



KINGSBURY HIGH SCHOOL

YEAR 8 - NEWSLETTER

Issue 5 - Friday 8th May

Message from the Year Leader and Stage Leader

Hello Year 8, I hope you're all well. As we come to the end of week 7 and with so much media attention on when things will return to some kind of normalcy, I'm sure many of you are beginning to ask when will this end? Hopefully the daily briefings on Thursday and Sunday, when we'll be told of a possible exit strategy from lockdown, will give some piece of mind and a vision of the future. In the meantime it's more important that we maintain strong bonds with those in our households, be wonderful friends to each other whilst practicing social distancing, and we look after ourselves physically and mentally. Although I don't know when the end of this will be, it will come and when it does, it'll be because of all our efforts. Keep safe and stay home.- Mr Desmond

Good morning Year 8. Tomorrow is a Bank Holiday so we wouldn't have had school anyway, this is such a short half term with only 24 school days in it! Hope you find the workload OK and are managing to juggle your physical and mental health during this tough time. I have read everyone's responses to the survey posted over the last few weeks and was alarmed at how many students are worrying about the homework. Do not worry, do not panic. Do what you can and when you can. If you have to submit something a day or two late then so be it. For a bit of fun I have included a little Quiz below. My Mum and Dad used to make this type of quiz for me whenever I went on a cub/scout trip or school trip. Boris Johnson said last week that we are past the peak, so we are now on the road to a better future. Don't get complacent for the last few weeks, still play your part by staying at home and protecting the NHS and all of our families. If you need anything, please do not hesitate to get in touch. At the bottom of this page we have our wellbeing information so do read all the way until the end. Thanks- - Mr Froy

VE Day 2020:

When is it, and how to celebrate the 75th anniversary in lockdown

While celebrations for VE Day will be different this year, there are still plenty of ways to mark the occasion



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.

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.

The Queen's message will form the centrepiece of a televised musical event VE Day 75: The People's Celebration, which will begin at 8pm.

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".

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.

Lego Work

During this Lockdown period a year 7 student called Nikhil has been making Lego stop motion films and has launched his own YouTube channel which is called **NNP Lego Animations**. I have watched the videos and they are awesome so I recommend that you check them out and subscribe to his channel.

Please take a look at his three videos (one which represents these current times) and please let him know what you think by leaving a comment.

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

<https://www.youtube.com/watch?v=XR03n06qMbk>

Canteen Poster Winners

Congratulations to the top 5 in the Canteen Poster competition. The winners were -

Divesh - 50 credits
 Tiyana - 40 credits
 Alexia - 30 credits
 Aleena/Muntaha/Sami - 20 credits
 Rowan 10 credits

Some brilliant posters were made so well done to everyone who entered even if you didn't make the top 5.

Mr Froy's Bank Holiday Quiz

Send your answers to my email. The most correct answers will win a postcard! To take part you must use the number to work out the missing words. The missing words have the first letter given for you. They could be about general knowledge and some questions are about Kingsbury High! They start easier and get harder and answers will be revealed in the next Newsletter.

Example - 6 S to a D
 Answer 6 Sides to a Dice

- 1 - 365 D in a Y
- 2 - 24 H in a D
- 3 - 60 M in an H
- 4 - 2 S at K H S
- 5 - 11 T in the P E D
- 6 - 100 P in a P
- 7 - 330 S in a Y G
- 8 - 4 W on a C
- 9 - 2 W on a B
- 10 - 2 S to a C
- 11 - 11 P on a F T
- 12 - 185 D a Y you go to S
- 13 - 9 P in the S S
- 14 - 64 S on a C B
- 15 - 50 Y M P has been on E

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
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

Calendar of Birthdays next week

Day	Students Names
Saturday 9th May	
Sunday 10th May	Amir Hasoon and Awais Khan
Monday 11th May	Sama Abdelamir and Rowan Nasor
Tuesday 12th May	Jude Dawson, Mohamed Sharif and Siya Nakrani
Wednesday 13th May	Deeyan Parmar
Thursday 14th May	Lian Halai
Friday 15th May	Reem Al-Salkhadi



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

Quote of the week -



Thought of the week-

Don't let what you cannot do interfere with what you can do -
John Wooden.

Although this could be read as something to do with ability, I think it could also apply to working and living within the situation around us. Despite Covid-19, we can still lead amazing lives whether that be learning a new skill, being a great friend, or simply helping your family. We cannot do anything directly with the virus, that's for our scientists, but we can influence the outcome and not let it interfere with our ability to keep ourselves and others safe .

This week in History -

May 10th -**1940 Winston Churchill** succeeded **Neville Chamberlain** as British Prime Minister

- **1960** US atomic submarine USS Triton completes 1st submerged circumnavigation of the globe
- **1994 Nelson Mandela** sworn in as South Africa's 1st black president

May 11th - **2000** India's population officially reaches 1 billion - Astha Arora named India's billionth baby

Word of the day - Jedi

Ok, to be fair, this was Monday's word of the day but then again, I wouldn't be right for me not to celebrate my inner geek/nerd and let the science

fiction fun pass by. Monday was, unofficially, Star Wars Day as it was May the Fourth (get it?) and it celebrates all things from the Star Wars universe. Jedis are people with a strong link to the Force, a power that flows through all living things, and they act as guardians and peacekeepers on the side of all that is right and good.

Although Jedi are a made up character, we can see real life examples of heroes in our everyday lives. We simply need to look to our frontline and key workers.

May the Force be with you, always.

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.

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?

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

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 instils 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.

STAY HOME. PROTECT THE NHS. SAVE LIVES.