



KINGSBURY HIGH SCHOOL

YEAR 7 - NEWSLETTER

Week commencing: 27th April 2020

Message from the Stage Leader

Captain Tom Moore becomes oldest artist to claim UK No 1 single

Captain Tom Moore, who turns 100 on 30 April, has become the oldest artist ever to claim the UK No 1 spot with his cover of You'll Never Walk Alone, a collaboration with Michael Ball and the [NHS](#) Voices of Care choir.

The charity single, released to raise money for the [NHS](#), racked up combined chart sales of 82,000 units – the fastest-selling single of 2020

Moore, who has already [raised more than £28m](#) in recent weeks for NHS staff, welcomed the “wonderful news”, saying: “My grandchildren can’t believe I am a chart-topper!”



HAPPY 100 TH BIRTHDAY

CAPTAIN MOORE FROM YEAR 7 AT KINGSBURY HIGH SCHOOL

Message from the Year Leader

Hello to you all!

Another week has now passed by and I can tell you I have been so pleased to hear from so many of you, please keep all your news and stories coming and do remember I may not be in my usual office with the door wide open but my "Virtual door" is propped firmly wide for you all so ask away if there is anything you think I can help with as this also keeps me busy and in touch with you too, we can help each other.

Well done this week to the following pupils who have kept proactive in their school learning and also in their life skills to help keep active for a healthy mind body and spirit at this difficult time, you have all received 40 credits and a virtual pastoral praise postcard:



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Lathusa Balendrakumar 7i: Lathusa has been helping at home and creating meals for the family, working with her older brother to create a magnificent pizza

Ines Ben Nasr 7U: Ines is taking the reading world by storm losing herself in literature and pulling out all her old favourites, reading for her own pleasure and for her little sisters

Musa Hussain 7H: Musa is staying his positive cheerful self and is versing his brother at who can make the best crumble, I am waiting to hear the results, Musa is confident that his cookery skills will remain supreme!

Jonathan Curtui 7H: Jonathan is practicing the piano and keeping the family smiling and entertained with his musical skills that are getting better every week now he has time to play more

I will be sending you all a personal email and some group ones in between with hopefully something useful or maybe ones just to make you smile.

I know this is such a strange and difficult time, but it is so important to keep in touch, try to stay positive, notice the good things, keep learning and most of all keep safe.

Look after each other and yourselves

Keep active and keep in touch

Ms Snow

Calendar of Birthdays this week:

If you do not wish for your Birthday to be mentioned in the newsletter, please email Mr Gibson

Kevin Serediuc	26 April 2008
Emon Farzam	30 April 2008
Sahar Khan	01 May 2008
Zaid Khan	01 May 2008
Miruna Voicu	02 May 2008
Jayelle Gilchrist	03 May 2008
Armando Jabczynski	05 May 2008
Constantin Poclitar	05 May 2008
Katherine Druiff	06 May 2008
Aliza Qureshi	06 May 2008
Robert Furdui	08 May 2008
Zain Qureshi	08 May 2008



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The power of kindness

Over the coming weeks we'll be sharing **new resources** for children and young people (aged 7 to 18) to do at home during the coronavirus crisis.

All the free, online activities will be linked to the [kindness calendar](#) and will:

- encourage simple acts of kindness
- build resilience
- connect the whole family and the community
- have creative and quick ideas for learners
- cover topics including first aid, preparedness, wellbeing and empathy

<https://www.redcross.org.uk/get-involved/teaching-resources/kindness-resource-list>

Music :

I hope you are all well. Please find some usefull links for Music

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

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



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<https://docs.google.com/forms/d/e/1FAIpQLSdZ9LFnbUtRrmQUhXM-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>

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!

