



# KINGSBURY HIGH SCHOOL

## YEAR 9 - NEWSLETTER

Issue 4 - Friday 1st May

### Message from the Year Leader and Stage Leader

Hello Year 9, Well, here six weeks completed in Lockdown! How are you? I do hope that you are coping well during these troubled and uncertain times that we are living in. I will be honest with you, I have struggled this week and have been irritated by little things - the good thing is that I have noticed it and accepted how I may have been coming across to others in my household. I have apologised where necessary or simply asked for some space. Think about how you may be coming across to others! It is important to accept that we are going to have off days and that there may be days where you can't be bothered to do anything. It's ok, don't wrestle with it, allow it to wash over you - in other words just give yourself the time you need to feel ok again. If you think you need more than just space, please email me. Look after yourself and stay safe! Ms Prince

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?- 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](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!

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	
Sunday 26th April	
Monday 27th April	
Tuesday 28th April	
Thursday 30th April	

## Calendar of Birthdays next week

Day	Students Names
Saturday 2nd May	
Sunday 3rd May	
Monday 4th May	Asad Mahmood
Tuesday 5th May	Darian Amin
Wednesday 6th May	David Hrisca
Thursday 7th May	
Friday 8th May	

## 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](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-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>

## Assembly

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

## Quote of the week-



## Thought of the week-



## 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 signed an **unconditional surrender**

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

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## Word of the day

**Apathetic** *adjective*

Showing or feeling no interest, enthusiasm or concern.

## 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

## 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 : 4<sup>th</sup> 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.

<p><b>BE ACTIVE MONDAY</b></p> <p>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.</p>	<p><b>CONNECT TUESDAY</b></p> <p>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</p>	<p><b>GIVE BACK WEDNESDAY</b></p> <p>Create a kindness calendar &amp; 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.</p>	<p><b>TAKE NOTICE THURSDAY</b></p> <p>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</p>	<p><b>LEARN FRIDAY</b></p> <p>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.</p>	<p><b>CREATIVE SATURDAY &amp; SUNDAY</b></p> <p>Parathlon Games</p> <p>Look out for our weekend challenges on Friday.</p>
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<p style="text-align: center;"><b>Other Ideas to Keep you Moving</b></p> <p>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.</p>	<p style="text-align: center;"><b>Fun Personal Challenge</b></p> <p>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!</p>
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## Unicef

If you need some strategies to help with your mental health, please take a look at the link below from Unicef.

<https://www.unicef.org/turkey/en/stories/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

## 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](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](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-AeIIAnI-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.