



KINGSBURY HIGH SCHOOL

YEAR 8 - NEWSLETTER

Issue 4 - Friday 1st May

Message from the Year Leader and Stage Leader

Hello everyone, I hope you're all coping as well as possible with the ongoing lockdown. Please remember you can contact me should you feel the need to for any reason, even if just to say hello, and I thank those of you who have done so over the last few weeks. As we're now at the end of 6 weeks since being in school, some of you may be feeling a little unmotivated. This is normal but it's important to try and not let this become a habit. I have found the tasks that I hated before lockdown, for example cleaning, is now a great break from the ongoing regularity and mundanity of our current situation. I'm not suggesting you should clean your whole home from top to bottom but giving your parents a hand cannot hurt. You could also learn a new skill from videos on Youtube or, as was suggested last week, call a friend and have a good old chat about anything and everything. Anything that breaks up the monotony will do wonders to help you feel good and get motivated to achieve great and wonderful things. -Mr Desmond

This week I recorded the school's first ever Interactive Assembly. This will be coming to you very soon, you can even watch it sitting on chairs - what a treat! We do really want to hear from you so please keep sending us emails and things that can go in the newsletter. Even though it has now been 6 weeks please do not think about breaking the lockdown - we are nearly there so just a bit longer to go. If you break it now to go and see friends you risk passing it on to your own family and making the lockdown last longer. Can you send at least 5 people a nice text message each day?

Finally, we have been receiving questions regarding Graduation and GCSE options from a few students. There will be a letter sent home to all families very soon - plus all the information will be in the next couple of newsletters before Half Term. The main thing is...don't worry, no one will be disadvantaged by this pandemic. - Mr Froy

Managing your home life

For anyone who didn't complete the attached form last week - please do this for us this week.

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

Instagram

Head to KHS PE instagram page to see all of the PE staff take part in our 2.6 challenge for charity. Can any of you beat Mr Teli's 46 press up in a row target?

Positive Thoughts

If you are feeling down at any point, make a list of all the things you are looking forward to doing when the Lockdown is over. You can then work your way through them and tick them off as you go!

Creative Canteen Poster

Remember you have until Sunday night to submit your posters!

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
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
Thursday 30th April	Shahbaa Al-Juboori & Maria Calancea

Calendar of Birthdays next week

Day	Students Names
Saturday 2nd May	
Sunday 3rd May	Nadeen Almustapha
Monday 4th May	Salma Abdullahi and Shakur Miller
Tuesday 5th May	Yasir Hassan and Alex Snaider
Wednesday 6th May	
Thursday 7th May	Ritvik Kumar
Friday 8th May	Angelo Figueirido

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

<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>

Assembly

Look out for our first ever Interactive assembly coming to you soon!

Quote of the week-



Thought of the week-

Procrastination makes easy things difficult and difficult things even more difficult than they should be.

It's all too easy to put off tasks because we think we can do it later or because we don't think we're as motivated as we actually are. This is called procrastination and is one of the biggest obstacles to success, especially in these times. Very often it is easier to get on with a task than to put it off and we tend to do a better job if we do it as soon as we

can. Once it's done, you'll feel better for getting it finished and think one of two things. Either "that was easy!" or "that wasn't as hard as I thought it would be!".

This week in history-

May 4th - **1979 Margaret Thatcher** becomes the first woman to be elected Prime Minister of the United Kingdom

May 6th - **1840** World's first adhesive postage stamp, the "**Penny Black**", is first used in Great Britain

May 6th - **1954 Roger Bannister** of the UK becomes the 1st person to run a 4 minute mile, recording 3:59:4 at Iffley Road, Oxford

May 8th - **1945** V-E Day: World War II ends in Europe after Germany signs an **unconditional surrender**

May 8th - **1980** World Health Organization announces smallpox has been eradicated

Word of the day

Ylem - pronounced ahy-luhm.

Noun - the hypothetical initial substance of the universe from which all matter is derived.

I think this is my strangest choice so far but as always there's a deeper meaning. If ylem does indeed exist it means that we are all formed from it in some way which connects us on a deep and cosmic level to anything and everything around us.

Likewise, we all are all connected by the tragedy of the virus but also the strengthening communities we are establishing as a society. Whether that be helping your family, sticking to the lockdown rules, or banging your mum's best pots when we cheer the frontline workers, we are connected and are therefore, ylem.

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!

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 : 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 Parathlon Games 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 8PM.
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!

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-AellAnI-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

STAY HOME. PROTECT THE NHS. SAVE LIVES.