



KINGSBURY HIGH SCHOOL

YEAR 7 - NEWSLETTER

Week commencing: 12 th June 2020



Although all pupils and parents were emailed yesterday with the news, it is with deep regret that I have to inform you of the passing of Ms Dimond.

Ms Dimond was a wonderful lady who would have helped every single one of you at some point in your time at KHS. She shared the office with Mr Snow and would have been a friendly face whenever you needed support. Ms Dimond made all of your timetables, helped move your sets and supported all students if they needed anything.

Ms Diamond was a fantastic work colleague. I will certainly miss my Monday morning chats about Rugby and my love for Saracens and her family's love for their rivals Wasps. We had so much fun during the Six nations talking about her split loyalties for England and Wales - she was always able to pick the winning team during this fixture.

Ms Dimond leaves a very big hole in the lower school and a hole in all of our hearts. Normally of course we would have been able to speak to you all and have time to come together to support you, unfortunately of course we are only able to do this remotely. If you need any support please do contact us. As a mark of respect for Ms Dimond's funeral, the school will be closed next Thursday 18th June. No key workers or staff will be allowed on site and no pupils will be set or expected to do any work. Please just take a moment to reflect on Ms Dimond during the day. Rest in Peace Ms Dimond xx

Students contribution to Ms Dimonds book of condolences:

A condolence book or book of condolence is a book in which people may record their condolences (an expression of sympathy, especially on the occasion of the death of a person's relative or close friend) after a death or great tragedy. It is a nice way to celebrate somebody's life . When closed, the book will be given to the relatives of Ms Dimond. You are Invited to submit a contribution for the book of condolences. Please email comments to helen.snow@kingsburyhigh.org.uk deadline Thursday 18th June.



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Message from the Year Leader

My Dear young ones,

I feel I need to write to you about all that is going on in the world right now, the biggest and most life changing event in your history so far that will affect us all.

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. 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.

I read a quote today from Professor John A Powell from the University of California Berkeley that said :
"We are conflicted inside ourselves, which we almost never talk about, and we project that out. Part of the struggle is not just "getting along" or "fixing the other person," but getting along with different aspects of ourselves. So this becomes not just a political or psychological journey, but a profoundly spiritual journey."

Professor Powell also said:

"How we do race will be consequential to the kind of society we have in the future. Our racing will be impacted by our history, our experience, as well as our imagined future. Our future will be impacted by the way the conscious and unconscious make meaning of our new social constructions. and—perhaps most critically—with our most fundamental questions about who we are"

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 and put you and your loved ones at risk. There are other ways that you can safely show your support and understanding, please do consider them and speak to your parents.

Nelson Mandela also said of his home in South Africa : My Country is rich in the minerals and gems beneath its soil, but I have always known its greatest wealth is its people, finer and truer than the finest diamonds"

Let yourselves be the finest diamonds for the next generation to make our world a better place.
Take care, keep safe and well

I believe in you
Ms Snow

Note to Self: Even when
it seems personal,
rarely do people do
things because of you,
they do things because of them.
You know this is true.
You may not be able control all
the things people say and do to you,
but you can decide not
to be reduced by them.
- marcandangel



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Shout outs

Awarded praise postcards to the following for Dance & Drama success, completing all the work and handing it in on time despite the circumstances

7S:

Alisia Deiac
Jiya Harji
Larsa Jabar
Sohail Nawaz
Charlotte O'Loughlin
Jayden Onabowale
Sabiha Kheddar

7T:

Sara Dima
Zyra Iqbal
Jarushan Subaskaran - went above and beyond to make sure his work was submitted despite a computer problem

Happy Birthday !!



Reshayne	Fearon Gilchrist	16 June 2008
Ioana	Cociorvei	17 June 2008
Shailla Dandara	Sequeira Teixeira	17 June 2008
Hasti	Farkhondeh Pour	18 June 2008
Mohamed	Hamdoun Haddadi	18 June 2008
Muhammad	Kamil	18 June 2008
Jannati Yasmin	Azaddin	19 June 2008



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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!

Quiz!

Hope you enjoyed working these out. Here are last week's answers and a new quiz below.

personality Split Personality	THIS Misunderstood	Somewhere Over The Rainbow	history History Repeats Itself	million One in a Million
mini'llbethereute	chair High Chair	in vaders Space Invaders	Slow Down	Stand in the Corner
I'll Be There In A Minute	VISION Walking on Thin Ice	STORM Eye of the Storm	SPOT X Marks the Spot	Once Upon A Time
BROKEN PROMISE Broken Promise	VIOLETS Shrinking Violets	UPSIDE DOWN CAKE Upside Down Pineapple Cake	DOOR Back Door	GET A WORD IN Get a Word in Edgewise
CO... apple pie	apple pie	GROUND six feet underground	BAKED half baked	UNFINISHED BUSINESS unfinished business

