

Week commencing: 4th May 2020

### Message from the Year Leader

Week 6 of lockdown brings some hope of the easing of some restrictions. The government is likely to announce how they plan to unwind the lockdown process. In the meantime, let's continue to follow the advice and rules.

Tomorrow Friday 8th May 2020 marks the 75th anniversary of VE day (Victory in Europe Day) and marks the day towards the end of World War Two (WW2) when fighting against Nazi Germany in Europe came to an end.

A two minute silence will be observed across the country at 11am. Let us join in solidarity to remember the sacrifices others have made which have allowed you and I have the freedoms we do today.

This week in the Hamilton household, we have been glad for the return of the sunny weather, which makes life in lockdown a little easier. I mentioned last week the seeds I planted with my daughter. Her educational lessons this week have focused on how to care for and look after things. The plants have been a great way to show and reinforce these important life skills. The seeds we planted have started sprouting much to my own surprise and we will be spending the long weekend potting them outside.

I continue to enjoy the emails I am receiving from a number of you. I have spoken to a number of parents and students this week. Overall, the conversations have been very positive. There are some that are finding it difficult to deal with the change.

**Please check out this article about the "Class of COVID-19." These are real life stories of students who share your experience about cancelled GCSE's, exams and lockdown. I hope it will remind you that you are not alone in feeling the way you do. You can read the story:**

**<https://www.refinery29.com/en-gb/class-of-covid-19-meet-the-students>**

**Also check out the Well-Being bulletin from the student Well-Being team below.**

**We would like to know how you are getting on and managing at home. Please complete the following questionnaire: <https://forms.gle/PPVjK5C3brrremJ2BA> If you have not completed this, please do so at your earliest convenience.**

There have been a number of requests for refunds for Parent Pay accounts. Parentpay are currently inundated with refund queries and are very slow in responding to any authorisations or queries. They should have already informed all the parents about this and reassured them that all refunds due will be done by the school but this will take time. Students who are NOT staying at KHS for 6th Form will be the first priority and those with

### 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

large balances on their catering accounts.

There have been a number of birthdays since the last newsletter; **Happy 16th Birthday** to: Nooralhoda T, Rares L, Eliza M, Phillip S, Rishil V, Tarun S, Taylor G, and Tameka W.

Don't forget to send in any images for the Digital YearBook to my school email address: [jermaine.hamilton@kingsburyhigh.org.uk](mailto:jermaine.hamilton@kingsburyhigh.org.uk). I have seen some great pictures, please keep them coming!

Our next Newsletter will be on Friday 15th May 2020.

## 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>

## Message of the Week

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.



## Careers Advice and Guidance

Ms Connie Collie (Connexions Advisor) will be available on Monday, Tuesday and Wednesday between 9:00am and 3:00pm. Many of you have asked for help to write your CVs/Cover letters, completing college and apprenticeship applications, answered questions about university applications and what to do if things don't quite work out as planned. She is not currently in school but continues to work from home and can be contacted via email: [connie.colli@kingsburyhigh.org.uk](mailto:connie.colli@kingsburyhigh.org.uk) or on the phone: 07584 270 467.

If you are 16 years old, you can apply typically for part-time jobs. If you haven't done so already start working on your CVs. All eligible 16 year olds will receive their National Insurance numbers in due course. There are a number of supermarket chains who are recruiting at present. These include: Aldi, Tesco, Asda, M&S, Morrisons, Lidl and Waitrose. If you are considering applying, please familiarise yourself with the rules of Child Employment: <https://www.gov.uk/child-employment/restrictions-on-child-employment>

## Exams & 6th Form - Advice and Guidance



Ofqual has provided official information about grading for this year's GCSE exams. Please watch attentively!

<https://www.youtube.com/watch?v=VXuDOrtJY1Q&feature=youtu.be>

Please do continue to use the Google Form to send any questions to about Exams and 6th Form/College: <https://forms.gle/J1wREj3EtoBmMthM6>

Mr Dias

## Well-Being Bulletin

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 to 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>

KHS Student Well-Being Team

## Useful Links

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->

If English is not your families first language there are COVID Guidelines in most community translation available from: <https://www.covidmessageforall.com>

Please pass on and share your families and friends so everyone one can understand and keep safe and healthy.

