



KINGSBURY HIGH SCHOOL

YEAR 10 - NEWSLETTER

7th May 2020

Message from the Year Leader

Hey year 10's how is it all going? Lovely to speak to some of you and your parents over the past few weeks. It seems like a lifetime ago that I've seen you all

I've been trying to keep myself busy by doing some Gardening (for the first time EVER) which is surprisingly very therapeutic. Although I love sitting out in the gardens, I'm not a fan of creepy crawlies so when I see that the grass has grown, I try to keep away at all costs.

I have also been doing some exercise routines that I downloaded from YouTube. For the few students that come into school, they also follow a routine, by Joe Wicks. It's very important to keep active in these times. If you are lucky enough to have a garden, take advantage of it. If not, you can always do a lap of the local park or just go for a walk all whilst social distancing and keeping safe of course

A lot of people have also taken up Baking! That's why we can't find any flour on the shelves of the local supermarkets. Have any of you tried it out? If so let me know, with evidence of course, and I can share your effort with the year group. Cooking is another pastime. I know most of you are so used to your parents preparing lunch/dinner, how about you take the reins and try to cook up a storm? Again, let me know if you do

Finally.....

For those of you celebrating, **"RAMADAN MUBARAK"** wishing peace and happiness to you and your family. May you all have good health and strength. May the month be cheerful and receive the greatest blessing of the Ramadan celebration.

Be strong, be your best, be safe!

Miss Powell

How to stick together, by staying apart



Stay at home
no unnecessary journeys
or social contact



Only leave home for
essential shopping
or **medical needs**



Or **one form of exercise**
per day



Or **travelling to work** if
absolutely necessary



Public gatherings of
more than two people are banned -
excluding people you live with



Police can fine you
if you don't follow the rules

Message from the Stage Leader

This Friday is the 8th May, and it is 75 years since Victory in Europe (VE) Day in 1945, which marked the end of World War 2 in Europe.

VE Day is an opportunity for us to remember the sacrifices of that WW2 generation, and to give thanks for their service. 75 years on, some of that generation are still active, like Captain Tom Moore, who raised nearly £33 million for the NHS by walking 100 laps of his Bedfordshire garden before his 100th birthday. Captain Tom was inspired by the amazing treatment he received from the NHS after falling and breaking his hip in 2018, and also after recovering from skin cancer.

This VE Day comes as many of our political leaders over the last few weeks have told us we are at war with the coronavirus and that we are fighting a series of battles. Despite their emotive language, this is not a war. It is a public health and economic emergency, but it is not a war. The people struggling against the coronavirus are not soldiers. They are healthcare and emergency workers, carers and cleaners, transport and supermarket workers and many others doing their best to keep daily life going.

I've been listening a lot this week to the new song from Alicia Keys, where she pays tribute to all those people who have stepped up during this time:

<https://www.youtube.com/watch?v=N63tvQBwSSw>

Stay home, Stay safe, Stay strong,

Mr Das

GENERAL MESSAGE

If you watched the Alicia Keys video all the way through, you may have noticed towards the end a mural of a doctor in boxing gloves with angel wings.

Titled "Healthcare Hero", it is in Denver, USA, and was painted by a local artist Austin Zucchini-Fowler. He has done a series of similar murals honouring other frontline workers



<https://www.instagram.com/austinzart/>

Strength, together with care and kindness to each other, will get all of us through these times.

Message from Ms Greeman

I'm really impressed with the hard work and dedication of the year 10 Art groups who have handed in some fantastic artist transcriptions this week. Please view some of the work by clicking on the below link

<https://docs.google.com/presentation/d/1fhjMVmJr43yPz8MtBLL8h4hoK-8xhzZ1n4KSO0dWkpo/edit?usp=sharing>

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.

<https://www.youtube.com/watch?v=RU1U4AzCg2E&list=PL5A4nPQbUF8Ck7csEOg98U0-bA970noXS&index=2&t=0s>

Video explaining the R0 number starts at 9min10

Year 10 Managing at home

<https://docs.google.com/forms/d/1p2AMoeNzIRFvX-rxYnm4j74blsMa3s2zKyhqGJJx3Bk/edit?ts=5ea09f41>

Help and FAQ for IT Systems

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

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>

KLIC Messenger

KLIC messenger is currently not set up, we will review this but at the moment this function is not available.

Useful Link

What to do if you're anxious about coronavirus -

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/#dealing-with-self-isolation->

Entertainment - Interested in trying out a bit of theatre?

Theatre tickets are often expensive but every Thursday at 7pm on Youtube the National Theatre is allowing free access to a performance filmed on stage live (at the time). 'One man, Two Guvnors' starring James Corden from Gavin and Stacey fame will be shown on 2nd April 2020 at 7pm. If you need a gentle introduction into theatre, this is the play for you and family too!

https://www.timeout.com/london/news/the-national-theatre-is-going-to-stream-a-free-play-every-thursday-night-032620?fbclid=IwAR2Be-fsw9x_61safdxChshrtT87xVNEXa2QyjAHBfHC0Adp9feH26pSwk