



KINGSBURY HIGH SCHOOL

YEAR 9 - NEWSLETTER

Issue 5 - Friday 8th May

Message from the Year Leader and Stage Leader

Hello Year 9, I don't know if it is because the sun is shining, but I am feeling in a better mood than I have been for the past two weeks. I hope that you too are in a good place. We have been away from school for seven weeks - longer than the summer holidays but it really doesn't seem that long at all - I know that it has been a struggle for many of you but we have to keep going and follow the guidelines. I have used the time to cook different dishes and have started baking again much to my family's delight - I now make a mean Lemon Drizzle cake, the first one was a disaster! I am also going to try my hand at dressmaking - we will see how that goes! Aside from the work that we need to do, creative activities can help to keep one's mind active whilst having a positive effect on our mental health.. What will you be inspired to do? Stay safe - Ms Prince

Good morning Year 9. 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.

Super Work

Well done to Zarina who has done some brilliant Sociology work for Mr Boucher. It's even been sent to the Headteacher for him to read. Keep up the good work.

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>

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
Saturday 2nd May	
Sunday 3rd May	
Monday 4th May	Asad Mahmood
Tuesday 5th May	Darian Amin
Wednesday 6th May	David Hrisca

Calendar of Birthdays next week

Day	Students Names
Saturday 9th May	Sami Ali
Sunday 10th May	

Monday 11th May	
Tuesday 12th May	
Wednesday 13th May	
Thursday 14th May	Nilavan Jeyathanan and Arzoo Khurasanpoor
Friday 15th May	Suleyman Abdi and Deborah Brobbey



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.

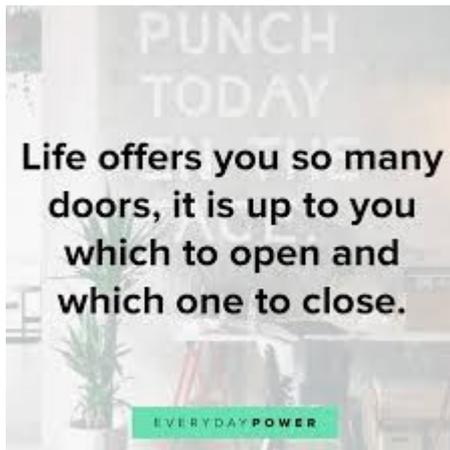
We then want you to personalise your profile on **Start** with details about your skills, qualities, interests and work preferences. This will provide a starting point for you to explore information matched to your personal preferences and interests. As you update your profile, **Start** will personalise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



This week in History -

May 10th - **1940 Winston Churchill** succeeds **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 -

Solace as a verb

To comfort, console or cheer (a person, oneself or the heart)

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.