



KINGSBURY HIGH SCHOOL

YEAR 9 - NEWSLETTER

Issue 8 - Friday 5th June

Message from the Year Leader and Stage Leader

Hello Year 9, I hope you are all doing well and keeping safe. Even though the lockdown has been eased, we still have to remain alert. So please don't get carried away like a misguided member of my family who informed me the lockdown was over! Well, what a week it has been - I am rocked to my core by events in America. Some of you may find scenes distressing and it may raise questions and cause you to be concerned and possibly even angry. Try not to keep those feelings bottled up, instead talk it through with your loved ones; those who are in a position to hear you, support and comfort you and ease any worries. This has been a stressful and extremely challenging few months! It has brought out the best in people and in some cases we have seen the worst of humanity. Once again, I need to emphasize that now is the time to be kind, respectful and accepting of others. I am sending a virtual hug to each and every one of you. Stay safe, stay well. Ms Prince

Good morning Year 9. Hope you have had a lovely but safe half term. I can't believe we would have been coming back to school today with you being in the lower school for just 10 more days. You would have been starting to think about your transition to K and the upper school. It's sad to think that you will no longer be based in T. Your year group will always have a special place in my heart because as you know, last year was my first year as a stage leader. Your year was the first Graduation I ran and the first year group I've seen grow, develop and then flourish as you move up to year 10. I remember looking at all the data last year showing that there were so many amazing students in this group and that was shown in the amount of distinctions you got. I also remember there being lots of negative consequences. It was so pleasing for myself and Ms Prince to see you develop this year, really focus on your GCSE subjects and mature as young adults. I can't wait to see you grow even more across year 10 and then really knuckle down for your GCSEs after. Remember, we can't come to your house and force you to sit down and turn your PC on for you. If you keep working hard for these 7 weeks then you will be above some of the other students and it will help with any gaps in your knowledge. If you don't do anything then think how hard you will have to work in the next 2 years to catch on a whole term's work! Stay safe.- Mr Froy



London Youth Virtual Games

Young Londoners set sporting challenges for young Londoners in the LYG Virtual Games

London Youth Games are excited to announce the launching of a Virtual Games on the 8th June. The LYG Virtual Games will see young Londoners setting challenges for other young Londoners. The competition will run for four weeks. The Virtual Games will give 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.

Three challenges will be released every week. Each challenge will relate to a different sport and will be set by a young Londoner. The LYG Virtual Games are open to all children and young people from London, who will compete across 12 challenges to earn points for their Borough. At the end of the four-week competition, a winning Borough will be crowned champions of the Virtual Games.

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

SCORING AND RESULTS:

- Participants have until Friday at 12.00pm to submit scores via London Youth Games website
- Schools can alternatively send their Multi-Entry Scorecards back to info@londonyouthgames.org
- Boroughs will receive points for each challenge based on their placings
- Boroughs scores will be calculated by a collated average score of participants from that borough, where applicable, and adding it to the total number of participants from that borough
- Results for the week will be announced every Friday at 5:00pm

SOCIAL MEDIA:

- LYG will send SGO's a Social Media Toolkit with suggestions on how to promote the Virtual Games via your social media channels (included in 'Key Dates' above)
- Follow us on [Instagram](#) [Twitter](#) [Facebook](#) [TikTok](#) to keep up to date with the LYG Virtual Games
- Share your videos using #ThisIsLYG for a chance to win the weekly MVP Award
- MVPs will be selected based on the ability, creativity and style shown in their videos

CONTACT US:

- If you have any questions about the LYG Virtual Games please contact info@londonyouthgames.org

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!

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/>

Competitions

Design A Phone Case!

What do I do?

To enter this competition you will need to decorate a phone case (preferably clear or plain) using stickers, paint, markers, etc. Make sure to make your design as unique as you can! You can then use your personalised phone case on your phones.

Remember to have fun with this! Send in any photos of your cases to Mr Froy for a chance to win and earn credits!

Looking for something fun to do during lockdown? Why don't you enter our school competition. All you have to do is design a phone case!



What if I don't have a phone?

No phone? No problem! If you still want to participate but don't have a phone you can print out/ draw a template of a phone case and decorate it. If a family member is ok with you decorating their phone case you could decorate theirs instead.

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.

Parenthood Personality	STOOD mis	SOMEWHERE 	history history history	million
mini'llbetheroute	chair	in vaders		STAND
VISION	WALKING ICE	STORM	SPOT	ONCE 
PROMISE	VIOLETS	APPLE PINEAPPLE CAKE	DOOR	GET A WORD IN
COUNTRY COUNTRY		GROUND FEET FEET FEET FEET FEET FEET	RAKEN	BUSINESS

School Council

As there will be no school council this summer term, why not submit up to 3 suggestions for when we return to school. Make sure they are sensible and feasible for the school!

School Council Suggestions

What you need to do?

You need to suggest three suggestions that could be made in the school once it resumes back to normal



How to submit your ideas?

You need write your ideas on paper, email or PowerPoint

How many ideas can you submit?

You can submit maximum three ideas



Have fun and recommend some ideas on what we could do to still keep motive when we return.

Who do you need to submit your ideas to?

Send them to Mr Froy at his email gary.froy@kingsburyhigh.org.uk

Riya Patel BC

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!

