



KINGSBURY HIGH SCHOOL

YEAR 10 - NEWSLETTER

22nd May 2020

Message from the Year Leader

Hello year 10's, I hope all is well with you all? What wonderful weather we are experiencing. I hope you have been able to take advantage of it whilst keeping safe and socially distancing of course

I love summer days at school. It is so nice to see the students happy and enjoying themselves, sitting on the grass in your friendship groups having what looks like a picnic and everyone in good spirits.

We have been kept away from that for such a long time now. Enough for us to adopt a new routine at home. But when will this all go back to normal? Are you ready to go back to school? Let me know your thoughts

Covid 19 has brought about a lot of changes and your teachers have been part of that too, bringing lessons onto your home and in some cases, still being at school

Pupils in countries such as China, Australia, Denmark, Norway, France and the Netherlands are already back in their classrooms - Although the rules vary from country to country

In England, the government's new advice says, not every class would start back at the same time, and that there would be lots of rules to try to keep **SOCIAL DISTANCING** in place as much as possible, with "desks spaced as far apart as possible. Check out the attached link

<https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/coronavirus-talking-about-distancing-and-isolation-teens>

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



For those of you who celebrated Ramadan and are now going into Eid I hope you receive all the joys of life on the occasion of Eid. May you be blessed with kindness, patience and love. This is the time for sharing what you have with others. It's a time to amend, forgive and reflect. May Allah grant you wisdom, kindness and guide you on the right path and help you whenever you ask for his advice. Eid Mubarak.

Be strong, be your best, be safe!

Miss Powell

Message from the Stage Leader

May I wish Eid Mubarak to those of you who will be celebrating the festival this weekend. It will be a very different celebration, as due to social-distancing measures you will have to experience it virtually without the usual gatherings of family and friends.

Although this will be hugely disappointing, please remember that these measures stopping us from congregating in large numbers will benefit us all. It is not about restricting your life, it is about protecting it. This protection is so important in Northwest London, where we have a large number of people from black, Asian and minority ethnic (BAME) backgrounds, who we know are unfortunately at greater risk from the coronavirus.

I am sure you will adapt and find the best way to celebrate the occasion, while staying socially distant and safe.

This week has also been Mental Health Awareness Week, reminding us all that whatever we might be going through, we are not alone. The event was launched at the start of the week with messages from the Duke and Duchess of Cambridge, England captain Harry Kane, singer-songwriter Dua Lipa,

and boxer Anthony Joshua.

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

The main theme is kindness, and in these difficult times it is important that we are kind to ourselves as well as to others. Please remember that it is okay to not be okay, and to take time out for yourself.

Stay home as much as possible, Stay safe, Stay strong,

GENERAL MESSAGE

Mental Health Awareness Week

Although recently the lockdown has been relaxed slightly, after nine weeks it is understandable if you are feeling anxious and unsettled.

Looking after yourself cannot be overvalued in these difficult times. Things like daily exercise and movement, a regular routine and sleeping pattern, and keeping in contact with people who matter to you by phone and social media can all help to improve your wellbeing.

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/>

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=RU1U4AzCg2E&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-ihW90JkSedl8xozxWbSs9Eug/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-fswN9x_61safdxChshrtT87xVNEXa2QyjAHBfHC0Adp9feH26pSwk