



KINGSBURY HIGH SCHOOL YEAR 10 - NEWSLETTER

15th May 2020

Message from the Year Leader

Hey year 10's, hope you and our families are well and keeping safe. Time is flying by and we are still no farther ahead as to when we can resume back to normality. So, in the meantime, try to make sure you are keeping up with school work, logging onto Show My Homework on a regular basis and emailing your teachers if you come across any difficulties.

Education is a crucial part of your life. It is essential for development and for your future. According to **usnews.com**, the United Kingdom is ranked 2nd in the world as having the best education system. Apart from your parents, teachers play a critical role in shaping the lives of young people.

This brings me onto something I watched on Netflix called, "Teach us all"! This is a documentary exploring the inequality and segregation within the educational system in America. The Base of the show is focused on 9 young students back in the 1960's known as the "Little Rock 9". These students bravely challenged racial segregation by enrolling in a public school where they knew they were not welcomed and were the only children of colour.



One member of the Little Rock 9



Soldier escort

Despite being spat at, kicked, punched and racially abused on a daily basis, they stood their ground to prove a point. This brought uproar to the community. Parents and other grown adults were disgusted and protested against the Little Rock 9 (who by then had to be escorted to school by soldiers for their own protection) being able to be educated at the same Institute

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

as their children, just because of the colour of their skin. Some parents went as far as removing their own children and sent them to another school

The documentary went on to claim the United States is one of the few countries in the world that deliberately spends less money to educate poor children than affluent children, It shines a light on how those living in poverty continue to suffer.

Although most of this took place back in the 1960's in the USA which is so far removed from us here at Kingsbury high, Educational inequality still remains America's most urgent Civil rights issue. Segregation in schools is still present to this today

We really do need to be grateful for the free education that is and has been provided for us! Enjoy your education, make the most of your lessons, challenge yourselves, grab every opportunity, take advantage of all that is on offer, respect each other regardless of colour or religion. Be the best version of yourself.

Be strong, be your best, be safe!

Miss Powell

Message from the Stage Leader

Now that we are moving away from the simple message of the last few weeks telling us to stay at home, things have become a bit more complicated and I don't blame you if you are as confused as I am! As always, if you are in any doubt about what you can and can't do, please make sure you read factually correct information from credible sources such as

<https://www.gov.uk/coronavirus> or the BBC News website
<https://www.bbc.co.uk/news/explainers-52530518>

On the evening of Tuesday May 12th you may have shone a light from your window to celebrate the bravery, kindness and dedication of nurses on International Nurses Day. This date is chosen as it marks the birthday of Florence Nightingale, and this year is the 200th anniversary of her birth. She was the pioneer of modern nursing with practices she developed while caring for soldiers during the Crimean War of the 1850s, and the recently built specialist hospitals for coronavirus patients were named Nightingale Hospitals after her.

Mary Seacole was another nurse who cared for soldiers in the Crimean War, but her story is less well known as she was of mixed parentage, born in Jamaica to a Scottish father and a Jamaican mother. Earlier this month in Surrey, the NHS Seacole Centre was opened in her honour, to be used as a service for patients recovering from Covid-19.

While only 14% of people in England and Wales are from black, Asian and minority ethnic (BAME) backgrounds like Mary Seacole, around 20% of all NHS workers are from a BAME background, rising to 44% of medical staff.

Remembering the work of Mary Seacole pays tribute to all those BAME nurses and other staff who are leading the response to this pandemic, and also reminds us that they have always been a key part of the NHS, not just now but over the last 70 years.

They are the real superheroes and we don't need a signal for them to come to our aid!



Stay home, Stay safe, Stay strong,

Mr Das



Holographic Well Done Pow Stic

WELL DONE !!!!!!!!!!!

Mrs Holligworth would like to mention the following students in her Biology class who have submitted all tasks so far this term showing excellent engagement during this difficult period of time :

Alisha Khatri 10B

Nor- Aja Al Yasti 10K

Margarida Embalo 10G

Nia Govind 10I

Lucas Panjaitan 10S

Keep up the good work guys

GENERAL MESSAGE

The poet and children's author Michael Rosen was until recently in intensive care with COVID-19. You will probably be familiar with his best known work, the children's book "We're Going on a Bear Hunt". His condition is improving but he remains poorly. As we give thanks for the hard work of our nurses, now is a good time to read his poem "These Are The Hands", which he originally wrote to celebrate the 60th anniversary of the NHS in 2008.

These Are The Hands by Michael Rosen

These are the hands

That touch us first

Feel your head

Find the pulse

And make your bed.

These are the hands

That tap your back

Test the skin

Hold your arm

Wheel the bin

Change the bulb

Fix the drip

Pour the jug

Replace your hip.

These are the hands

That fill the bath

Mop the floor

Flick the switch

Soothe the sore

Burn the swabs

Give us a jab

Throw out sharps

Design the lab.

Well-Being Bulletin

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.

<https://www.youtube.com/watch?v=RUIU4AzCg2E&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