



KINGSBURY HIGH SCHOOL

YEAR 7 - NEWSLETTER

Week commencing: 5 th June 2020

Message from the Stage Leader

Hello Year 7

Well here we are: the final half term of Year 7. This week has already passed in the blink of an eye and before you know it, the summer break will be here and you'll return to school after that as Year 8!

Obviously we know that we won't be back at school until September .Don't worry though, the Graduation process is now booked in for you at the end of year 9 so you will not miss out on anything. The credits and postcards will all be taken into account for next year so they will not have been earnt in vain. We will also still use your attendance, punctuality data from this year as well as the next two year's data. So if you have struggled this year - you have another two year to get all the scores to Graduate. You will receive all the information to clarify any questions when you are back at school.For now, keep logging into show my homework, keep yourself in a good routine and remember do not sit at a screen all day.. Do some work in the morning and then have time away from the screen and relaxing time with your family or in the garden if you are lucky enough to have one. Please do not stress about the school work - you can only do your best and just do what you can.

Stay safe

Mr Gibson

Message from the Year Leader

POSITIVE NEWS TIME!

Dear Year 7

Well half term has been and gone and although it may not feel like it, we are now in your final weeks of year 7.

So much has changed, so many things have taken us by surprise in both good ways and bad but we have made it to June, the sun is still shining and we are all a bit older and wiser.

Something that has kept me going has been receiving positive news emails from you. I am always here to help and support you and I hope you all know that without question.

We have tough moments but together we get through them.

Every week there are around 30 of you not logging on to Show My Homework and when I reach out to you and your parents there is always an explanation and a turn around in 99% of those



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cases, it is amazing that you have not allowed this pandemic stop you being the pupils you want to be and I am so proud of you.

Please keep keeping in touch, it is really good to know how you are getting on.

KEEP THOSE RAINBOWS COMING (DEADLINE 10TH JUNE)

We have extended the year 7 competition for another week so that you can get those creative thoughts flowing.

It has been so nice to receive the entries so far and we have decided to reward all entries

Mr Gibson and I will look at them all at the end of the week and will announce the winner in next week's Newsletter, the winner will go on our KHS website and social media, receive extra achievement points, a certificate and a personal reward.

Good Luck and don't miss out!

Shout outs for the week

Flavius Avram 7s - for checking in every day with a positive outlook on work and attitude

Neev Mepani 7S - for being creative and doing a gardening project with his family, making good use of his time with others

Maria Zama 7B - for remembering that saying thank you is important and being a role model to her younger siblings

Hajarah Mohamed Raleey 7C - for not letting anything get in the way of her learning whilst still being an important member of the family household and always doing her best

Well done to all of you who each receive a praise postcard and 40 credits.

Take care, keep safe and well

Ms Snow

Special Talent

<https://www.youtube.com/watch?v=uKZBJipKBb0&t=69s>

Our Year 7 student Nikhil has continued to make his lego animations over half term. Check out his latest production and subscribe to his channel.

Brilliant work!



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Calendar of Birthdays this week:
Happy Birthday !!



Finias	Reut	06 June 2008
Taashaun	Sadiq	06 June 2008
Levi	Ciobanu	07 June 2008
Aisha	Mudhir	08 June 2008
Zahraa	Abeid	10 June 2008
Yasin	Shafaq	12 June 2008
Usman	Yousufi	12 June 2008
Aurea	Ferreira	14 June 2008

Instagram

The KHS PE Department is posting a new fitness challenge every day for you to have a go at. Follow us on Instagram, by searching for @KHSPE to have a go and get moving with us! You can even earn extra credits by sending your PE teacher a picture of you participating, a picture of your smart watch or stopwatch or an explanation of what you did and how you felt afterwards. Looking forward to seeing you smashing the PE Teachers Daily Challenge over the next 6 weeks!



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Quiz!

I've had some requests for more quizzes and brain teasers so thank you for emailing me to ask - here they are! Good Luck. Answers will be in next week's newsletter.



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

Kingsbury High School Sports Partnership
ssp@kingsburyhigh.org.uk

#StayInWorkOut #5WaysToWellbeing #BrentKidsMoveMore

Week commencing : 8th June – Athletics Week

It is important to keep to a daily routine which includes physical activity. We will use the 5 Ways to Wellbeing (Be Active, Connect, Give Back, Take Notice & Learn) to help with ideas of what you can do at home.
Remember the Chief Medical Officers' recommendation is moderate activity for at least 60 minutes each day.

