



KINGSBURY HIGH SCHOOL

YEAR 9 - NEWSLETTER

Week commencing: 30th March 2020

Message from the Year Leader/ Stage Leader

It's Week two and judging by some of the emails that I am getting - a strain is beginning to show! It can be a struggle - I am experiencing that too. It is not a holiday, you cannot mix with your family or friends and some may be finding it quite stressful. I would like nothing more than to be back in the corridors shouting "get to your lessons, you're late!" *You know who you are!* It is important to reach out via phone or social media during these times. Remember to laugh - it's good for our mental health. Play some music and dance around the living room and get some exercise in the process. Above all, let us all demonstrate patience and take one day at a time! Stay safe, Ms Prince

Well here we are at week 2. Hopefully another week where you and your family have stayed at home and kept yourself safe. Please can I remind you that you can email me at any time if you have any worries or need someone to talk to. Doing your work on Show My Homework is so important to keep your brain ticking over and it will also help you keep to a routine whilst at home. I've got some interesting news to share - I shaved my hair off. Hopefully we can get back to school soon so I can show you the picture in assembly! Stay safe, stay home. - Mr Froy

Over Easter

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. So teachers have been informed to not set work during the Easter break. Work from teachers will start again on Monday 20th April. Our next Newsletter will be on Friday 24 April.

Up to date information

The problem with social media is you do not know what to believe or what is 'fake news'. Our advice is to take a look at the following link for the real news.

<https://www.itv.com/news/the-rundown/>

Praise and 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

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 Ms Prince or Mr Froy if you require more information.

Login information

https://docs.google.com/document/d/1MNWtMUOc_NMYVNgSFbet3eGVQyxYUTzzWxNzX-0mbZE/edit?usp=sharing

[Upload files \(Submit to Show My HomeWork assignments\)](#)

https://docs.google.com/document/d/1MNWtMUOc_NMYVNgSFbet3eGVQyxYUTzzWxNzX-0mbZE/edit?usp=sharing

[How to access their school network files using KLIC](#)

Calendar of Birthdays this week- If you do not wish for your Birthday to be mentioned in the newsletter, please email Mr Froy.

Day	Students Names
Saturday 28th March	Mohamed Alomran
Sunday 29th March	Zephaniah Obeng
Monday 30th March	Humam Al-Qouraishi
Tuesday 31st March	Crystal Vahabzadeh
Wednesday 1st April	
Thursday 2nd April	Raul Arygo and Rehana Khan

Calendar of Birthdays over the Easter break.

Day	Students Names
Saturday 4th April	Kajani Theepan and Konrad Wilczynski
Sunday 5th April	
Monday 6th April	Kaveen Devanand
Tuesday 7th April	Hassan Alkanash, Adam Bastawisy and Anab Yusuf
Wednesday 8th April	Zaynah Ansari Mr Froy was due to get married :(
Thursday 9th April	
Friday 10th April	Mohamed Rayan Laaraichi

Day	Students Names
Saturday 11th April	Charlotte Munroe
Sunday 12th April	
Monday 13th April	Sayed Ahmed
Tuesday 14th April	Riddhi Dineshkumar, Naomi Patricia Pamparau and Antonia Mazilu
Wednesday 15th April	
Thursday 16th April	
Friday 17th April	Mohammad Alzufairi and Nyal Hirani
Saturday 18th April	Selma Yilmaz
Sunday 19th April	Abderrahman Gasm

Quote of the week

We are reminded that, in the fleeting time we have on this Earth, what matters is not wealth, or status, or power, or fame, but rather how well we have loved and what small part we have played in making the lives of other people better. Barack Obama

Thought of the Week

You never know what is going on in anyone else's life. People put on brave faces, when they come to school and are laughing and smiling you do not know what happened in their house the night before or over the weekend. Although we all have it tough, there is always someone worse off than you in the world. There are those that are homeless, starving, dying so be grateful for what you have.

This week in History

30th March -

1870 15th Amendment to the US constitution is adopted, guarantees right to vote regardless of race

1st April -

1976 Steve Wozniak and Steve Jobs found Apple Computer in the garage of Jobs' parents house in Cupertino, California

2001 Netherlands becomes the first country in the world to make same-sex marriage legal

Word of the Day - Acceptance *noun*

General agreement that something is satisfactory or right

True acceptance is one of the most powerful and life-changing practices you can choose for your life journey. Accepting something that we cannot change and learning to adapt instead of resist.

