



KINGSBURY HIGH SCHOOL

YEAR 8 - NEWSLETTER

Issue 7 - Friday 22nd May

Message from the Year Leader and Stage Leader

Hello Year 8. As ever, I hope you are all keeping safe and well as are your families. This week has been Mental Health Awareness week and I certainly hope you have all been taking care of your own. Even with some restrictions eased we have now been away from school and normal life for 9 weeks and I know I've been spending too much time in front of a screen and need to get out more. As the sun is a shining beacon and the warmer weather is now here, I urge you to spend your half term outside where appropriate. Please remember to practice social distancing and not to meet with people outside of your household. Nevertheless, there is an abundance of things to see. With less traffic both on the roads and in the air, there is more wildlife. In my area I've seen a Red Kite soaring on the thermals overhead which, a few years ago, would have been unheard of as they were one of the rarest birds of prey in the UK. Even at night, with clearer skies, look up and you'll see satellites whizzing around. Take the opportunity to enjoy your week break and get outside. - Mr Desmond

Good morning Year 8. Today is the last day of the half term, so you now have a week off! I hope you are all well and have received the letter from the school regarding the Graduation and school this year.

With the newsletters, we are having the birthday and keep fit section, plus the quotes of the week etc but it has been the same for the last 7 weeks. What other sections would you like added in? Please let me know so I can add them in for the week after. 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 when you are ready. On the other side, staying fit is proven to help your mind stay positive. Keep exercising, getting fresh air and you will feel good inside. A number of you have been observing Ramadan which will culminate in Eid over the weekend. Eid celebrations will be very different due to ongoing regulations in place. Eid Mubarak to all when the time comes and I hope you all have a wonderful celebration and remain safe. Stay safe.- Mr Froy

Mental Health Week

This week is mental health week and we would have been discussing this in our assemblies. Have a look at the picture below and make use of any agencies that you think might help you. Remember you are not alone, everybody struggles at times and many of my friends who are adults have told me they are struggling with their mental health. It is nothing to be ashamed of. If you would like further advice then feel free to email myself or Mr Desmond and any time and we will see how we can help you. Keep

yourself busy over the break and get out and see the sunshine where you can, of course still social distancing.



Advice on looking after your mental wellbeing, and support for issues such as anxiety, stress, low mood and trouble sleeping can be found at <https://www.nhs.uk/oneyou/every-mind-matters/>

One of the biggest issues around our wellbeing is our overuse of technology. Spending lots of time staring at screens can be harmful to our physical and mental health, and surveys have shown that phone use has gone up by about 30% during the lockdown. Taking breaks and planning your screen time can help you stay healthy while using your phone <https://www.bbc.co.uk/news/newsbeat-52712532down>

It's important you know that it's ok to reach out for help if you need it. If you're struggling to cope and you need immediate help, SHOUT is a fully confidential, free text service that connects you with a trained crisis volunteer who is there to support you. SHOUT can be

contacted 24/7 by texting 85258, and is free on all major mobile networks.
<https://www.giveusashout.org/>

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/>

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 16th May	Arash Sayed and Aiesha Shah
Sunday 17th May	Fatima Mohammad
Monday 18th May	
Tuesday 19th May	
Wednesday 20th May	
Thursday 21st May	Taliah Gimae

Calendar of Birthdays next week

Day	Students Names
Saturday 23rd May	Ahsaan Mohammad
Sunday 24th May	
Monday 25th May	
Tuesday 26th May	Payal Mistry and Dashaun Payton
Wednesday 27th May	Juwairia Qadeer Khan
Thursday 28th May	
Friday 29th May	Joseph Singers and Mr Gibson!



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 -



Thought of the week- Today is a wonderful day to have a wonderful day. The sun has been shining all week, it's getting warmer, and summer is pretty much here. Enjoy the sunshine, enjoy the moment, and take things a little slower whilst you can.

This week in History -

1961 JFK announces US goal of putting a man on Moon before the end of decade

1936 Alan Turing submits "On Computable Numbers" for publication, in which he set out the theoretical basis for modern computers.

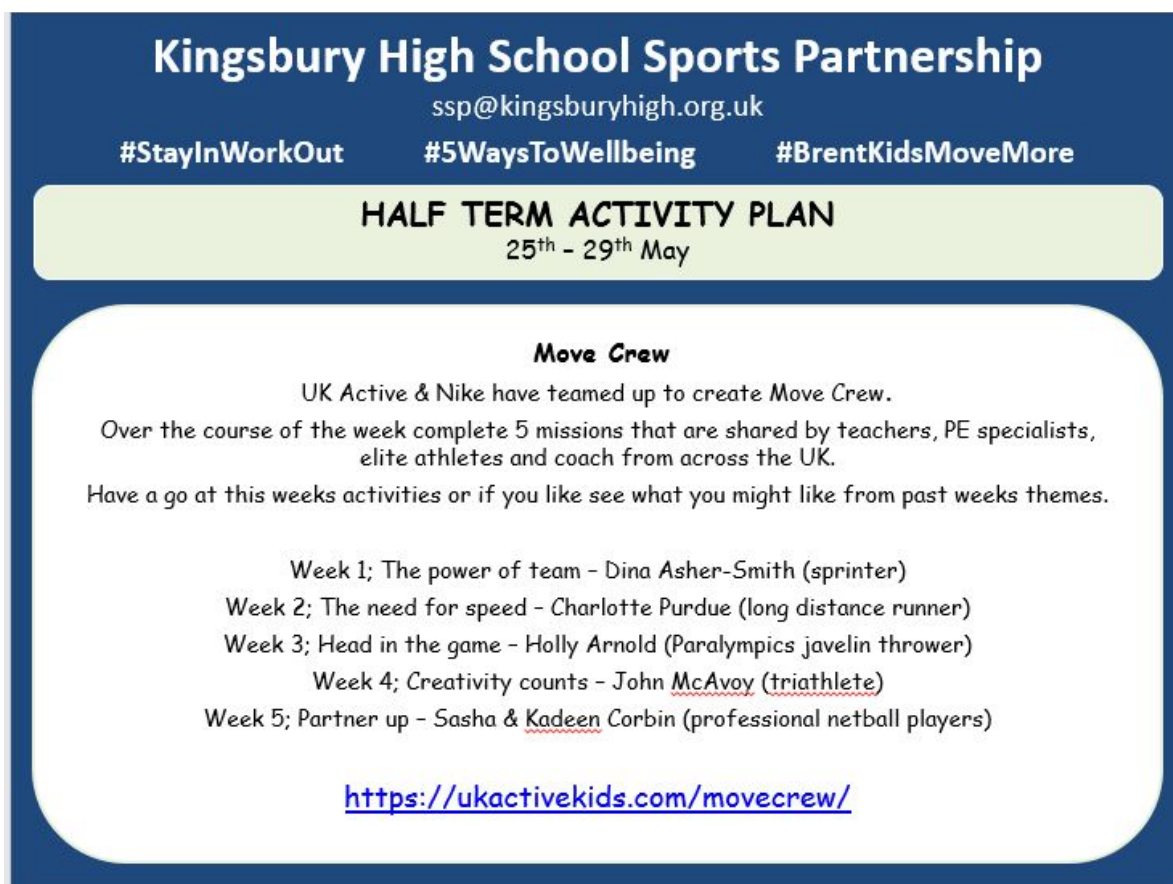
Word of the day - Weal: noun, pronounced weel - well-being, prosperity, or happiness. -

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.



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/>