Social connection video](#)



Get better sleep

Low moods can make us feel tired. Tiredness can also have a bad impact on our mood. Watch our video on tips to improve your sleep.

[Tips for sleeping better video](#)



Be kind to yourself

Try to break big tasks down into manageable chunks, and do not try to do everything at once. Give yourself credit when you complete each bit.



Healthy living

Being active, cutting back on alcohol and making sure we have a healthy balanced diet can help boost your mood, and help our wellbeing.



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Message from the Year Leader

Dear Year 7,

I hope you are all keeping active and healthy and enjoying your new learning experiences.

This week I am finding myself thinking of brothers and sisters and younger members of our family. In my area many families go out for their exercise in a walk together at the time they would be finishing school, I guess making a new kind of routine similar to the school run and pick up. It is hard on us all but I think especially for the younger ones who don't really understand what is going on and why everything has changed.

When my own children were little it was sometimes hard to get them to walk for long periods of time, an hour to a little one seems like ages, so I used to play games with them to keep them walking, things like eye spy and the alphabet game of taking it in turns to name things one letter at a time, airplane, bus, chimney, door and so on.

There was a book I used to read to my children when they were young which is still read today, "We're Going on a Bear Hunt" by Michael Rosen

What we have decided to do as residents where I live is all put a bear in our windows so that young ones can have something to look out for to keep them going, I know they are doing this in Australia too, wouldn't it be great if we all put a bear in our window, here is mine.....

Take care of each other, keep safe and keep learning

Ms Snow





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Greatness in students work:

Thank you to those of you who have taken the time to contact me with regards to home learning, it shows you are being proactive.

Well done :

Kush Jani 7R
Luliana Cimpoieriu 7R
Larsa Jabar 7S
Shayan Varsani 7I
Sabiha Kheddar 7S

Easter Music Challenge

Please find attached some exciting Musical challenges for easter!

- 1. BMS Online Music lessons at home flyer**
- 2. 30 Day Music Challenge**
- 3. New rotation information for year 7 summer term !!**

IT System Support

Here are the answers to some common problems that are being reported..You need to be logged into school Gmail to open the document. Improve your problem solving skills, by trying to solve your problem before emailing for help.

[Help and FAQ for IT Systems](#)

Guide to SMHW

https://docs.google.com/document/d/1MNWtMUOc_NMYVNgSFbet3eGVQyxYUTzzWxNzX-0mbZE/edit

Best Wishes
Mr. Fuller



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Year 10 mental health champions:

Dear Students,

I hope you and your family are well in this complicated and unsure situation.

The media and the Government have focused solely on how we should keep healthy and exercise at home during self-isolation.

The government has focused on the physical well-being of our country but haven't really explained the importance of upholding a good mentality.

We would like to help you have a confident attitude at home as well as physical well-being, and by educating yourself we think that Mental Health should be as important as your mental health helps you do day to day life.

The Peer Support team will send tips and tricks throughout the year to help you keep healthy and remember to stay confident and strong through these tough times.

If you need ANY urgent help, remember you can contact the Safeguarding team at Kingsbury High at safeguarding@kingsburyhigh.org.uk.

There are lots of places to get advice about emotional wellbeing, social media or to discuss feelings during this time:

- ChildLine: www.childline.org.uk Phone: 0800 1111
- Young Minds: www.youngminds.org.uk
- Kooth: (online) www.kooth.com
- The Mix: <https://www.themix.org.uk/> 0808 808 4994
- In a crisis, text 'Shout' to 85258
- You can also contact your GP

Stay Safe,

Peer Support Team Y10,
Kingsbury High School

Easter holidays

Although it probably appears odd to have a 'break' over the next two weeks, it does give students and teachers a chance to do some different things at home. Some teachers and students will continue to choose to work or simply catch up and that is also fine. So teachers have been informed not to set you work during the holidays.

Work from teachers will start again on Monday 20th April.

Our next Newsletter will be on Friday 24 April



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Rewards:

We are pleased and proud of how hard you are trying to adapt and engage in this new world of working online. We want to recognise your engagement in the work and acknowledge your attitude to learning. Staff will be asked to add reward points on class charts for you and will also be able to send praise and pride postcards virtually for excellent engagement and achievement. So please keep up the hard work.

Well done and we hope to see you all soon

Thanks Ms Hurt

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

Are you ready to take on the Easter Blockbuster challenge !!

Follow the link below FOR EASTER FUN:

<https://drive.google.com/open?id=1fwivlAcP2uie0TN4VCwzN6-wzOt8iSkd>



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