## Free Online Courses

Massive Open Online Courses (MOOCs) are free online courses available for anyone to enroll. MOOCs provide an affordable and flexible way to learn new skills, advance your career and deliver quality educational experiences at scale.

Millions of people around the world use MOOCs to learn for a variety of reasons, including: career development, changing careers, college preparations, supplemental learning, lifelong learning, corporate eLearning & training, and more.

MOOCs have dramatically changed the way the world learns.

Here is a list of online MOOCs you use to help extend your learning and prepare for 6th form or further education.

Art and Design

- <https://www.unifrog.org/student/subjects/keywords/fine-art>
- <https://www.coursera.org/learn/art-activity>

- <https://www.coursera.org/learn/modern-art-ideas>
- <https://www.coursera.org/learn/photography-techniques>
- <https://www.coursera.org/learn/gender-art>

#### Biology

- <https://www.myheplus.com/post-16/subjects/biology>
- <https://www.pmtcourses.com/.../biology-gcse-easter-revision-.../>
- <https://www.khanacademy.org/science/biology/intro-to-biology>
- <https://www.unifrog.org/.../k.../biology-and-biological-sciences>

#### Chemistry

- <https://www.myheplus.com/post-16/subjects/chemistry>
- <https://www.pmtcourses.com/.../chemistry-gcse-easter-revisio.../>
- <https://www.khanacademy.org/.../atomic-structure-and-properti...>
- <https://www.unifrog.org/student/subjects/keywords/chemistry>
- <https://www.edx.org/course/basic-analytical-chemistry>
- <https://www.edx.org/course/the-chemistry-of-life>

#### Computer Science

- <https://www.unifrog.org/.../.../keywords/computer-science-and-ai>
- <https://www.edx.org/cou.../basics-of-computing-and-programming>
- <https://www.coursera.org/learn/c-for-everyone>
- <https://www.coursera.org/learn/matlab>

#### Drama and Theatre

- <https://www.unifrog.org/.../keywords/drama-and-theatre-studies>

#### Economics

- <https://www.myheplus.com/post-16/subjects/economics>
- Headstart in Economics for Y11 students taking A-level economics  
<https://www.tutor2u.net/.../head-start-for-alevel-economics-t...>
- <https://www.khanacademy.org/.../macro-basic-economics-concepts>
- <https://www.khanacademy.org/.../basic-economic-concepts-gen-m...>

#### English Literature

- <https://www.myheplus.com/post-16/subjects/english>

#### French

- <https://www.myheplus.com/post-16/subjects/modern-languages>

#### Geography

- <https://www.myheplus.com/post-16/subjects/geography>

#### History

- <https://www.myheplus.com/post-16/subjects/history>
- <https://www.khanacademy.org/.../worl.../world-history-beginnings>

#### Maths

- <https://www.tutor2u.net/maths>
- <https://www.myheplus.com/post-16/subjects/mathematics>
- <https://www.pmtcourses.com/.../maths-gcse-easter-revision-cl.../>
- <https://www.khanacademy.org/.../atomic-structure-and-properti...>
- <https://www.khanacademy.org/.../pre-al.../pre-algebra-arith-prop>
- <https://www.khanacademy.org/.../pre.../x9e81a4f98389efdf:complex>

#### Music

- <https://www.myheplus.com/post-16/subjects/music>

#### Physics

- <https://www.myheplus.com/post-16/subjects/physics>
- <https://www.pmtcourses.com/.../physics-gcse-easter-revision-.../>
- <https://www.khanacademy.org/.../physics/one-dimensional-motion>

#### Politics

- <https://www.myheplus.com/post-16/subjects/politics>

#### Psychology

- <https://www.myheplus.com/post-16/subjects/psychology>

Spanish

- <https://www.myheplus.com/post-16/subjects/modern-languages>