



KINGSBURY HIGH SCHOOL

YEAR 7 - NEWSLETTER

Week commencing: 4 th May 2020

Message from the Stage Leader

Dear Year 7

I hope you and your families are well. As we look forward to the Bank holiday weekend (a very different Bank holiday weekend than the one we expected at the beginning of the year) I felt it was a nice time to highlight the 75th anniversary of VE Day.

VE Day 2020:

On Friday 8 May, the 75th anniversary of VE Day will take place, coinciding with the early May bank holiday. The occasion, which is also known as Victory in Europe Day, is regarded as one of the grandest celebrations in British history, during which festivities took place in 1945 to mark the end of the Second World War.



On Friday 8 May at 9pm, the Queen's special VE Day address will be broadcast. The speech will be aired on the television on BBC One, on the radio and across the royal family's official social media channels. After the broadcast on BBC One, the public will be invited to take part in a country-wide sing-a-long of Dame Vera Lynn's wartime anthem "We'll Meet Again".

The BBC will also air a pre-recorded video message from Prince Charles, who will read an extract from his grandfather King George VI's diary from VE Day describing the day's events, including the royal family's Buckingham Palace balcony appearances. A two-minute silence will be held on the day at 11 am and a broadcast of Churchill's victory speech will be aired in the afternoon.



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Message from the Year Leader

"Alone, we can do so little; together we can do so much" (Helen Keller)

Hello Year 7,

I am sharing my reflections with you this week of how I feel our journey has been so far in this unusual time.

The above is a quote from a very inspirational person, Helen Keller and what she said at the time of this quote is always true but especially now.

Another week has passed and on watching the press conferences, it appears that things are going in a better direction. I know that will be so hard for us to feel at times but knowing that collectively we have done what is right to help so many, that we HAVE stayed home, that we HAVE helped the NHS, that we HAVE saved lives, that is something worth doing and it has made us stronger doing this together.

I am noticing the world around me and feeling the cleaner air, watching the blue skies and hearing the birds sing, the flowers are blooming more brightly and the trees have been covered in blossom, we are not only helping to heal each other, we are also healing our planet and I hope we will continue to do these things when we can move past this time.

I have taken up walking, I am reading more, speaking to friends and family and making a conscious effort to ease their burdens with a happy chat or sending a song or a picture of something to brighten their day and to also ease my own. Caring for others at this time is vital in whatever way we can, so is self love so keep active, keep healthy and keep remembering that we will get through this and hopefully be stronger through our experiences good and bad on the other side.

This Friday I will honour all those who have fought bravely and who continue to do so as the Bank holiday arrives, I will have a picnic in my garden with my daughter as my town's local festivities have been postponed and I will remember all those past and present who have done so much. I will also think of all of you who are keeping strong and doing your bit for all those around you, I thank you all.

My Dear young ones, keep positive, keep going, together we can do so much!

Take care

Keep safe

Ms Snow



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Calendar of Birthdays this week: Happy Birthday !!

| | | |
|----------|-----------------|-------------|
| Moska | Mushfiq | 11 May 2008 |
| Harithan | Srimuraletharan | 12 May 2008 |
| Tiya | Khetani | 13 May 2008 |
| Hana | Omar | 16 May 2008 |
| Hamza | Zeb | 16 May 2008 |
| Hadia | Ahmadi | 17 May 2008 |

Students Work:

Well done to Nikhil Patel for his LEGO animations and launching a YouTube channel called NNP
Lego Animations

Please see :

A Day At the Lake

<https://www.youtube.com/watch?v=L1OQUBtsgus>

COVID-19 Follow Government Advice

https://www.youtube.com/watch?v=h1Sw-w_rKjU



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Dear Students,

Helping you explore your future

As part of our commitment to prepare you for a rapidly changing world, we want to let you know that we are using an innovative online resource called **Start**.

Start will help you to connect with your future career potential, develop your employability and help you to explore your future career.

We are asking you to **create your own account** for **Start** (see attachment: **How to use START – student guide**), it is accessible anytime on computers and compatible mobile and tablet devices.

We then want you to personalise your profile on **Start** with details about your skills, qualities, interests and work preferences. This will provide a starting point for you to explore information matched to your personal preferences and interests. As you update your profile, **Start** will personalise this information, helping you to navigate the opportunities available.

Over the next two weeks we want you to register and begin to familiarise yourself with the platform and complete the sections on the right-hand side of the home page which are **'About Me'**, **'My Activities'** and **'My Likes'**.