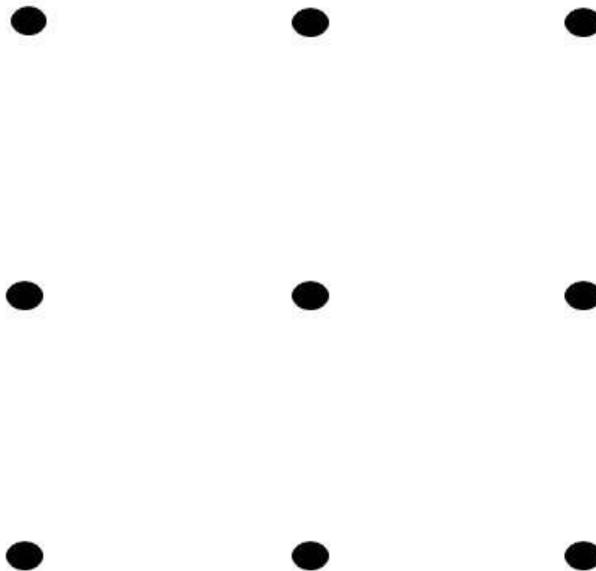
Bottom row - cross country
apple pie
six feet underground
half baked
unfinished business



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BRAINTEASER

DIRECTIONS: WITHOUT taking your pencil off the paper, draw 4 straight lines through each dot! You can only go through each dot ONCE! Remember that each line has to be a straight line, and you can only draw 4 lines!
Draw more boards if you need to!





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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 : 15th June – Gymnastics 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

A great thing about gymnastics is that it allows you to be creative & individual. Today we want you to create shapes with your body. Have a look at last weeks British Gymnastics challenge for some ideas.

CONNECT TUESDAY

British Gymnastics Foundation have a great programme called Love to Move, this week we want you to help an older family member, friend or neighbour to complete one of their session.

GIVE BACK WEDNESDAY

Last week we discovered the good news challenge. During these unsettling times they are sharing news of all the good things people are doing to help each other. Can you think of a good news story that you can share?

TAKE NOTICE THURSDAY

The weather has been a little less nicer the past few days, hopefully we will have the sun join us again. Today, we want you to think about how the weather makes us feel. Think of things you can do to stay active indoors when the weather isn't great.

LEARN FRIDAY

Gymnasts have great flexibility. Stretching is a good way to improve your flexibility, can you think of 3 stretches that can help you improve your flexibility.

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

Week 2 of LYG Virtual challenges :

Monday -

Tuesday -

Wednesday -

Send your results in and represent Brent in a London wide competition.



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Current Affairs -

Ms Williams has kindly put together the following information to help educate yourself on the current situation around the world. If you have any further questions please email her at catrin.williams@kingsburyhigh.org.uk

Racism, representation and decolonising your bookshelf

This week we have seen protests against racism reported on the news and across social media. It is important at this time to listen, learn and educate ourselves on the issues seen in the US, Britain and elsewhere. Attached is a list of resources to help guide and educate you on issues such as race, colonialism and representation.

Many of these books and resources deal with difficult topics and sensitive themes. You may even find some of the topics discussed upsetting such as those on violence and murder.

It is therefore recommended that you research the contents of the books, documentaries, TV shows and films with your parents and / or guardians before you start reading / watching, so you know what to expect. For TV and Film always follow the age certificate guidance given by the bbfc - <https://www.bbfc.co.uk/>

Fiction

11-13 years olds

The Crossover by Kwame Alexander

Noughts and Crosses by Malorie Blackman

The Bone Sparrow by Zana Fraillon

Diver's Daughter by Patrice Lawrence

The Rock and the River by Kekla Magoon

A good kind of Trouble by Lisa Moore Ramee

Darius & Twig by Walter Dean Myers

Long Way Down by Jason Reynolds



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Ninth Ward by Jewell Parker Rhodes

Dear Martin by Nic Stone

Run Riot by Nikesh Shukla

Roll of Thunder Hear my Cry by Mildred D. Taylor

Refugee Boy by Benjamin Zephaniah

Non-Fiction

11-13 years olds

What is Race? Who are Racists? Why Does Skin Colour Matter? And Other Big Questions by Claire Heuchan and Nikesh Shukla

Videos

Systemic Racism Explained

-https://www.youtube.com/watch?v=YrHIQIO_bdQ&feature=emb_rel_pause

Black to Life: Rethinking the Black Presence within British History -

<https://www.bbc.co.uk/programmes/p07dt1d3>

Ted Talk - The powerful stories that shaped Africa by Dr. Gus

Casely-Hayford-<https://www.youtube.com/watch?v=hfznpkprPO>

Ted Talk - The danger of a single story by Chimamanda Ngozi Adichie

-https://www.ted.com/talks/chimamanda_ngozi_adichie_the_danger_of_a_single_story/up-next?language=en

