



# KINGSBURY HIGH SCHOOL

## YEAR 7 - NEWSLETTER

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Week commencing: 20th April 2020

### Message from the Stage Leader

Dear Year 7 ,

I hope you are all well and safe and had an enjoyable easter . This story made me smile this week and maybe something to focus on this term

#### Motivational pegs offer a message of hope

A man has written positive messages on pegs and left them in woodland to give people a lift during the coronavirus outbreak. Alan Ayriss, from Whitwick in Leicestershire, said he wanted to help anyone who might be struggling with their mental health at the moment. The motivational messages include one that says: "You're a child of the universe and are truly amazing "





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### Message from the Year Leader



Dear Year 7,

What a strange Easter break that was but the sun was shining and the sky was blue and there were still chocolate eggs! This week I am thinking about others. My family and I have been out on our doorsteps every Thursday at 8pm clapping for all those who are working so hard at this difficult time.

I am thinking of you all and know that every household will have hard days and find myself considering what we can do to make it easier for ourselves and those around us.

There are some things you can do for others, if you have younger siblings, read them a story, play with them, encourage them to join in your activities, games, sports, walks. Help your parents cook a meal, maybe even have a go at making dinner for everyone.

Some of you will be having birthdays and it can be so hard celebrating at this unusual time but making that phone call, sending a message or posting a card can be such a nice thing to receive and to give to others. It was my Mum's 86th birthday this weekend and from the delivery boxes we received from online shopping, my daughter and I cut out the words Happy Birthday and made them colourful to stick on her window so when she woke up in the morning she knew we were thinking of her.

I think the most important thing I can say to you is make sure, especially on the hard days, you think of at least one thing in your day, every day and write it down that has been positive, keep a little daily diary and even if that one thing was "today it didn't rain so I could see the blue sky and hear the birds sing" remember to take in the positive things that are happening to the world around you, our planet is healing and we will get through this

Keep active, Keep well, Keep safe

Ms Snow

**Brent #StreetSmiles Key Workers Poster Competition**



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Let's spread #StreetSmiles



Good afternoon,

We hope you are doing well in these difficult times, and help spread some positivity, Veolia is asking the schools to support the key workers collecting their waste and cleaning their streets by sharing #StreetSmiles. Students, teachers and residents alike can take part at home or in school by creating a 'smiling sun' and displaying it in their window, brightening the day of the refuse collectors who see it.

The best submissions will be posted on our social media pages so be sure to include your name and school so we can share the smiles! We would love to receive copies of the posters so that our crews can take photos with them.

We'd like to start a Brent-wide campaign and see how much support we can muster for our essential workers. Every bit of support makes such a huge difference during these difficult times. Keep well and thank you for all that you are doing.

Please show your support by creating a thank you note or drawing (do get the family involved!) and sharing it via social media on twitter with:

#StreetSmiles

@Brent\_Council & @VeoliaUK

If you wish to share this with us directly, please send us a picture at [recyclemore@brent.gov.uk](mailto:recyclemore@brent.gov.uk)



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### 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](https://docs.google.com/document/d/1MNWtMUOc_NMYVNgSFbet3eGVQyxYUTzzWxNzX-0mbZE/edit)

### 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>

### Food Banks

<https://brent.foodbank.org.uk/locations/>

Please click on the link above if you need to find your local food bank.

### Music

**BMS instrumental and singing lessons will take place online this term.** Please go to these links for information, guidance and to sign up

[https://drive.google.com/open?id=1sdbmxCSnBQm\\_W7N6ZEor3hkApXf1INKg](https://drive.google.com/open?id=1sdbmxCSnBQm_W7N6ZEor3hkApXf1INKg)

<https://docs.google.com/forms/d/e/1FAIpQLSdZ9LFnbfUtRrmQUhXM-Ull-ihW90JjkSedl8xozxWbSs9Eug/viewform>

#### **BMS Music Base**

Resources for all instruments and levels along with resources for aural, theory and sight-reading. Completely free to access.

<https://forms.gle/shuMU2Ms1iTzcjZ68>

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



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### Kingsbury High School Sports Partnership

ssp@kingsburyhigh.org.uk

#StayInWorkOut

#5WaysToWellbeing

#BrentKidsMoveMore

Week commencing : 27th April – GOLF WEEK

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

Golf Passport  
Have a go at the Passport lesson on Golf Foundation TV's youtube channel. You don't need a golf set, you can simply roll a ball.

#### CONNECT TUESDAY

Hand eye coordination is an important skill for golfers. To practice your hand eye skills. Throw a soft ball in the air and hit it towards a wall with your hand.

#### GIVE BACK WEDNESDAY

Make a video of an activity or write up an activity plan that that can help someone become a better golfer.

#### TAKE NOTICE THURSDAY

While you are doing the Personal challenge. Take notice of what movements your body is making, what your mind is thinking and how you are feeling.

#### LEARN FRIDAY

Do you know any large golf competitions that you may usually see on TV?

What skills do golfer require?

#### CREATIVE SATURDAY & SUNDAY

Create your own mini golf course at home.

You don't need a golf club, you can kick, roll, throw the ball or be creative to find something to hit the ball with.

#### Other Ideas to Keep you Moving

Joe Wicks PE lessons at 9AM

Saracens Sport Foundation (Twitter) everyday @ 10AM, 2PM, and 5PM.

Keep an eye on what KHS PE staff are getting up to on their Instagram page.

#### Fun Personal Challenge

One of the skills you need for golf is aiming for a target, for this weeks personal challenge we have a target activity for you. See Bean Bag Throw Challenge card. Make it harder or easier by changing the distance, the size of the target or the object you are throwing.

Don't forget to send us pictures of you doing the activity!



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### 60 Second Challenge

#### Bean Bag Throw

Can you focus, concentrating on the target?

#### The Physical Challenge

How many times can you throw a beanbag into a hoop in 60 seconds?

Stand 3 large steps away from the hoop. You need to collect the beanbag and return to the throwing line once thrown.



**#StayHomeStayActive**

#### Equipment

A beanbag and a hoop

If you do not have a beanbag or a hoop, why not use a pair of socks and a washing basket instead!

#### Achieve Gold

30 Throws



#### Achieve Silver

25 Throws



#### Achieve Bronze

20 Throws





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