



# KINGSBURY HIGH SCHOOL

## YEAR 10 - NEWSLETTER

24th April 2020

### Message from the Year Leader

Hello Year 10'S Hope you had a good half term and are ready to get back to work. We've had some great weather so I hope you were able to sit in your gardens or go on a short brisk walk for your daily exercise while keeping safe of course,

As we all know, coronavirus is the main topic of conversation and it can be very draining at times, so let me share something different with you this week that you may be interested in

Have you heard of the E-Factor Also known as the Brent Factor? Well If not, let me introduce you:

Can you sing, Dance, Rap, read poetry, have amazing football skills, bake, design do makeup or whatever you gift is, The Brent Factor is looking for you (you do not have to be a Brent resident to enter)

A few years ago, a lady called Yasmin Dale decided she wanted to give back to the community. Yasmine is a Brent resident and owns a few businesses in the borough. In her brief statement, Yasmine says " **I have seen the community I love transform from a colourful vibrant environment full of the promise and potential of a hopeful generation to a place of fear and lawlessness rule the day. With the current knife crime epidemic, my aim is to give back to the community by organising the Brent Factor**

**My aim is to design an infrastructure that is high in performing and very cost effective allowing the younger generation to showcase their skills. The loss of promise potential and hope has drained the community and robbed us of our youth.**

**This project is aimed and working with individuals aged 11-25 who are at a critical juncture of their adolescent life. Our programmes are a way to boost the self esteem, confidence and assurance of the youth**

Come on year 10's I know a lot of you have some hidden talents that you have not shared with us. check out the link to enter and let me know if you do so

<https://www.thebrentfactor.org.uk/>

Be strong, be your best

### 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

Be safe! Miss Powell

## Message from the Stage Leader

We have nearly completed 5 weeks of lockdown in the UK, and human nature means that we are all beginning to feel bored and fed up as this uncertainty continues. We will be missing family and friends, and wish that we could meet up with them.

Although we are frustrated, we must continue to stay at home and away from others. This is important in all parts of the country, but especially so in Northwest London.

Our part of the world has a large number of people from black, Asian and minority ethnic (BAME) backgrounds. Recent hospital numbers are showing that the coronavirus is having a larger impact on people from BAME backgrounds. Only 14% of people in England and Wales are from BAME backgrounds, but 34 % of critically ill coronavirus patients identified as BAME. (More details can be found at <https://www.bbc.co.uk/news/uk-52219070> )

Some well-known British Asians have joined forces to create a video appeal about following government advice and protecting the most vulnerable. The advice in the video is important for all of us, no matter what our background is, so please share it amongst your family and community networks:

<https://youtu.be/2cvzGw2VWPA>

Stay home, Stay safe, Stay strong,

Mr Das

### **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

### **GENERAL MESSAGE**

Last weekend you may have watched the One World: Together At Home concert to support frontline health care workers and the World Health Organization. Many musicians performed, including Lady Gaga, Camilla Cabello, Sean Mendes, Billie Eilish and Lizzo.

The highlight for me was when the legendary Stevie Wonder sang two songs, his own “Love’s In need of Love Today”, and “Lean On Me”.

[https://www.youtube.com/watch?time\\_continue=151&v=4vgfBJhIEEo&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=151&v=4vgfBJhIEEo&feature=emb_logo)

“Lean On Me” was written by the soul singer Bill Withers, whose death was sadly announced just before the Easter holiday.

Bill Withers was inspired to write the song after he had moved to Los Angeles from his home town of Slab Fork, West Virginia. He felt lost and alone in the big city, and was missing the strong community feel of his home town. Even though Slab Fork was a small coal mining town, and Bill Withers grew up in a run-down house in the poorest section of the town, everyone looked after each other, especially during hard times.

“Sometimes in our lives, We all have pain, we all have sorrow. But if we are wise, We know that there’s always tomorrow. Lean on me, when you’re not strong. And I’ll be your friend, I’ll help you carry on. For it won’t be long, ‘Til I’m gonna need, Somebody to lean on.”

During this difficult time, we have to lean on each other, and we will all get to tomorrow by continuing to support each other.

Stay home, Stay safe, Stay strong.

Year 10 Managing at home

<https://docs.google.com/forms/d/1p2AMoeNzIRFvX-rxYnm4j74blsMa3s2zKyhqGJJx3Bk/edit?ts=5ea09f41>

## 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](mailto: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-MZAttfMSNgF2HPp2yfPcqnAuJHiuj1hxHenFcczgFvFyQ>

**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-UlI-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>

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