



# KINGSBURY HIGH SCHOOL

## YEAR 9 - NEWSLETTER

Issue 6 - Friday 15th May

### Message from the Year Leader and Stage Leader

Hello Year 9, I hope you and your families are doing well and staying safe during this crisis. My thoughts and prayers are with those of you directly or indirectly affected by Covid-19. I have been in touch with quite a lot of you since my first email to all at the start of the lockdown. I plan on getting around to all of you either by phone or email. If however you have any concerns or questions in the meantime, please feel free to email me. It is always so lovely hearing from you! You may recall last week I said I was going to try my hand at dressmaking - well my sewing machine has arrived along with a professional sewing kit - with threads, measuring tapes and needles etc. all I possibly need to make a start. My sewing machine, however, has not made it out of its box (embarrassed emoji face) but it will and I may even share with you my first *Madam Prince* design! Watch this space.... Please stay safe Madam Prince (emoji wink)

Good morning Year 9. I hope you enjoyed the extra 'day off' from working last week. We only have one more week until half term so try and get as much of your work done and then you can have a 9 day rest. Obviously we are still awaiting news on when we can return to school, something I know most of you are missing. Its interesting when I speak to students on the phone, how many say they miss it, even the students who I didn't think would say that. For some, when you get back to school you will only have 2 years left at KHS - You must enjoy every moment as life is too short. As this pandemic continues there are more and more students and teachers who are being affected by the loss of family members. We have all those affected in our thoughts and may I remind you to be mindful of this when you are using social media. If anyone wants a chat then just drop me an email and I will try and call you in the next day or so. Finally, please do read the information by Mr Patel below regarding 'Start'. This is all to do with your careers and requires you to register in the next week. Please use attached guidelines to register and familiarise yourself with the website. Stay safe.- Mr Froy

### Virtual Assembly

<https://www.loom.com/share/75439a2437d84cf69f450bd32b4f33ca>

Click here to watch the first ever virtual assembly, you can even watch it on chairs!

Save the plastic

Instead of using Google why not make the following link your internet browser search engine. Its called ocean hero which counts up the number of searches you make and pays for the recovery of 1 ocean bound plastic bottle for every five searches and that plastic is sold to make money for schools and toilets in poorer countries, making the oceans better and helping the less wealthy. Seeing as you are using the internet alot at home at the minute, this could really make a difference to the planet.

<https://oceanhero.today/>

## Mr Froy's Bank Holiday Quiz Answers

- 1 - 365 D in a Y Days in a year
- 2 - 24 H in a D Hours in a day
- 3 - 60 M in an H Minutes in an hour
- 4 - 2 S at K H S Sites at KHS
- 5 - 11 T in the P E D Teachers in the PE Department
- 6 - 100 P in a P Pennies in a pound
- 7 - 330 S in a Y G Students in a year group
- 8 - 4 W on a C Wheels on a car
- 9 - 2 W on a B Wheels on a bike
- 10 - 2 S to a C Sides to a coin
- 11 - 11 P on a F T Players on a football team
- 12 - 185 D a Y you go to S Days in a year you go to school
- 13 - 9 P in the S S Planets in the solar system
- 14 - 64 S on a C B Squares on a chess board
- 15 - 50 Y M P has been on E 50 years Mr Patel has been on Earth! It was his birthday last week.

**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 9th May	Sami Ali
Sunday 10th May	
Monday 11th May	
Thursday 14th May	Nilavan Jeyathanan and Arzoo Khurasanpoor
Friday 15th May	Suleyman Abdi and Deborah Brobbey

## Calendar of Birthdays next week

Day	Students Names
Saturday 16th May	Razan Rashid and Salim Elthaferi
Sunday 17th May	Shannah Sabir, Jazmina Hola and EricStefan Barabas
Monday 18th May	David Uluceanu and Hamza Nasri and Lucas Avram
Tuesday 19th May	Yeam Aleshaiker
Wednesday 20th May	Usama Mohamed Ali
Thursday 21st May	Simran Joshi



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 -

Be yourself  
because an  
original is  
worth more  
than a copy).