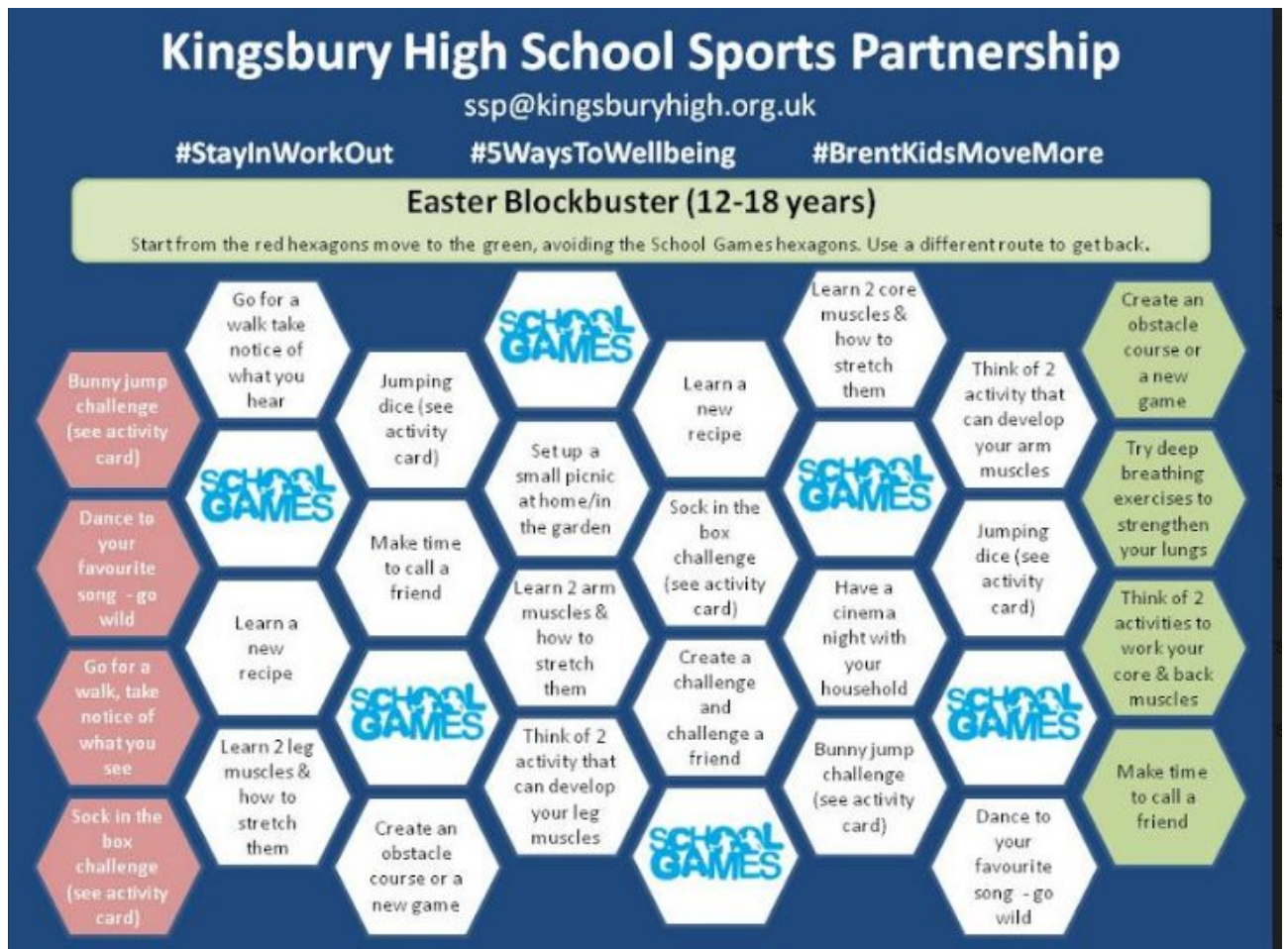
How to stay Active

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 !!



Music

Attached to the email sent to all students are 2 flyers for Music. One is to learn an instrument whilst you are at home via the Brent Music Services. The second is a 30 day Music challenge, try and complete the challenge each day. If you complete a challenge and want it to be shown in the newsletter, please send it in! Enjoy.

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>

Mental Health Champions.

We have a peer support group in year 10 who have released the following message for you all to stay safe during this difficult time.

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 have 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 and as well as physical well-being, and 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

Students - Frequently Asked Questions

<https://docs.google.com/document/d/1-AeIIAnI-IEWG2q9hmvvg6leWbrTkHpiHc9QLrcRAuk/edit?usp=sharing>

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.

Best Wishes

Mr. Fuller

Q) When will we be back at school Sir?

A) There is not a date given yet and as soon as the school knows something, they will tell all the staff and students. Keep watching the news and remember, the more you stay at home the sooner we will be back to normal and the more lives we will save.

Q) Sir , my show my homework and SAM learning log-ins are not working.

A) Please email Mr Fuller with any ICT difficulties and he will try and reset your details.

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

STAY HOME. PROTECT THE NHS. SAVE LIVES.