

Week commencing: 27th April 2020

Message from the Year Leader

Roll on Week 5 of the lockdown and school closures. We have been blessed with some beautiful weather over the past week, baby Boris was born, Captain Tom Moore celebrated his 100th birthday on Thursday and has raised over £32 Million for the NHS and some EU nations are allowing students to return to school.

While we remain in situ at the moment, let us take a moment to remember others, things to be grateful for and those and their families who have not been so fortunate.

We would like to know how you are getting on and managing at home. Please complete the following questionnaire:

<https://forms.gle/PPVjK5C3brremJ2BA>

If you have not completed this, please do so at your earliest convenience.

This week in the Hamilton household, I spent some time teaching my daughter about the weather and we continued our horticulture experience and transferred our carrot seedlings into a large pot outside. We also started sowing some new flower seeds which should start sprouting in the next 2 weeks. Watch this space!

I continue to enjoy the emails I am receiving from a number of you. I have spoken to a number of parents and students this week. I am pleased to know you are well and some of you are receiving offers from Colleges and 6th Form Centres. The Eton College resilience online course, which was communicated to you this week, is available for you to sign up to and comes highly recommended. Please follow the instructions in signing up which have been sent out and read the email thread in its entirety to ensure there are no issues. A small handful of students have experienced issues signing up. Continue providing me with feedback so I can support you to get you access.

There has only been one birthday since the last newsletter; **Happy 16th Birthday** to: Yasser B.

Don't forget to send in any images for the Digital YearBook to my school email address: jermaine.hamilton@kingsburyhigh.org.uk. I have seen some great pictures, please keep them coming!

Our next Newsletter will be on Friday 8th May 2020.

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

Message from the Stage Leader

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."

Message of the Week

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=RU1U4AzCg2E&list=PL5A4nPQbUF8Ck7csEOg98U0-bA970noXS&index=2&t=0s>

Video explaining the R0 number starts at 9min10

Careers Advice and Guidance

Ms Connie Collie (Connexions Advisor) will be available on Monday, Tuesday and Wednesday between 9:00am and 3:00pm. Many of you have asked for help to write your CVs/Cover letters, completing college and apprenticeship applications, answered questions about university applications and what to do if things don't quite work out as planned. She is not currently in school but continues to work from home and can be contacted via email: connie.collie@kingsburyhigh.org.uk or on the phone: 07584 270 467.

If you are 16 years old, you can apply typically for part-time jobs. If you haven't done so already start working on your CVs. All eligible 16 year olds will receive their National Insurance numbers in due course. There are a number of supermarket chains who are recruiting at present. These include: Aldi, Tesco, Asda, M&S, Morrisons, Lidl and Waitrose.

If you are considering applying, please familiarise yourself with the rules of Child Employment: <https://www.gov.uk/child-employment/restrictions-on-child-employment>

Exams & 6th Form - Advice and Guidance



Ofqual has provided official information about grading for this year's GCSE exams. Please watch attentively!

<https://www.youtube.com/watch?v=VXuDOrtJY1Q&feature=youtu.be>

Please do continue to use the Google Form to send any questions to about Exams and 6th Form/College: <https://forms.gle/J1wREj3EtoBmMthM6>

Mr Dias

Useful Links

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->

If english is not your families first language there are COVID Guidelines in most community translation available from: <https://www.covidmessageforall.com>

Please pass on and share your families and friends so everyone one can understand and keep safe and healthy.

Free Online Courses

Massive Open Online Courses (MOOCs) are free online courses available for anyone to enroll. MOOCs provide an affordable and flexible way to learn new skills, advance your career and deliver quality educational experiences at scale.

Millions of people around the world use MOOCs to learn for a variety of reasons, including: career development, changing careers, college preparations, supplemental learning, lifelong learning, corporate eLearning & training, and more.

MOOCs have dramatically changed the way the world learns.

Here is a list of online MOOCs you use to help extend your learning and prepare for 6th form or further education.

Art and Design

- <https://www.unifrog.org/student/subjects/keywords/fine-art>
- <https://www.coursera.org/learn/art-activity>
- <https://www.coursera.org/learn/modern-art-ideas>
- <https://www.coursera.org/learn/photography-techniques>

- <https://www.coursera.org/learn/gender-art>

Biology

- <https://www.myheplus.com/post-16/subjects/biology>
- <https://www.pmtcourses.com/.../biology-gcse-easter-revision-.../>
- <https://www.khanacademy.org/science/biology/intro-to-biology>
- <https://www.unifrog.org/.../k.../biology-and-biological-sciences>

Chemistry

- <https://www.myheplus.com/post-16/subjects/chemistry>
- <https://www.pmtcourses.com/.../chemistry-gcse-easter-revisio.../>
- <https://www.khanacademy.org/.../atomic-structure-and-properti...>
- <https://www.unifrog.org/student/subjects/keywords/chemistry>
- <https://www.edx.org/course/basic-analytical-chemistry>
- <https://www.edx.org/course/the-chemistry-of-life>

Computer Science

- <https://www.unifrog.org/.../.../keywords/computer-science-and-ai>
- <https://www.edx.org/cou.../basics-of-computing-and-programming>
- <https://www.coursera.org/learn/c-for-everyone>
- <https://www.coursera.org/learn/matlab>

Drama and Theatre

- <https://www.unifrog.org/.../keywords/drama-and-theatre-studies>

Economics

- <https://www.myheplus.com/post-16/subjects/economics>
- Headstart in Economics for Y11 students taking A-level economics
<https://www.tutor2u.net/.../head-start-for-alevel-economics-t...>
- <https://www.khanacademy.org/.../macro-basic-economics-concepts>
- <https://www.khanacademy.org/.../basic-economic-concepts-gen-m...>

English Literature

- <https://www.myheplus.com/post-16/subjects/english>

French

- <https://www.myheplus.com/post-16/subjects/modern-languages>

Geography

- <https://www.myheplus.com/post-16/subjects/geography>

History

- <https://www.myheplus.com/post-16/subjects/history>
- <https://www.khanacademy.org/.../worl.../world-history-beginnings>

Maths

- <https://www.tutor2u.net/maths>
- <https://www.myheplus.com/post-16/subjects/mathematics>
- <https://www.pmtcourses.com/.../maths-gcse-easter-revision-cl.../>
- <https://www.khanacademy.org/.../atomic-structure-and-properti...>
- <https://www.khanacademy.org/.../pre-al.../pre-algebra-arith-prop>
- <https://www.khanacademy.org/.../pre.../x9e81a4f98389efdf:complex>

Music

- <https://www.myheplus.com/post-16/subjects/music>

Physics

- <https://www.myheplus.com/post-16/subjects/physics>
- <https://www.pmtcourses.com/.../physics-gcse-easter-revision-.../>
- <https://www.khanacademy.org/.../physics/one-dimensional-motion>

Politics

- <https://www.myheplus.com/post-16/subjects/politics>

Psychology

- <https://www.myheplus.com/post-16/subjects/psychology>

Spanish

- <https://www.myheplus.com/post-16/subjects/modern-languages>