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

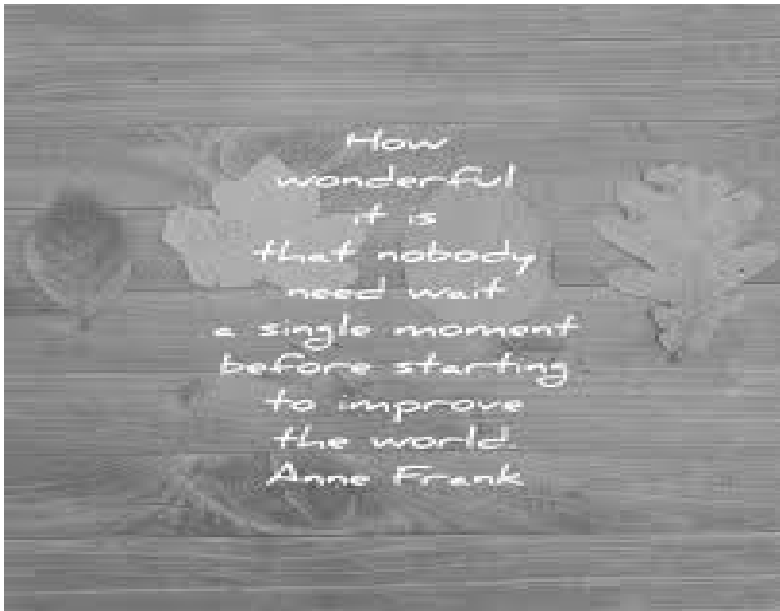
Day	Students Names
Saturday 23rd May	Aminulla Nazari
Sunday 24th May	
Monday 25th May	
Tuesday 26th May	Ved Munshi
Wednesday 27th May	Ho Yin Tshoi and Sabrin Saed
Thursday 28th May	Yusuf Ahmed
Friday 29th May	

Day	Students Names
Saturday 30th May	
Sunday 31st May	Deyen Vekaria
Monday 1st June	
Tuesday 2nd June	Dhea Kerai
Wednesday 3rd June	Gina Dumitru and Theodor Purav
Thursday 4th June	
Friday 5th June	Tunahan Karabulat, Mihai-Emmanuel Lincan and Larisa Tiganescu.

Quote of the week -



Thought of the week -



This week in History -

2nd June - **1896** Guglielmo Marconi applies to patent the radio, accepted 2 July 1897

- **1953** Coronation of Queen **Elizabeth II** in Westminster Abbey, London, England

4th June - **1940** British complete the "Miracle of Dunkirk" by evacuating 338,226 allied troops from France via a flotilla of over 800 vessels including Royal Navy destroyers, merchant marine boats, fishing boats, pleasure craft and even lifeboats

Word of the day - Discontent

Dissatisfaction with one's circumstances; lack of contentment

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

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.

<p style="text-align: center;">BE ACTIVE MONDAY</p> <p>YouTube : Funetics</p> <p>Have a go at the following activities</p> <p>Target jump Quick Start Speed Bounce Target Throw</p>	<p style="text-align: center;">CONNECT TUESDAY</p> <p>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/</p> <p>We enjoyed the speed bounce grid.</p>	<p style="text-align: center;">GIVE BACK WEDNESDAY</p> <p>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</p>	<p style="text-align: center;">TAKE NOTICE THURSDAY</p> <p>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.</p>	<p style="text-align: center;">LEARN FRIDAY</p> <p>We want you think about and research what happens to your breathing when you do physical activity.</p> <p>What do you breathe in? Where does it go? What does it do?</p>
<p style="text-align: center;">Other Ideas to Keep you Moving</p> <p>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/</p>		<p style="text-align: center;">Fun Personal Challenge LYG Virtual Games</p> <p>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</p>		

Wellbeing

Good day Kingsburians,
This week we thought of a unique Well-Being Bulletin challenge.

Reflection
We have lived nearly a quarter of our lives and it could be considered a very good point in our life to reflect on ourselves and the life we have been living.

Self-reflection is a process by which you come to an understanding of who you are, what your values are, and why you think and act the way you do. It is the process of rebuilding yourself to be the best version of you.

Your task for this week would be to take a few minutes of your day to reflect back on your life. Think about all the acts that you have done that makes you feel proud of yourself. For example, achieving high grade in your subjects. Also think about what you could do better and change to improve and develop your skills.

Self reflecting will lead to self-awareness which could be considered the base of our internal existence, by being self-aware we are more likely to make wise choices in the present and the future, which would make us pro-active as well as becoming a better version of ourselves.

Reflecting back on our past is not just a memory, rather it is a lesson that we can use to learn from, which we can apply to our lives in the future to avoid repeating the same mistakes again.

This could be considered a very good time to think about your future goals. Ask yourself: "where am I now- where do I want to be- how can I get there- what do I need to do and who can help me"

Being able to formulate a plan when times are tough is a well-being issue. Planning to solve those things that we feel are currently getting on our way, to improve what we do or to reach a goal empowers us to feel in control over ourselves and our futures. This helps us see problems as a factor that we can solve rather than a barrier which is preventing us from moving on or feeling happy.

By no means do we expect you to decide what you will eat next year dinner but we ask of you and ourselves to have general plans in life, a goal that you are aiming for. This will help carve a path in life for you.

"A man who dares to waste one hour of time has not discovered the value of life".-Charles Darwin

Let's not be one of those people but the individuals that have a plan that looks to improve our future and lives.

Stay well, stay safe, look after yourselves and your loved ones and we will see you soon.

The well-being team.