We will then follow-up with more specific things for you to do to help you explore your future.

Mr A Patel
Assistant Headteacher

Please find attached to the email "How to use START guide"



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Well-Being Bulletin no. 3.

Dear Kingsbury High School Students,

Our challenge for the week

So this week's challenge is to improve/ develop a hobby or a lifestyle factor that you already have or wish to gain. For example,

- Reading
- Writing
- Drawing/ painting
- Learning new language
- Knitting
- Exercising and challenging a friend to do the same and motivating each other
- Eating healthy
- Sleeping well

“Spending time on an activity that you enjoy can improve your mental health and wellbeing. Research shows that people with hobbies are less likely to suffer from stress, low mood, and depression. Activities that get you out and about can make you feel happier and more relaxed. Group activities like team sports can improve your communication skills and relationships with others”

<https://headtohealth.gov.au/meaningful-life/purposeful-activity/hobbies>

“Tips on how to make time for YOU:

Make a bucket list - write down all the activities you have always wanted to do and include the ones you wish to do more of.

Limit or remove distractions i.e. limit TV watching or social media scrolling.

Create a schedule that maps out your week and make sure to balance out the things you HAVE to do and the things you WANT to do.

Try and spend an hour each day doing something for you i.e. reading a book or taking a gym class.

Be daring and drop into a class that is out of your comfort zone.

Learning a new skill is also in the top five tips for mental wellbeing according to the NHS. It goes on to say that by acquiring a new skill set installs confidence and a sense of achievement.”

<https://www.ymca.co.uk/health-and-wellbeing/feature/how-taking-hobby-can-improve-your-Wellbeing>

Keep safe, stay happy and we will see you soon,

The Well-Being Team.



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

The Racket Pack Festival **Ages 7+**

Activity 1: Egg Baskets

1. Ask the team to line up on the start line.
2. Position target hoop on the other side of the court with a throw-down spot 1 metre in front of it.
3. With 1 racket and 1 shuttle per team, the first player balances the shuttle (cork up) on their racket, using an appropriate forehand grip, and walks across to the throw-down spot. They then stop and lunge with their racket leg to place the shuttle into the hoop.
4. The player then retrieves the shuttle with their hand and runs back to their team and passes the racket and shuttle to the next player who repeats the activity.

Points: 1 point each time a shuttle lands in the target hoop.

Equipment: 1 hoop
1 throw-down spot
1 racket
1 shuttle

Start line



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The Racket Pack Festival

Ages 7+

Activity 3: Catch the Bird

1. Split the team into 2 groups on opposing sides of a lowered net or bench.
2. Group 1 forms a line and takes it in turn to do a backhand serve over the net.
3. Group 2 spreads out on the opposing side of the net and tries to catch the shuttle with a GetNet or with their hands.

Points: 1 point is awarded each time a shuttle is caught.

Equipment: 1 net or bench
2 GetNets
1 racket
5 shuttles



The Racket Pack Festival

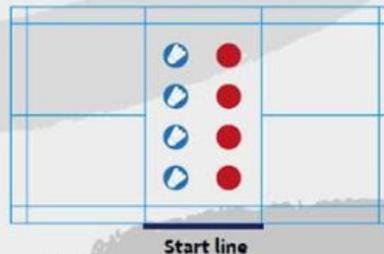
Ages 7+

Activity 2: Switch

1. Set out cones as shown in the diagram, and place a shuttle on top of each of the blue cones.
2. Players start the activity by moving to the first blue cone, picking up the shuttle and placing it onto the first red cone.
3. They then move to the second blue cone, pick up the shuttle and put it onto the second red cone and so on.
4. Encourage players to face the same direction throughout the activity.

Points: 1 point is awarded each time a player completes the sequence. Count the number achieved within the set time

Equipment: 4 blue cones
4 red cones
4 shuttles





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Keep on the Move Home Physical Education

How to play:

- Place 3 pairs of socks, 3 cushions and 3 toys in different places on the floor around your living space .
- Players move around the space in a creative way.
- When a player reaches a pair of socks they jump 10 times. When a player reaches a cushion they hop 10 times. When a player reaches a toy they jog on the spot and count up to 10.
- Can you think of your own movement ideas? Can you move at different levels?



Can you make sure everyone is moving around in a space?

Can you keep trying even if you feel tired?

Top Tips

Breathing

Make sure that you breathe in through your nose and out through your mouth when performing the activities.

Let's Reflect

Why did you move around the way you did?

Which way was the most challenging way of moving and why?



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