

Week commencing: 30th March 2020

### Message from the Year Leader

We have all survived our official 1st week of lockdown. I have spent lots of time with my family, did some cooking, walked in the park and have kept on top of the housework. There has been lots of time to think and reflect about what is important. Daily routines have changed, but I view this as an opportunity to change for the better and think about others rather than myself.

It has been nice to hear from a number of you via email this week, some which have put a smile on my face. Thank you and let's continue to stay in contact.

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. Teachers have been informed to not set work during the holidays. Work from teachers will start again on Monday 20th April. 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. While this may not mean much to some, others will find it a nice acknowledgement to their hard work. Our next Newsletter will be on Friday 24 April

There were a number of birthdays last week; **Happy 16th Birthday** to the following students: Kaddie, Said M, Ashiro, Ibrahim & Zainab S, Zain, Claudia, Suraj, Tanishk, Shafici, Yasmin B and Sangeeth. This will become a regular fixture moving forward.

Don't forget to send in any images for the Digital YearBook to my school email address: [jermaine.hamilton@kingsburyhigh.org.uk](mailto:jermaine.hamilton@kingsburyhigh.org.uk)  
I have seen some great pictures, please keep them coming!

Our next Newsletter will be on Friday 24th April 2020 so have a lovely break!

### 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

## 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.

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.

## Careers Advice and Guidance

Ms Connie Collie (Connexions Advisor) will be available on Monday, Tuesday and Wednesday between 9:00am and 3:00pm. Many of you have asked for help to write your CVs/Cover letters, completing college and apprenticeship applications, and I've answered questions about university applications and what to do if things don't quite work out as planned. I am not currently in school but continue to work from home and can be contacted via email: [connie.colli@kingsburyhigh.org.uk](mailto:connie.colli@kingsburyhigh.org.uk) or on the phone: 07584 270 467. I will be available on Monday, Tuesday and Wednesday between 9:00am and 3:00pm.

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. 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

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://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.

## Exams & 6th Form - Advice and Guidance

Last week we offered to answer your questions about GCSE's, calculated grades and 6th Form Entry. For Those who completed Google form, here are the answers to the pattern of really good questions posed.

### **HOW ARE CALCULATED GRADES DETERMINED?**

We do not know fully yet. When we do, we will let you know.

### **IF I AM UNHAPPY WITH MY CALCULATED GRADE, WHAT CAN I DO?**

The guidance simply states you will get a chance to take an exam in 2021. The only firm commitment as far as can be determined is Summer 2021, but we do not know for definite.

### **WILL THERE BE AN EXAM AFTER THE SUMMER?**

We simply don't know yet.

### **WILL DECEMBER MOCK GRADES BE USED FOR OUR CALCULATED GRADES?**

That would be a bit simplistic. We wait to hear but there will be a range of data used. However, we don't know fully yet.

### **WHEN WILL I GET MY CALCULATED GRADE?**

All that has been stated so far is July.

### **WHEN WILL I KNOW IF I HAVE THE GRADES FOR MY SIXTH FORM COURSE?**

If you get the 'calculated grade' in July - after then. More details to follow.

### **WILL THE FAST TRACK SPORTS LEADERS COURSE GO AHEAD IN JULY?**

No but Higher Sports Leaders Award ('red shirts') will do when you join the Sixth Form. We will let you know about this later.

### **WILL YOU BE ABLE TO HELP US WITH APPRENTICESHIPS?**

Yes. Connie Colli, Careers Adviser, is not in school but will continue to work from home and can be contacted via email: [connie.colli@kingsburyhigh.org.uk](mailto:connie.colli@kingsburyhigh.org.uk) or on the phone: 07584 270 467. Mr Senior will also post some links in newsletters after Easter to help you with apprenticeships.

### **FURTHER MATHS STUDENTS DIDN'T SIT A MOCK, HOW WILL YOU CREATE A CALCULATED GRADE?**

We will look at a range of data but we wait to hear more guidance.

### **WHAT IS BRIDGING WORK?**

It is work that is set for each and every subject in the sixth form that has to be completed to take up a place. It is assessed and goes on your report. The bridging work this year will be different to last year and will be available from 1st June. Complete for the courses you feel confident in meeting the entry criteria or be willing to change bridging work once you know your calculated grades and final offer for the sixth form.

Please continue to use the Google Form to send in your questions. Responses in the next newsletter after Easter.

<https://forms.gle/J1wREj3EtoBmMthM6>

Mr Senior

## **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](https://www.timeout.com/london/news/the-national-theatre-is-going-to-stream-a-free-play-every-thursday-night-032620?fbclid=IwAR2Be-fswn9x_61safdxChshrtT87xVNEXa2QyjAHBfHC0Adp9feH26pSwk)

## **Music Department - 30 day Challenge**

Attached is a 30 day challenge to keep your creativity going during lockdown. If you are interested in music lessons for next academic year, see attached poster for the Brent Music Service.

## **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->

**There are a number of self help documents that have been attached to this week's newsletter. Please keep these at hand if you have any issues:**

- Using KLIC/Accessing the school network

- Student IT Systems FAQ
- Uploading work to SMHW
- Year 10 Peer support