



KINGSBURY HIGH SCHOOL

YEAR 10 - NEWSLETTER

Week commencing: 6th April 2020

Message from the Year Leader

Hey year 10's, we are now in our second week! How crazy is that?

I thought I'd share something with you that I watched on This Morning with Phillip and Holly. It was a message from a teacher in China and I thought it was so touching.

"We are just finishing our 7th week of e-learning, seven weeks of being mainly housebound, seven weeks of uncertainty. We're healthy, we're happy, we are humbled as we watch the rest of the world begin their time inside, here are some of my reflections on the last seven weeks. Accept that you have no control over the situation. let go of any thoughts of trying to plan too much for the next month or two, things change so fast. Don't be angry and annoyed at the system, anxiety goes down, you make the best of the situation whatever that might be for you. Accept that this is what it is and things will get easier.

Try not to listen to, read or watch too much social media, it will drive you crazy! There is a thing as too much. The sense of community I have felt during this time is incredible. I could choose who I wanted to spend my energy on, call, message and connect with, and found the quality of my relationships has improved. Appreciate this enforced downtime. When do you ever have time like this? I'll miss it when we go back to the fast pace speed of the real world. Time goes fast. To those beginning this journey, you will get through it! Listen to what you are told, follow the rules, look out for each other. There is light at the end of the tunnel".

Be strong, be your best

Be safe! Miss Powell

Message from the Stage Leader

Last Thursday you might have taken part in the "Clap for Carers" event, going to your doorstep, balcony or window to clap your hands or bash pots and pans in tribute to the NHS and care workers who are in the frontline of the efforts to deal with this pandemic.

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**

Sadly over the weekend the news came that the first doctors in the UK had died of COVID-19, Habib Zaidi, Adil El Tayar and Amged El-Hawrani. As we approach Easter, it is important that we remember the sacrifice that many people and their families are making at this difficult time, particularly those whose families may be far away from them in other parts of the world.

Easter and springtime are also a time of hope and renewal, when out of the darkness of winter comes brightness. I am lucky enough to have a garden where my tulips and camellias are now in bloom, and they remind me that even though things are challenging right now, out of the bad will come some good.

Stay safe and stay strong.

WELL DONE

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

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. Some teachers and students will continue to choose to work or simply catch up and that is also fine. So teachers have been informed to not 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

GENERAL MESSAGE

In the space of a few weeks, life has transformed beyond recognition. There is plenty of time to think about the life you took for granted, remembering the last time you played football in the park, the last time you went to the cinema or out for a coffee with friends, the last time you hugged your parents or grandparents.

Although the current lockdown will be reviewed in a few weeks, it does seem likely that we will be in this for an extended period of time, and you may be feeling more anxious and unsettled. Daily exercise, a regular routine and sleeping pattern, and keeping in contact with family and friends by phone and social media can all help to improve your wellbeing.

We are fortunate in that there are so many ways social media platforms allow us to keep in touch, but there is a downside. Bad news is amplified on social media, with endless news alerts and updates and all manner of posts and forwards about coronavirus, many of them unscientific, false and dangerous.

You can help yourself by managing your information intake- only check the news at set times and limit what you listen to, watch or read. Make sure you read factually correct information from credible sources such as <https://www.gov.uk/coronavirus> and <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Always fact check information that you get from newsfeeds, social media or from other people. If you don't recognise the source of the information, try and find out. If it's from a named organisation look them up, examine the 'about' page on their website, or search for information about them on Google. There are a number of reliable fact checking websites that have compiled all the misleading and untrue information about the coronavirus:

https://fullfact.org/health/coronavirus/?utm_source=homepage&utm_medium=trending

<https://www.snopes.com/collections/new-coronavirus-collection/>

<https://www.poynter.org/ifcn-covid-19-misinformation/>

So when you get that next WhatsApp forward, pause and take a few moments to think critically and try not to share the information without fact-checking against credible sources.

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

[Help and FAQ for IT Systems](#)

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

[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=1JAm1g6VAbJvBDYSbcUjq2TkbwQRm23F>

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-MZAAttfMSNgF2HPp2yfPcqnAuJHiuj1hxHenFcczgFvFyQ>

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