### Thought of the week -

Difficult roads  
often lead to  
beautiful  
destinations

### This week in History -

16th May - **2013** Human stem cells are successfully cloned

19th May - **1536** Anne Boleyn, second wife of English King Henry VIII, is beheaded at the Tower of London on charges of adultery, incest and treason

May 20th - **1609** Shakespeare's Sonnets are first published in London, perhaps illicitly, by publisher Thomas Thorpe

May 20th - **1990** Hubble Space Telescope sends its 1st photographs from space

### Word of the day - Gregarious adjective

Seeking and enjoying the company of others; sociable. "She is a gregarious, outgoing person."

### Wellbeing

Dear Kingsbury High School Students

Our topic for this week is about kindness.

Ask yourself these questions: What is kindness? Will being kind to someone else add value to your life? What are acts of kindness?

Kindness

Kindness is defined as the quality of being friendly, generous, and considerate.

Affection, gentleness, warmth, concern, and care are words that are associated with kindness. While kindness has a connotation of meaning someone is naive or weak, that is not the case. Being kind often requires courage and strength. Kindness is an interpersonal skill.

<https://www.google.com/amp/s/www.psychologytoday.com/gb/blog/pieces-mind/201712/the-importance-kindness%3famp>

Now most of you are wondering: Are we expecting to go outside and help? No! We get to define what kindness is.

This is my definition:

- Listen
- Smile
- Hold a door for you mom or dad
- Pick up our litter
- Cleaning our room
- Not fighting with our siblings
- Asking how a friend, co-worker, or family member is doing
- Being responsible
- Helping around the house
- Share silence with someone

Let our conscience decide whether what we do is kind or not.

Kindness is a relative concept. It can start as small as smiling at your annoying sister or listening to your brother waffle . It's as hard as not getting angry.

By being kind each one of us becomes a better person. It takes little to no work to be kind and make someone's day great.

Being kind to someone else would definitely add value to your life. This is because it will enable you to feel satisfied and and have a peaceful mind for making someone else's day better and happy.

“Kindness is a language which the deaf can hear and the blind can see.” — Mark Twain

Receiving Kindness has a big effect on one's mental health, it lifts the individuals self confidence,esteem which are a few causes of bad mental health.

\*\*\*challenge\*\*\*

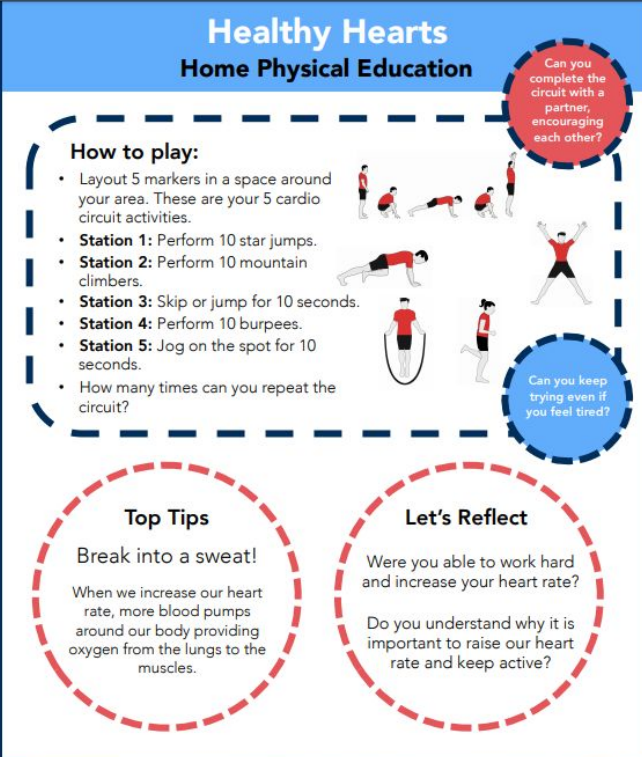
Your challenge for the week will be to choose three- four kindness acts you have in mind and act upon them. For example, offer to help with the house work or your peers if they are struggling to do their school work.