BE ACTIVE MONDAY	CONNECT TUESDAY	GIVE BACK WEDNESDAY	TAKE NOTICE THURSDAY	LEARN FRIDAY
YouTube : Funetics Have a go at the following activities Target jump Quick Start Speed Bounce Target Throw	Get in touch with a friend/ family member you have not spoke to in a while and join Jenny Meadows for her weekly challenge. www.englandathletics.org/about-us/athletics-at-home/supporting-11-year-olds-to-keep-active/jenny-meadows-challenges/ We enjoyed the speed bounce grid.	Get as many friends to take part in three LYG Virtual Games activities, don't forget to send in your scores by Friday. Each entry earns points for your borough	Sport encourages certain behaviours in people. Think about what values you have learnt from taking part in sport. If you need some help, think about the Olympic values.	We want you think about and research what happens to your breathing when you do physical activity. What do you breathe in? Where does it go? What does it do?

Other Ideas to Keep you Moving
Joe Wicks PE lessons at 9AM
Saracens Sport Foundation (Twitter) everyday @ 10AM, 2PM and 5PM
Keep an eye on what KHS PE staff are getting up to on their Instagram page
Move Crew - <https://ukactivekids.com/movecrew/>

**Fun Personal Challenge
LYG Virtual Games**
For the next 4 weeks we will be sharing London Youth Games challenges on Monday, Tuesday and Wednesday - join in with these and represent Brent in a London wide competition



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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

London youth Games Virtual Games



THE LONDON YOUTH GAMES GO VIRTUAL WITH A SERIES OF SPORT-RELATED CHALLENGES SET BY YOUNG LONDONERS, FOR YOUNG LONDONERS

The London Youth Games are excited to announce the launch of the LYG Virtual Games. Starting Monday 8th June, the LYG Virtual Games will take place over four-weeks, giving children and young people the chance to represent their Boroughs in a series of sport-related challenges that can be done at home, at school or while out for daily exercise. All the challenges relate to a different sport and have been set by young Londoners, for young Londoners.

Please promote the Virtual Games across your network! We will provide all key assets as per information below.

KEY DATES:

- **Wednesday 3rd June:** Official announcement and Social Media Toolkit available for the SGO network
- **Friday 5th June:** Week One Challenges and Scorecards sent to SGO network to distribute to schools
- **Monday 8th June:** Launch of the LYG Virtual Games
- **Saturday 4th July:** Winning Borough Crowned LYG Virtual Games Champions

CHALLENGES:

- Three challenges released every week on Monday, Tuesday and Wednesday at 9.00am
- The challenges will be released on the London Youth Games website and social media channels
- A Challenge Pack which includes a Challenge Sheet and Multi-Entry Scorecard will also be available to download from the London Youth Games website
- Participants are encouraged to share videos of their entries on social media using #ThisIsLYG for a chance to win the weekly MVP award



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Message from the Head of School

Dear Lower School,

I hope this email finds you safe and well after your half-term break. In ordinary circumstances you would be preparing to return to school for your last half term of the 2019/20 academic year. I would be welcoming many of you at the gates in the morning and then later in the lunchtime late detentions (you know who you are!) Of course, these aren't normal times and we are still being encouraged to remain at home as much as we can to try to contain the spread of the coronavirus.

The virus has affected all but one of the world's continents and we all, personally, will have been affected by COVID-19 in some form or other. I am aware that some of you have lost loved ones as a result of coronavirus, and for that I am truly sorry and you have my deepest condolences. Society is still very much affected by this disease and we don't yet know how it will all end, but the lessons from history tell us that it won't always be like this. Please do remember to continue to follow public health advice about regular handwashing and remaining 2 metres away from those not in the same household as you.

Although school has remained open to a few of you - those of you with a social worker and/or if your parents work in certain key jobs - school has now been mainly closed since 23 March. The Government has said it would like to start the process of reopening schools this half-term however, at the moment, this is only planned in secondary schools for certain year groups - Years 10 and 12. The Headteacher has sent letters to your parents/carers regarding the next steps in this regard.

It is important to remember that although you aren't in school, your education continues. I know that home learning can be difficult, but I encourage all of you to do one very simple thing - your best. This is important so you don't have gaps in your knowledge and skills when you do return to school. Try to engage with the work your teachers are setting you and if you find yourself struggling, don't give up - keep trying and use the resources that you have directly available such as the internet and books.

As you will know from the quotes on the wall in my office at school, history is full of examples of people who have overcome adversity and they can be an inspiration to us all. We are all now, of course, in the process of making our own history and our futures will be determined by how we deal with the challenges we currently face.

In the Lower School are more than a thousand very talented individuals. I have every confidence in your abilities to rise to the challenge. But, also, please remember there is support if you are finding



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things particularly difficult and your Stage and Year Leaders have been setting out these details in their weekly newsletters to you.

With my best wishes to you and your families,
Mr McLean

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Anton McLean
Head of School

