



KINGSBURY HIGH SCHOOL

YEAR 11 NEWSLETTER

Week commencing: 01/06/2020

Message from the Year Leader

Week 10 of lockdown has seen the easing of some restrictions in England. Again the weather has been amazing and I hope it continues for as long as possible. I hope all those celebrating Eid had a wonderful time and kept as safe as possible.

Monday has seen the reopening of some retail shops and schools have reopened for selected students. Later on in June will see the remainder of non essential retail shops reopen. As things start to return to partial normality do keep yourself safe and be vigilant at all times.

As you may be aware, there is a lot of focus on the events in North America with the sad events involving Ahmaud Arbery and George Floyd. A lot of you may be feeling outrage and deep sadness at these horrific events of injustice. It is important to come together as a community of all races to speak up against racism and racist acts in constructive ways. You may feel that you do not have a voice, but you can write to your local MP, sign petitions with parental consent if needed, and show your support through the various positive initiatives on social media. **It is advisable not to attend protests or demonstrations as these could be a breach of lockdown laws.**

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!

This week in the Hamilton household, we spent lots of time enjoying the sunshine. We visited a Country Park near our home in Buckinghamshire and enjoyed spending quality family time together. I have been putting some new found photography skills to the test on our outings which are getting lots of praise from family and friends. While I am a novice, learning a new skill has been very fulfilling and makes a change to the normal everyday.

Information about Leavers Hoodies has been sent to you, parents and carers. If you receive Free School Meals, are Pupil Premium, SEN or a Looked After Child you will be eligible for a small discount. If you are unsure, do get in touch and I will let you know privately.



**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: Hussein F, Nicholas K, Niranjana G, Fatima A, Tia Hunte, Fatima S, Ayoub H, Rahima H, Raqeeem A, Ramsha K, Ali-Mehdi B, Zohaib A & Noer A.

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 12th June 2020.

Message from the Stage Leader

On Monday I was thinking what to write about for this week's newsletter: the relaxation of the lockdown restrictions, the risk of this as the R number is still uncomfortably high in some parts of the country, or that despite what some government advisors might get away with, how your parents must never test their eyesight by taking the family for a 30 mile drive!

However, perhaps like many of you, my thoughts have turned towards events in the USA, to something that has been around for far longer than the coronavirus. As the Oscar winning film maker Spike Lee has said, "Racism is all over the world. This was a global pandemic before corona."

I have already written about recent inequalities, with people from BAME backgrounds at greater risk during the pandemic. This week's protests remind us that for all the progress that has been made over the years, there is still much to do.

Racism is not just a problem for those on the receiving end of such discrimination. Regardless of colour or creed, it is everybody's problem. This feels like an important moment in history, where your generation can take an opportunity to lead and achieve the changes that are needed for the future.

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

Message of the Week

Protests have been held in the USA and across the world after George Floyd, an unarmed black man, died in Minneapolis while being arrested. A police officer knelt on his neck for nearly nine minutes, even after he pleaded that he could not breathe.

Although the officer has been charged with murder, the case has reignited the deep anger many feel over police brutality, which has driven the Black Lives Matter movement, alongside years of frustration over systemic racial injustice.

Most demonstrations have been peaceful, but there has been violence in some cities. President Trump has not addressed the causes of these protests, instead using armed soldiers to clear out a gathering of peaceful protestors.

Adding their voices to this are people in the public eye, using their celebrity to stand up for something bigger than themselves. The England footballer Jadon Sancho unveiled a 'Justice for George Floyd' T-shirt after scoring a hat trick for Borussia Dortmund on Sunday, and is now under investigation for breaking rules over making political statements in games.

Sancho later wrote on Instagram: "Delighted to get my first career hat trick, a bittersweet moment personally as there are more important things going on in the world today that we must address and help make a change. We shouldn't fear speaking out for what's right, we have to come together as one & fight for justice." Some Premier League teams also took a knee before their training sessions this week.

In the entertainment industry, radio stations and TV channels changed some of their programmes on Tuesday, and many people shared a simple plain black post on their social media feeds.

One of the most powerful responses came from the BBC Radio 1 presenter Clara Amfo who spoke emotionally about George Floyd's death on her show. Amfo said the events had reinforced a feeling among black people "that people want our culture, but they do not want us. In other words, you want my talent, but you don't want me. There is a false idea that racism - and in this case anti-blackness - is just name-calling and physical violence, when it is so much more insidious than that".

Street art and murals honouring George Floyd have popped up around the world, even in the war-torn country of Syria. In the city of Binnish, artists Aziz Asmar and Anis Hamdoun painted Floyd's face with the words "NO TO RACISM" on the only cement pylon left in a devastated landscape:



KHS Wellbeing Student Wellbeing team

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 is to take a few minutes of your day to reflect back on your life. Think about all the acts that you have done that make you feel proud of yourself. For example, achieving the highest 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 in 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 for 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.

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 was sent out by email this week. Please read the information provided and direct any concerns or questions to the 6th Form team.

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.