



# KINGSBURY HIGH SCHOOL

## YEAR 10 - NEWSLETTER

1st May 2020

### Message from the Year Leader

Hello Year 10's, how is everything going? Hope you are all doing your best and keeping up to date with things?

Can you believe that in a few months time you will be the New Year 11's? How time has flown by. This is possibly the most important year of your school life. Entering Year 11, you should be thinking about "what next" if you haven't already done so. Will you be applying for a job, apprenticeship or further work related training? You may also be waiting for your GCSE results before continuing with your education in the sixth form or a Further Education Establishment.

Have you thought about what courses or career path you would like to take? There are so many resources out there for you all. You can do and be anything you want to be. Push your self and aim high.

Did you know that Sir Richard Branson, who is a British business Magnate, Investor, Author and philanthropist not only has Dyslexia but was very poor academically at school. He founded the Virgin Group in the 70's which now controls more than 400 companies in various fields. On his last day of school, his Headteacher at the time told him he would either end up in prison or become a millionaire!

This is food for thought! With the right help, guidance and determination, you can become the greatest version of you!

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)  
You can also email me and I will be happy to set up a telephone meeting with you once I have spoken to your parents.

Be strong, be your best

Be safe! Miss Powell

### Message from the Stage Leader

#### 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

Last Sunday would have been the London Marathon, where superhuman athletes like Eliud Kipchoge of Kenya would have run the 26 mile course in a little more than two hours, followed by the thousands of amateur runners who raise millions of pounds of charity.

The postponement of this year's marathon reminds us that the race we are in to overcome COVID-19 is not a sprint, over in seconds- it is a marathon, and we have only run the first of many, many miles. To get through the rest of these miles, we must be focused and patient and not give in to the boredom we might be feeling.

Our local hospital, Northwick Park, has been leading this race, helping many patients and their families in these difficult times. Dr Rachel Tennant, a consultant in acute and respiratory medicine at the hospital gave an interview recently where she said, "Social distancing is working, and please, please don't get bored, stick with it. It's so important, it's the way we're going to get on top of this. It's made a world of difference."

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**

The head of the World Health Organisation, Dr Tedros Ghebreyesus, has warned that while in some countries the number of cases may be starting to fall, the disease "will be with us for a long time", and that "one of the greatest dangers we face now is complacency."

When it comes to measuring the rate of infection, scientists look at the basic reproductive number, R0 (R-nought). This tells us how many people an infected person will pass the virus onto. If there were no social distancing and lockdown measures, a person with the virus would end up infecting 2-3 people.

Because of the lockdown, the R0 number in the UK is now slightly less than one. This is good news and shows that the lockdown is working, but for us to be even safer, that R0 number needs to be well below one and ideally close to zero.

That is why the lockdown is continuing, and why we must keep following the guidance on social distancing. By continuing to stay at home and away from others, we are making sure we are protecting ourselves, our families and friends, our communities and the NHS.

<https://www.youtube.com/watch?v=RJ1U4AzCg2E&list=PL5A4nPQbUF8Ck7csEOg98U0-bA970noXS&index=2&t=0s>

Video explaining the R0 number starts at 9min10

### **Year 10 Managing at home**

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

### **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

### **Create short pieces of music-quickly and easily**

<https://musiclab.chromeexperiments.com/Experiments>

### **Sing with Aga-new videos released each Friday**

[https://www.youtube.com/results?sp=mAEB&search\\_query=sing+on+the+sofa+with+aga](https://www.youtube.com/results?sp=mAEB&search_query=sing+on+the+sofa+with+aga)

**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>

## 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)