



KINGSBURY HIGH SCHOOL

YEAR 9 - NEWSLETTER

Week commencing: 20th April 2020

Message from the Year Leader and Stage Leader

Well Hello Year 9! I hope you are coping well during these extraordinary times and that you are managing to get some exercise built into your daily routine. Work has been coming through to you and I hope that you are completing the work to the best of your ability as it is important to keep those cogs turning and exercise your brain too! If you are struggling with anything please do let me know via email and I will get back to you. Remember to be kind to yourself and others too and above all.....please stay safe. - Ms Prince

Morning year 9! Well we have now been in lockdown for 5 weeks and this is our 3rd newsletter. I hope you enjoyed the 'Easter Break' where you didn't have to do any school work and that you are now able to get back in the flow of it. We always think of social media as being a negative thing where hurtful messages can be passed around. Try and use this time to check in with your friends- just a simple 'Hi How are you and your family?' message to someone might make their day. Try messaging people that you haven't spoken to as much at school, this could be the start of a blossoming friendship for you. Please share with Ms Prince and I via email any ways you are keeping yourself occupied. Stay safe and look forward to seeing you soon.- Mr Froy

Managing your home life

We would like to know how you are getting on at home and what changes would best help your isolation period. Please could EVERY student fill in the attached form. Thank you.

https://docs.google.com/forms/d/e/1FAIpQLSch61pVAKog-km2MR3lOiQyGYkRcrx4jELcSZSPIZaCNCiUw/viewform?usp=sf_link

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
Monday 20th April	Fatima AlJabr
Tuesday 21st April	Rayahn Stoute
Wednesday 22nd April	Anita Efimova
Thursday 23rd April	
Friday 24th April	Yousef Dahwa

Calendar of Birthdays next week

Day	Students Names
Saturday 25th April	Ibrahim Abdullahi
Sunday 26th April	
Monday 27th April	Amman Patel
Tuesday 28th April	
Wednesday 29th April	Vinusan Padmarasa
Thursday 30th April	
Friday 1st May	

Music

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

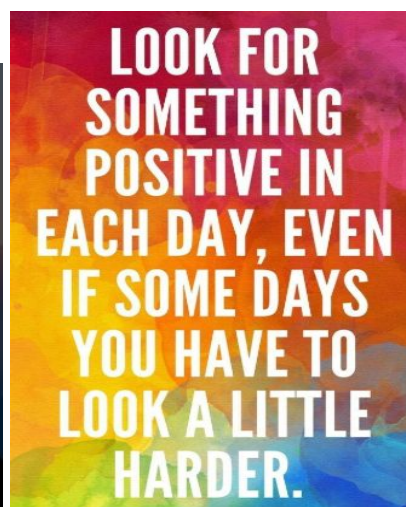
BMS Music Base

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

<https://forms.gle/shuMU2Ms1iTzcjZ68>

Quote of the week -

Thought of the week -



This week in history

23/4 - St Georges Day

- 23/4 **1968** 1st decimal coins issued in Britain (5 & 10 new pence, replacing shilling and two-shilling pieces)
 - 23/4 **1984** AIDS-virus identified as HTLV-III (acquired immune deficiency syndrome)
 - 24/4 **1184 BC** The Greeks enter Troy using the Trojan Horse
 - 24/4 **1962** Massachusetts Institute of Technology sends TV signal by satellite for 1st time: California to Massachusetts
 - 25/4 **1953** **Francis Crick** and **James Watson**'s discovery of the double helix structure of DNA is published in "Nature" magazine
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Word of the day -

Ambiguous adjective

Open to interpretation, uncertain or unclear. "The results of the survey were ambiguous."

Have you thanked your rubbish collectors?

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

These positive stories will be shared on our platforms and put up around our sites to show our operatives how much their work is appreciated. We'd love it if you could share this email with the parents and carers in your network to increase the impact of this campaign.

Quizzes

Do you want to improve your knowledge as well as having fun/ Why don't you have a look at <https://www.sporcle.com/> This website

How to stay Active

Joe Wicks - 9am every morning on his youtube account
<https://www.youtube.com/user/thebodycoach1>

Follow Kingsbury High SSP on twitter for more ways to stay active! Also check out Kingsbury PE on Instagram for daily challenges.

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.

<p style="text-align: center; font-weight: bold; color: #003366;">BE ACTIVE MONDAY</p> <p>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.</p>	<p style="text-align: center; font-weight: bold; color: #003366;">CONNECT TUESDAY</p> <p>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.</p>	<p style="text-align: center; font-weight: bold; color: #003366;">GIVE BACK WEDNESDAY</p> <p>Make a video of an activity or write up an activity plan that that can help someone become a better golfer.</p>	<p style="text-align: center; font-weight: bold; color: #003366;">TAKE NOTICE THURSDAY</p> <p>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.</p>	<p style="text-align: center; font-weight: bold; color: #003366;">LEARN FRIDAY</p> <p>Do you know any large golf competitions that you may usually see on TV? What skills do golfer require?</p>	<p style="text-align: center; font-weight: bold; color: #003366;">CREATIVE SATURDAY & SUNDAY</p> <p>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</p>
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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!

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	

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.

Login information - Same as before Easter

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](#)

Students - Frequently Asked Questions

<https://docs.google.com/document/d/1-AellAnI-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

STAY HOME. PROTECT THE NHS. SAVE LIVES.