## 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



**Healthy Hearts**  
**Home Physical Education**

**How to play:**

- Layout 5 markers in a space around your area. These are your 5 cardio circuit activities.
- **Station 1:** Perform 10 star jumps.
- **Station 2:** Perform 10 mountain climbers.
- **Station 3:** Skip or jump for 10 seconds.
- **Station 4:** Perform 10 burpees.
- **Station 5:** Jog on the spot for 10 seconds.
- How many times can you repeat the circuit?

Can you complete the circuit with a partner, encouraging each other?

Can you keep trying even if you feel tired?

**Top Tips**

Break into a sweat!

When we increase our heart rate, more blood pumps around our body providing oxygen from the lungs to the muscles.

**Let's Reflect**

Were you able to work hard and increase your heart rate?

Do you understand why it is important to raise our heart rate and keep active?

## 60 Second Challenge

### Speed Bounce

**The Physical Challenge**

How many times can you bounce over a pillow in 60 seconds?

Both feet must land over the pillow for the jump to count.



**#StayHomeStayActive**

**Equipment**

A pillow

If you do not have a pillow, jump over a safe object!

**Achieve Gold**   
80 Bounces

**Achieve Silver**   
60 Bounces

**Achieve Bronze**   
40 Bounces

Are you honest?  
Only count the jumps that are completed properly.

## Kingsbury High School Sports Partnership

ssp@kingsburyhigh.org.uk

#StayInWorkOut    #5WaysToWellbeing    #BrentKidsMoveMore

Week commencing : 18<sup>th</sup> May – Multi Skills Week

It is important to keep to a daily routine which includes physical activity. We will use the 5 Ways to Wellbeing (Be Active, Connect, Give Back, Take Notice & Learn) to help with ideas of what you can do at home.  
**Remember the Chief Medical Officers' recommendation is moderate activity for at least 60 minutes each day.**

<p><b>BE ACTIVE MONDAY</b></p> <p>Healthy Hearts Fitness circuit</p> <p>See activity card</p> <p>Feel free to change the activities or make your own circuit.</p>	<p><b>CONNECT TUESDAY</b></p> <p>Learn sign language so you can connect with all people in our communities.</p> <p>Start by watching stories done by a talented teacher from one of our member schools</p>	<p><b>GIVE BACK WEDNESDAY</b></p> <p><b>Resilience</b></p> <p>We are in testing times &amp; have all had to learn to live differently. Share how you have been resilient in the past few weeks to help someone to become more resilient.</p>	<p><b>TAKE NOTICE THURSDAY</b></p> <p>Our world has changed over the past few months, we want you to reflect and think about 3 things you are grateful for.</p>	<p><b>LEARN FRIDAY</b></p> <p>Agility, balance &amp; coordination are fundamental movement for physical activity. Learn what these terms mean &amp; how you can practice to improve the skills</p>	<p><b>CREATIVE SATURDAY &amp; SUNDAY</b></p> <p>We will share our activity plan as usual for half term, but we want you to create your own plan, remember to include something creative, physical and mindful.</p>
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**Other Ideas to Keep you Moving**

Joe Wicks PE lessons at 9AM

Saracens Sport Foundation (Twitter) everyday @ 10AM, 2PM and 5PM

Keep an eye on what KH5 PE staff are getting up to on their Instagram page.

**Fun Personal Challenge**

Speed Bounce Challenge – See activity card.

Have a go at this everyday and see if you can beat your previous score.

## Students - Frequently Asked Questions

[https://docs.google.com/document/d/1-AeIIAnI-IEWG2q9hmvv\\_g6leWbrTkHpiHc9QLrcRAuk/edit?usp=sharing](https://docs.google.com/document/d/1-AeIIAnI-IEWG2q9hmvv_g6leWbrTkHpiHc9QLrcRAuk/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

STAY HOME. PROTECT THE NHS. SAVE LIVES.