



# KINGSBURY HIGH SCHOOL

## YEAR 10 - NEWSLETTER

5th June 2020

### Message from the Year Leader

Hey Year 10's, I hope you and your family are all well. so lovely to speak to some of you over the past few weeks (although a lot of you were still sleeping! not mentioning any names). How was half term for you or didn't it make a difference considering the current situation we are in.

There has been a lot of speculation that we will be returning to school soon (nothing has been confirmed as of yet). After speaking to some of your parents, I know they are anxious for a decision as we all need to be prepared.

As we are spending much more time at home, there are so many distractions, TV, Video games, Social Media, internet and so on. Sometimes we get so engrossed that we lose all sense of time resulting in tiredness and a disruption in our sleep pattern

Now don't get me wrong, we all LOVE sleeping in and deserve some lazy days especially in this present time where we have to stay home and have so many restrictions on what we can do. . Researchers have found that as many as 70% of children under the age of 16 are going to bed later and 57% are waking up later showing a significant change in bedtimes. To be your best, you need between 8-10 hours of sleep everyday. What impact will this have on you preparing to return to school?

Getting a good night's sleep can make students feel like they can tackle everything on their plate. But that's not the only reason to get enough sleep. Teens and college students who fit in seven to eight hours of sleep every night are more likely to see the following benefits:

- Improved Grades
- Better memory
- lowered risk of obesity
- Decreased chances of getting sick
- Improved moods

### Consequences of lack of sleep may include:

- Impaired brain development
- Poor Coordination
- Increased negative feelings

### 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

We all need to start preparing ourselves for the big return.

- Start off by setting your alarm clock half an hour early and gradually increase this.
- When your alarm does go off, try to get out of the bed so there's no risk of falling back to sleep!
- limit your time on social media and games consoles.
- Clear all obstacles in your room so you have a clear mind.
- Make sure you are well equipped with all the stationary you need along with your school bag for a good days learning
- Ensure your uniform is ready and waiting

I'm really looking forward to seeing you all

Be Strong, Be your best

Miss Powell

### **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.

Here is a piece which featured on the BBC News website this morning, a useful summary of the historical background to the current protests

<https://www.bbc.co.uk/news/world-us-canada-52912238>

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

Mr Das

## **GENERAL MESSAGE**

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:



### Good day Kingsburiens.

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.

### **PE Department Instagram Challenge**

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!

### **Useful course link**

<https://www.smallpeicetrust.org.uk/cyberfirst>

### **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](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://drive.google.com/open?id=1sdbmxCSnBQm_W7N6ZEor3hkApXf1INKg)

<https://docs.google.com/forms/d/e/1FAIpQLSdZ9LFnbfUtRrmQUhXM-Ull-ihW90JjkSedl8xozxWbSs9Eug/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-fsw9x\\_61safdxChshrtT87xVNEXa2QyjAHBfHC0Adp9feH26pSwk](https://www.timeout.com/london/news/the-national-theatre-is-going-to-stream-a-free-play-every-thursday-night-032620?fbclid=IwAR2Be-fsw9x_61safdxChshrtT87xVNEXa2QyjAHBfHC0Adp9feH26pSwk)