



KINGSBURY HIGH SCHOOL

YEAR 11 NEWSLETTER

Week commencing: 18th May 2020

Message from the Year Leader

Week 8 of lockdown has seen some glorious sunshine, which me and my family have personally appreciated. 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.

Wednesday 20th May saw World Bee Day. This might have gone unnoticed by a number of you, but bees are extremely significant to the food we humans produce and eat and to the general environment. If you are able, do lend a hand to the bees and plant some summer flowers to help them along their way.

It is also Mental Health Awareness week this week which has a theme of kindness. The KHS Student Wellbeing-Being Team made reference to this in last week's newsletter. The focus on kindness is a response to the coronavirus outbreak, which is having a big impact on people's mental health. Some people have mental health conditions like depression or anxiety, which means they have feelings that won't go away and which start to really affect day-to-day life.

Mark Rowland, Chief Executive of the Mental Health Foundation, said: "We want to use Mental Health Awareness Week to celebrate the thousands of acts of kindness that are so important to our mental health. And we want to start a discussion on the kind of society we want to shape as we emerge from this pandemic." Have you carried out any acts of kindness recently? If not, intentionally find a way to make a difference to someone's day.

This week in the Hamilton household has been a very chilled affair. We have enjoyed spending time together. I watched a few movies on Netflix and have started a new filming project for the church I attend. One thing that I have noticed is that we seem to be going to bed later and later each night. We have made a conscious effort to try and get to bed at a more reasonable hour so we improve our well-being and are less tired in the mornings.

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 continue to be very positive. You will be provided the opportunity to purchase a KHS Year 11 Leavers Hoodie. Further information will follow shortly.



**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.**

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: Pardis H, Dev J, Sallajan K, Ashwin V, Heela H, Bejan D, Vidhi L, Ali S, Aisha N & Kunaal P.

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 5th June 2020.

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.

Message of the Week

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/>

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>

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 shortly. 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.

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>