



KINGSBURY HIGH SCHOOL

YEAR 8 - NEWSLETTER

Week commencing: 20th April 2020

Message from the Year Leader and Stage Leader

Hello Year 8, I hope you're all keeping safe and well. How strange it feels that I last saw you over 5 weeks ago. I do hope you're making the best use of your time although I can appreciate it can get frustrating having to stay at home so much. Please remember that this is for the benefit of our frontline workers as well as yourselves and helps the nation to get back to normal sooner rather than later. Speaking of normal, a recent survey showed that people were noticing how much clearer our skies are in terms of air traffic and pollution, how much more nature we're noticing with fewer people around, and how much friendlier the public are in this time of crisis. In fact it was suggested only 9% of people want to see a complete return to the way things were before lockdown. It would be great to know your thoughts on this so what would your post-lockdown society look like? Email me with your thoughts and have a great week. - Mr Desmond

Morning year 8! 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 Mr Desmond and I via email any ways you are keeping yourself occupied. Also, check out the canteen competition that has been emailed and uploaded. 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/1FAIpQLSeQJ-uHlyxuQrYFBZc2g-2AvjpoLIT_OB_enJZSwP16UoRpJw/viewform?usp=sf_link

Creative Writing Results

Thank you to all those students who submitted a piece of writing for our competition before Easter. It was wonderful to sit down and read all of the stories and poems.

Overall we had 22 people submit their work and I will be putting all the credits on for all 22 today. For some students I couldn't split their work so they came equal and that is why the top 5 results below are actually 12 people. Our next competition is designing the canteen poster which is due on 3rd May - Good Luck!

Name	Rank	Credits
Siya Nakrani	1st	100
Sami Chughtai	2nd	90
Alexia Busoi	2nd	90
Aneri Barot	3rd	80
Aamna Akhtar	3rd	80
Maya Moalem	4th	70
Sumaia Rahimi	4th	70
Umayr Hussain	4th	70
Malchy Malawwethant	5th	60
Medina Daud	5th	60
Safa Sajjad	5th	60
Emir Alam	5th	60

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	Pietra Vieira Braz
Tuesday 21st April	
Wednesday 22nd April	Karan Khetani
Thursday 23rd April	Alex Gherca and Shanna Morgan
Friday 24th April	Muntaha Badeeco

Calendar of Birthdays next week

Day	Students Names
Saturday 25th April	Zaynab Al Ishaikar & Andreea-Mihaela Vacaraasu

Sunday 26th April	Mumtaz Ali, Sayed Ghafouri & Aaliyah Khan
Monday 27th April	
Tuesday 28th April	Syed Aun Shah
Wednesday 29th April	
Thursday 30th April	Shahbaa Al-Juboori & Maria Calancea
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

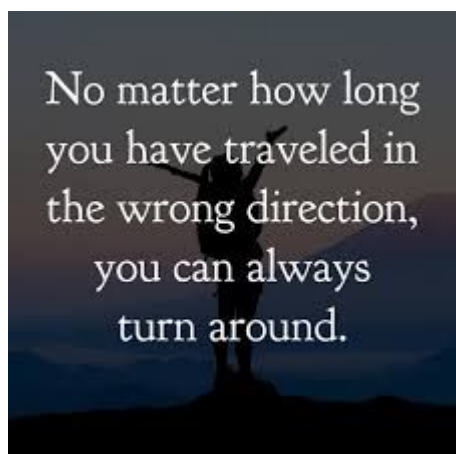
<https://docs.google.com/forms/d/e/1FAIpQLSdZ9LFnbfUtRrmQUhXM-Ull-ihW90JjkSedl8xozxWbSs9Eug/viewform>

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-

My thoughts this week turn to helping people. Charles Dickens once said 'A day wasted on others is not wasted on one's self' which means it is a good thing, and gives us an enormous sense of good feeling, to give help to other people rather than devoting our time solely to ourselves. Even in these difficult times it is incredibly rewarding to be able to help someone although this might be indirectly and so I remind you of Mr Froy's words earlier in this newsletter to reach out to friends and family members via phone, text, social media, or email, and ask them how they are. This small act of kindness can

make the difference to their day and you'll feel good for doing something for someone else.

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
-

Word of the day

Facilitate - to help bring about

Example: by staying at home, I am facilitating the positive impact of bringing Covid-19 under control

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 has thousands of quizzes that you can do on lots of different subjects. Have a go!

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.

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.

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!

60 Second Challenge

Bean Bag Throw

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



Can you focus, concentrating on the target?

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>

Summer term rotations

Music: N, G, Y, H

Dance: S, T

Drama: C, B

Technology: K, I, R, U

Reminder, even if we are not back in school, your rotational subjects will change. This means the work set on Show my homework will be from a new subject area.

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-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

Good news

Dear Kingsbury School

I appreciate these are difficult and unusual times but it's great to hear that you have been raising awareness of our work at your school and that we have been awarded £1000 through the First Give scheme.

<https://www.kingsburyhigh.org.uk/news/?pid=3&nid=1&storyid=192>

This is a fantastic contribution to our work. I'm really sorry we have been so delayed in getting in touch with you. We were a bit behind in getting your contact information from First Give and then you will know how things have been in the past few weeks.

Our work in water and sanitation is now even needed more than ever and you can see some of the projects your donation could go to support on our [Coronavirus](#) appeal page.

I hope when things return to normal you get in touch with us again via our [education page](#). You can also request a [school speaker](#) to your school.

Thank you again for fundraising for Oxfam and once again I'm sorry we have been so delayed in acknowledging such a great gift. It is wonderful to hear in these difficult times.

STAY HOME. PROTECT THE NHS. SAVE LIVES.