Ted Talk - Let's get to the root of racial injustice by Megan Ming Francis -

<https://www.youtube.com/watch?v=-aCn72iXO9s>

Ted Talk - #BlackLivesMatter by Kennedy Cook -

<https://www.youtube.com/watch?v=Sd-VUOgS3rE>

Chimamanda Ngozi Adichie: identity, feminism and honest conversations -

https://www.youtube.com/watch?v=o_hsWRVR8_M



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Articles

<https://www.historyextra.com/period/modern/decolonise-history-curriculum-education-how-meghan-markle-black-study/>

Websites to explore Black History

<https://www.history.com/topics/black-history>

<https://spartacus-educational.com/BlackHistoryIndex.htm>

<http://www.pbs.org/black-culture/explore/black-women-in-history/>

<https://www.bbc.co.uk/newsround/41433196>

<https://www.bbc.co.uk/newsround/41775249>

Podcasts

You're Dead To Me - Episode on Mansa Musa -

<https://www.bbc.co.uk/programmes/p07nwybz>

Documentaries

Toni Morrison: Pieces I Am (2019)

Black and British (2016) - BBC – coming back to iPlayer from the 13th June 2020

I am not your Negro (2016)

The Central Park Five (2012)

4 little girls (1997)

Documentaries available on Netflix

Who killed Malcolm X? (2020)

Becoming: Michelle Obama (2020)

The Two Killings of Sam Cooke (2019)



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Teach us all (2017)

Film

Age certificate: PG

Race (2016)

Hidden Figures (2016)

The Long Walk Home (1990)

To Kill a Mockingbird (1962)

Age certificate: 12A

Selma (2014)

Just mercy (2019)

Age certificate: 12

The Hate U Give (2018)

Loving (2017)

Fences (2016)

42' (2013)

Invictus (2009)

The Secret Life of Bees (2008)



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Interesting Websites :

- Learn how to code - for example via [Code Combat](#) or [Scratch](#)
- Learn a language: [Duolingo](#) – there are 35 languages to choose from
- Geography : Log into [BBC iPlayer](#) to watch the Sir David Attenborough box sets.
- Race across the word without leaving home: [BBC Bitesize](#)
- Explore the wonderful world of weather: [Met Office](#)
- Then design your own building using [SketchUp](#)
- [Ted Talks for kids](#) - Motivational talks to inspire young minds, from underwater exploration, to femin
- Chemistry: Try out some edible (or not so edible) [kitchen science](#).
- Design & Technology: [Collect the offcuts of vegetables and watch them grow into newplants!](#)
- Visit some museums: [The Metropolitan Museum of Art](#) (New York), [Van Gogh Museum](#) (Amsterdam) or The Natural History Museum [Wild Life Photographer of the Year](#) (London)
- Music and Drama: [Free musicals!](#)
- Maths: Try [NRICH](#) – fun maths activities, [Logic Puzzles](#) or more [maths puzzles and quizzes](#)
-

Well Being Bulletin

Hello there Kingsburians!

Hope all of you and your families are doing well.

This week's well-being bulletin is asking for help.

As simple as it sounds it is very difficult to do.

It is unequivocal that no one of us can do everything without making a mistake or know how to do it. There will always be something that we can't do which is when we should turn to others -our friends, family or a trusted person for help. It is said that asking each other for help deepens friendship. Though it is not just your friends you can ask for help your teachers, the schools staff is also there for you.

By asking for help we show people our human side and create familiarity and trust with those people.

As a student I understand that things get overwhelming to a point where you just want to scream; it is at that time that you should turn to your others for help- you can even vent to them- your teachers have amazing qualifications, they are one of the best at their jobs when ever you get stuck on a question instead of leaving it out -which would do you no good- turn to them for help ask them how to answer the question.



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By asking for help as cringe as it sounds you know you have someone to lean on, someone who has your back, it will make you happy. This will be helpful in harsh times when you will know who you can count on and who to ask for help.

A while back I was talking to a friend and I asked how is homework going, he told me it was too much for him, he just wanted to quit. He hadn't asked anyone for help, this started having a negative effect on his mental health. He felt he couldn't ask for help because he hadn't before. It is this mentality that is formed when we don't count on each other, in a way it creates a block between the individual and moving on in life.

Sometimes we feel scared or ashamed for asking for help. Nowadays I laugh at being ashamed at asking for help, by asking for help you are not showing weakness but strength, the strong ones are those that acknowledge themselves and their shortcomings to become better. Being scared can be horrible but through this you will be able to differentiate between those you can trust and can't. Don't let fear or shame trap you.

So we should always turn to people whenever we need to.

Please remember- it is good to talk and talking about a problem is sometimes enough to solve it. If this is not enough then asking for help or talking about an issue is the always the beginning of the solution.

The Well Being Team



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STAY ALERT

**CONTROL
THE VIRUS**

SAVE LIVES