



KINGSBURY HIGH SCHOOL

YEAR 11 NEWSLETTER

Week commencing: 4th May 2020

Message from the Year Leader

Week 7 of lockdown has easing of some restrictions. It is important not to lose sight of the overall goal of reducing the spread of transmission. If you wish, you can wear a face covering where social distancing is not possible when, for example, going to the supermarket or using public transport. Let's continue to follow the advice and rules.

While there is officially no set date that schools will reopen in the UK, schools in Denmark have been back for a month. BBC Newsround has spent a week in a Danish school. Watch this 2 minute video of what schools could start to look like when they reopen in the UK:

<https://www.bbc.co.uk/newsround/52653333>



Instagram has brought in new anti-bullying features where users of the social media site will now be able to delete comments in bulk and block or restrict multiple accounts at the same time. Previously, users could only delete and block one account at a time, making it easier for online trolls to post frequently under pictures. Now, people can delete up to 25 comments at once and can block multiple accounts at the same time. Please do continue to use social media responsibly.

This week in the Hamilton household has been a little less fun. I personally have been unwell for a number of weeks, which I had been managing, but got worse last weekend. Thankfully, the local NHS practitioners have finally worked out what the issue was and I am now feeling much better. One success since the last newsletter is my daughter is now fully potty trained. This was a frustrating experience at times and required lots of patience and resilience over a two week period. It reminded me much of my daily work at Kingsbury which I seem to now be missing.

I continue to enjoy the emails I am receiving from a number of you and 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. If you did not get a chance to read about the "Class of COVID-19." please spend some time and have a read. 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.

Unfortunately, only 25% of Year 11 completed our wellbeing survey. We would like to know how you are getting on and managing at home so we can support you better during this time. Please complete the following questionnaire:
<https://forms.gle/PPVjK5C3brremJ2BA>

If you have not completed this, please do so at your earliest convenience.

Congratulations to Ali-Mehdi Bokari for producing some fantastic GCSE Art Work which was shared with me by Ms Conway. Well done for producing this amazing piece.



There have been a number of requests for refunds from ParentPay 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 large balances on their catering accounts.

If your ParentPay account is in debit, please top this up to return to a £0 balance.

There have been a number of birthdays since the last newsletter; **Happy 16th Birthday** to: Alin F, Samuel L, Haris K, Pahani TM, Siraad E, Hussein A & Swenyee M.

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

Our next Newsletter will be on Friday 22nd May 2020.

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 as much as possible, Stay safe, Stay strong.

Message of the Week

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 and 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 and Design the lab.

And these are the hands, That stop the leaks, Empty the pan, Wipe the pipes, Carry the can,
Clamp the veins, Make the cast, Log the dose and touch us last.

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 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



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

Bridging Work Information

Bridging work for every subject will be available **by Monday 8 June** on the Sixth Form page of the School Website. Complete the bridging work for your subject and your teacher will ask for it when you start the subject, after which it will be assessed by the teacher. There will also be some skills-based material to go through which will feature in the **Newsletter next week**. You will be asked to watch a video using a link and a password and then complete some skills-based tasks on a PPT. The first task is learning how to take Cornell notes, which we will expect students to be able to take in their lessons. In the meantime, please complete the Eton course that was advertised in an earlier newsletter. In terms of completing bridging work, you might have to adjust the course depending on your grades in August, so be prepared to be flexible.

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 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 expected to go outside and help? No! We get to define what kindness is.

This is our definition:

Listen, Smile, Hold a door for your mum 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 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 and self esteem, which are a few causes of bad mental health.

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.

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>