



# KINGSBURY HIGH SCHOOL

## YEAR 9 - NEWSLETTER

Issue 7 - Friday 22nd May

### Message from the Year Leader and Stage Leader

Dear Year 9, I hope this week has been as good as possible for you. It has been so lovely speaking to many of you and receiving emails from you this week. It is refreshing hearing how you are doing. I attended an all staff meeting this morning via Zoom (the wonders of technology) I was so overwhelmed seeing everyone, the tears just flowed from my eyes. Thankfully, my emotions gave way at the end after I had left. However it made me think how you might be feeling being away from those friends at school and other students you see all the time day in and out. Seeing those faces of your teachers, canteen staff and - all those staff you may pass in the corridors day after day- confined to little boxes on my laptop's screen made me feel so emotional! To end on a positive note, my sewing machine is out of the box and I have made a couple of repairs...I am taking it slowly, baby steps. I am getting there and I hope you all are too! Please stay safe *Madam Prince*

Good morning Year 9. Today is the last day of the half term, so you now have a week off! I hope you are all well and your families are safe.

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.

## Calendar of Birthdays next week

Day	Students Names
Saturday 23rd May	Aminulla Nazari
Sunday 24th May	
Monday 25th May	
Tuesday 26th May	Ved Munshi
Wednesday 27th May	Ho Yin Tshoi and Sabrin Saed
Thursday 28th May	Yusuf Ahmed
Friday 29th May	



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 -



### 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 -

**Plethora** noun

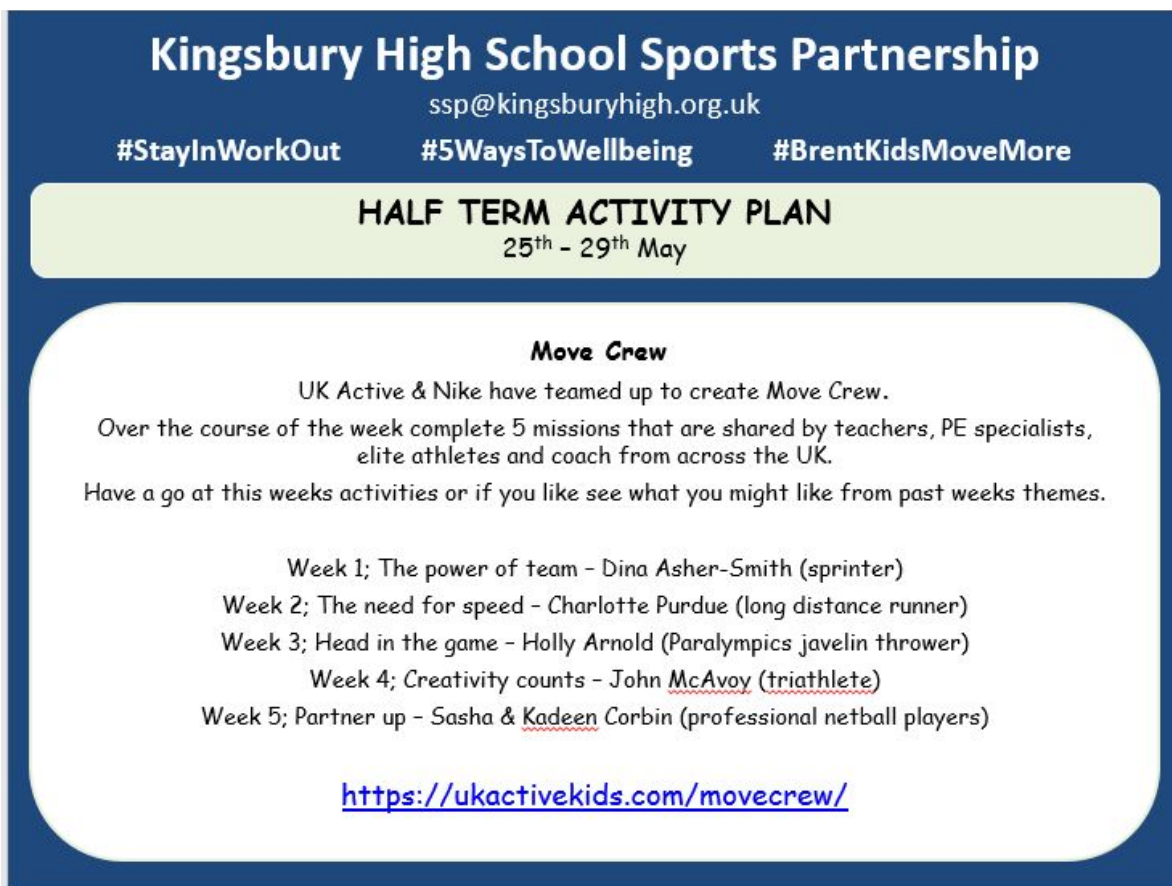
An excessive amount or number "Upon returning from the trip, she had a *plethora* of calls to make."

## 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**  
25<sup>th</sup> - 29<sup>th</sup> 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/>