Be Active: Stay In Work Out /5 Ways to Wellbeing

Kingsbury High School Sports Partnership

ssp@kingsburyhigh.org.uk

#StayInWorkOut #5WaysToWellbeing #BrentKidsMoveMore

Week commencing : 4th May – Tennis 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 Andy Murray's 100 volley challenge. Can you get to a 100 volleys, use a hard book if you don't have a racket. If you don't have a partner do it against the wall.	CONNECT TUESDAY Enjoy a sporting book, can you find a tennis themed book - it could be a biography or a storybook. Brent Libraries have an app where you can download e-books	GIVE BACK WEDNESDAY Create a kindness calendar & complete an act of kindness. This can be making someone tea or helping with chores. The British Red Cross have a kindness calendar if you don't want to make your own.	TAKE NOTICE THURSDAY What skills are required for tennis? Have a go at Jamie Murray's fancy footwork exercise, we will share it on Twitter or you can find it on his YouTube channel	LEARN FRIDAY Research the size of the tennis court for a singles and a doubles game. Learn how the points system work for both types of games.	CREATIVE SATURDAY & SUNDAY <u>Panathlon Games</u> Look out for our weekend challenges on Friday.
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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
See this weeks Tap up Tennis Challenge card. Make it harder or easier by changing the size of the ball or a balloon, try changing the object you are using as a racket. Have a go each day to beat your score from the day before.
Don't forget to send us pictures of you doing the activity!



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Kingsbury High School Sports Partnership

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#StayInWorkOut

#5WaysToWellbeing

#BrentKidsMoveMore

WEEKEND CHALLENGE

Saturday 9th & Sunday 10th May

Panathlon challenge

As we missed our Panathlon event last week and this weekend would have been the Invictus Games, we thought what better way to spend the weekend than have our own at home panathlon/school games themed events.

So-ccia - See Activity Card

Indoor Skittles - See Activity Card

Dining Table Polybat - Turn your dining table into a polybat table - using books or rolled up towels along the long edges to stop the ball from dropping off the sides. 2 players needed, with each sitting on opposite ends of the table. Use a book to hit a ball across the table to each other, the aim of the game is to get your opponent to miss resulting in the ball falling off their end.

60 Second Challenge

Tap Up Tennis

Do you ask for help if you find it hard?

The Physical Challenge

How many times can you tap up a tennis ball on a racket in 60 seconds?

If the ball touches the floor, time continues but your score freezes until you start tapping again!

#StayHomeStayActive



Equipment

A tennis racket and a ball

If you do not have a racket and ball, use a frying pan and a pair of socks!

Achieve Gold

60 Tap Ups



Achieve Silver

45 Tap Ups



Achieve Bronze

30 Tap Ups





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#StayInWorkOut

Indoor skittles

Primary or secondary challenge card

S

Space

- Try the activity indoors or outdoors

T

Task

- Chest pass, kick or underarm roll the ball towards some empty plastic bottles
- Stand further away if it's too easy

E

Equipment

- A round ball of any variation, or some socks in a ball if you do not have one
- Plastic bottles, skittles or anything else that will topple over
- Add more bottles to make a bigger target, or remove bottles if that's too easy

P

People

- Ask a family member to stand behind the bottles and clap 3 times
- Challenge your family members to have a go blindfolded

In action

The aim of this skill is to roll, chest pass or kick a ball at some plastic bottles to knock them over.

With a family member standing behind the bottles, they should clap 3 times so the location of the bottles can be identified. Try the activity blindfolded to make it extra challenging.

S T T E P

Ideas on how to adapt the activity in a national lockdown.

T

Time

- Allow 5 minutes to set up and practice
- Play for as long as you like

www.britishblindsport.org.uk

www.yourschoolgames.com

#StayInWorkOut

Sock-ia

Primary or secondary challenge card

S

Space

- This could be played in whatever space is available. As a tabletop game, in the living room or in the garden
- Change the size of the space to make it easier or harder

T

Task

- If the end is won, for the next one lose a sock. The winner is the first person to have no socks left
- Try playing a team game, you could be sat in different parts of the space

E

Equipment

- If you can't throw the socks yourself, you could use a chopping board or box lid to act like a ramp to roll your socks down
- Throw the socks with the opposite hand to how you would normally

P

People

- Make a house league with everyone in your house having to play each other
- Play individually, in pairs or teams

In action

A game of precision, skill and tactics. The aim of the game is to get the ball (or socks) as close to a white target ball (or socks) as possible.

S T T E P

Ideas on how to adapt the activity in a national lockdown.

T

Time

- Set a time limit to play each shot

www.bocciaengland.org.uk

www.yourschoolgames.com



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