



KINGSBURY HIGH SCHOOL YEAR 7 - NEWSLETTER

Week commencing: 18 th May 2020

Message from the Stage Leader

Good morning Year 7. Today is the last day of the half term, so you now have a week off! Please do try and have a break .Remember your mental health is just as important as your physical health. If work is too much then stop, have a rest and go back to it after half term . On the other side, staying fit is proven to help your mind stay positive. Keep exercising I hope you are all well and your families are safe.

Be Active: Stay In Work Out /5 Ways to Wellbeing

Kingsbury High School Sports Partnership

ssp@kingsburyhigh.org.uk

#StayInWorkOut #5WaysToWellbeing #BrentKidsMoveMore

HALF TERM ACTIVITY PLAN

25th - 29th May

Move Crew

UK Active & Nike have teamed up to create Move Crew.
Over the course of the week complete 5 missions that are shared by teachers, PE specialists, elite athletes and coach from across the UK.
Have a go at this weeks activities or if you like see what you might like from past weeks themes.

Week 1; The power of team - Dina Asher-Smith (sprinter)
Week 2; The need for speed - Charlotte Purdue (long distance runner)
Week 3; Head in the game - Holly Arnold (Paralympics javelin thrower)
Week 4; Creativity counts - John McAvoy (triathlete)
Week 5; Partner up - Sasha & Kadeen Corbin (professional netball players)

<https://ukactivekids.com/movecrew/>



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Brent Arts Bulletin

Staying Creative Staying Connected for 2020 and beyond

Due to the Covid-19 restrictions we will be reaching out to stay connect with you via our monthly bulletin. Our aim is to share what our creative partners are doing and give our community the opportunity to carry on taking part in all things creative from



Visual Art, Dance, Music and Theatre.

We can't wait to see you again when we deliver live events and activities but in the meantime lets

STAY CREATIVE AND STAY CONNECTED

The Arts team are currently working away with our partners to share for engaging projects and activities which will be delivered online. Look out for more information on our facebook page and join in and get involved!!

The Reggae Choir

*will be hosting weekly online Saturday sessions for details go to:
<https://www.facebook.com/brentarts/> for more*



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Brent Dance Legacy Project

For many years Brent hosted an annual celebration of all things dance: Brent Dance Month. This ran throughout July bursting with a whole host of dance related activities for you to get involved in. We will be posting dance and dance related items on our facebook page on a weekly basis.

This week features dotdotdot dance a leading Flamenco Dance Company who kicked off their nationwide tour at our very own Studio Theatre at The Library Willesden Green

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

Willesden Gallery

Though Willesden Gallery is closed but our digital doors are open!

We are keen to support our artist community during these extraordinary times and are excited to be holding an [#instagramtakeover](#) offering artists the opportunity to get your artwork out there and share through our platform.

Interested? send an email to our curator nadia.nervo@brent.gov.uk and we will send you more information.

[#IGTakeover](#) [#takeover](#) [#instagramtakeover](#) [#community](#) [#onlineshows](#) [#showyourtalent](#) [#StaySafeStayHome](#)
[#StayCreative](#) [#art](#) [#willesdengallery](#) [#willesdengallerytakeover](#)



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Message from the Year Leader

Dear Year 7

I hope you have had a productive week and have enjoyed a few more sunny days with a little more exercise, as we have moved into new guidelines allowing us to do so, but still with keeping safe and well.

I am imagining you all starting our Year 7 Competition "Show us your Rainbows" and hope you are finding colourful and creative ways to get started on this exciting challenge, Mr Gibson and I cannot wait to see our inbox filled with colour. Being creative and active is so important, taking your mind away to do something fun and relaxing,

This leads me to talk to you about a very important message

This week is Mental Health week in the UK and the theme for this year is

Be Kind

It is important that we are kind to ourselves and to others, more now than ever, although we all know that we should always try to be this way, especially when it is hard to do so.

We need to recognise the importance of being kind to ourselves and especially that it is okay to not be okay.

The message is to take time out for yourself in whatever safe and positive way that is, maybe asking someone to join you within your household, being thoughtful and kind together.

It can be anything that makes you feel calm, happier or at ease, there are a few things that I do every week that I will share with you:

I go for 2 walks every day with my daughter, no headphones in which is new for me as most of you will know, I am always listening to music, but to have a little quiet headspace just being able to feel the world around me and to talk with Emily is a very calming thing right now.

As you also know, I have been creating rainbows as I find art very soothing.

(Don't forget to do yours)

At 4pm every day I take myself to another room in my home and read for 1 hour, this helps take me away from all that is going on and I can escape into another world for a bit knowing I will come out refreshed and ready to be Mum again and myself for me too.

Heads together took over the airwaves at 11am on Monday 18th May to launch this message to everyone and hopefully by coming together we can all be kind to ourselves and each other

<https://www.headstogether.org.uk/mental-health-awareness-week-2020-mental-health-minute/>

Please take a moment to have a look at this clip and think about how you can be kind to yourself and to others to make a positive difference.

Take care of yourselves and each other

Keep safe, keep well and keep those

Rainbows coming

Wishing you all a calm and peaceful half term and Eid Murbarak to those celebrating.



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Calendar of Birthdays this week:
Happy Birthday !!



Babur	Rohim	26 May 2008
Amirullah	Halimi	29 May 2008
Raul	Atanasoae	31 May 2008
Aum	Patel	02 June 2008
Shagaanya	Ravindran	02 June 2008
Marcus	Smalling	02 June 2008
Flavius	Avram	04 June 2008
Aayushi	Chauhan	04 June 2008
Sajiv	Koneswaran	05 June 2008
Kashvi	Tyagi	05 June 2008



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YEAR 7 COMPETITION

Show Us Your Rainbow

This week has marked the occasion of National Nurses week where they are recognised for their outstanding contribution to others, especially prominent at this crucial time.

National Nurses Day is celebrated annually on May 6 to raise awareness of the important role **nurses** play in society.

It marks the beginning of **National Nurses Week**, which ends

on May 12, the birthday of **Florence Nightingale** a pioneer in healthcare and a much treasured heroine of the world, a woman admired for her courage, outstanding achievements, and noble qualities.

As you will know, the rainbow has been adopted as a symbol of thanks and strength to keyworkers and the NHS during the pandemic and we would like you to take part in this creative challenge for year 7.

We would like you to create your own rainbow using anything that you have in your home, think "out of the box" and work with your family to put something together, this could be made out of hijabs laid together, bed covers, cushions, plates, or made out of boxes, old magazines or simply just a beautiful picture using chalks, pencils, paints or pens, be as imaginative as you like.

The Winning Rainbow(s) will be displayed on our school website, Facebook and Twitter and will receive 40 achievement points, recognition and a Virtual certificate.

All entries must be in by **May 31st** and a photo of you and your rainbow must be sent to Ms Snow via email with a short description of how you made it and what you used.



helen.snow@kingsburyhigh.org.uk

We have now shown you a couple to start off your inspiration

Good Luck and Enjoy getting creative

Ms Snow and Mr Gibson



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Save the plastic

Instead of using Google why not make the following link your internet browser search engine. It's 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

Helpful reminders for accessing Homework

Link to Show My HomeWork (SMHW),
<https://kingsburyhigh.satchelone.com/school/home>

Login using the "Sign in with Google" button.
(log into your school email account first, it will be easier)

Link to the [Student IT FAQ](#), FAQ 6 might be useful

Help page from the SMHW site:
<https://help.teamsatchel.com/en/collections/1695417-students>

