



KINGSBURY HIGH SCHOOL

YEAR 8 - NEWSLETTER

Issue 9 - Friday 12th June

Mrs Dimond



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 Mrs Dimond. Mrs Dimond was a wonderful lady who would have helped every single one of you at some point in your time at KHS. Last year when you were in year 7, she shared the office with Mr Desmond and Mrs Dimond would have been a friendly face whenever you needed support. Mrs Dimond made all of your timetables, helped move you sets and would do every job asked of her with distinction and a smile. Mrs Dimond leaves a very big hole in the lower school and a hole in all of our hearts. If you have been affected by this news and would like to express your feelings, please email me or Mr

Desmond at any time to gary.froy@kingsburyhigh.org.uk or benjamin.desmond@kingsburyhigh.org.uk We will email you and arrange a time to call you if you would like to talk. There will be a book of condolences presented to Mrs Dimond's family; if you wish to write a message in that please send it to the above addresses so that it can be included. As a mark of respect for Mrs 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 Mrs Dimond during the day. Rest in Peace Mrs Dimond xx

Message from the Year Leader and Stage Leader

Hello Year 8. I said last week that time is passing quickly and this week is no less true. Only another 5 weeks left to go until the summer break. As our PM, Mr Johnson, takes steps to ease the current lockdown it would appear that there is a chance we might be able to spend at least part of our summer outside in the company of friends albeit maintaining proper social distancing of course. This gives me great hope that I will see you all again in September but in the meantime, stay safe, maintain social distancing, and look out for your family and friends. We can get through this together.- Mr Desmond

Good morning Year 8. Another week down and an interesting week around the world. My advice to you all is to still stay safe and follow the guidelines from the government. As you might be aware, Brent has been quite badly hit so we all need to work together to stop the spread of this disease around our families and loved ones.

I have bought myself a new watch during the lockdown - it can tell me how stressed I am, I can't wait to see it beeping when I'm back to school!

Today would have been the start of Euro2020, whether you are a football fan or not there would have been no avoiding this with Wembley hosting 6 games in total.

Kingsbury would have been full to the brim of football fans heading to the matches as England played 3 group games in a fortnight. The semi finals and final were also due to be held there but will now be played the same time next week. Keep finding things to do, new skills to learn, and take this difficult time to become a better person. Please find time to have a read of Ms Williams current affairs information at the bottom of this document. Miss you all.- 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!

Competitions - Phone case designs to be in by this Sunday please - 14th.

Design A Phone Case!

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 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!



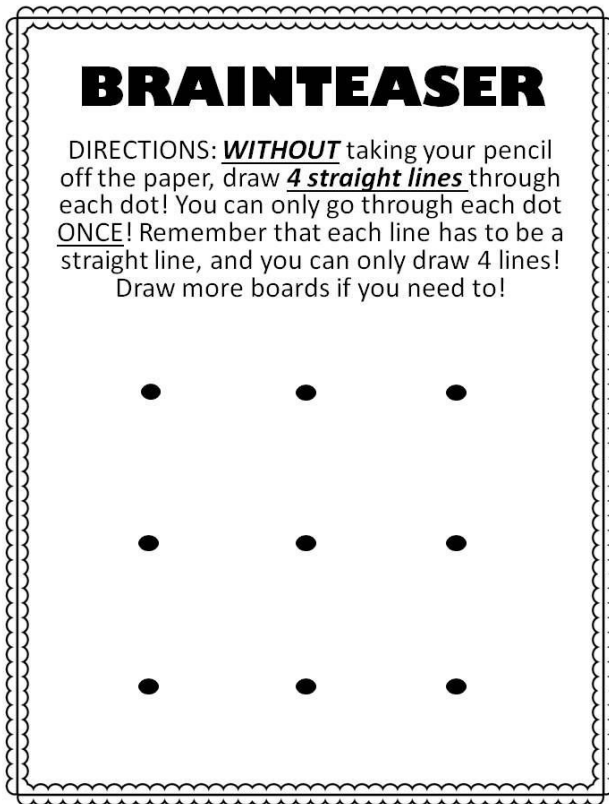
What if I don't have a phone?
No phone? No problem! If you still want to participate but don't have a phone you can print out/ draw a template of a phone case and decorate it. If a family member is ok with you decorating their phone case you could decorate theirs instead.

Quiz!

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

personality Split Personality	THIS Misunderstood chair	 Somewhere Over The Rainbow	history History Repeats Itself	million One in a Million
miniillbetheute I'll Be There In A Minute	High Chair	Space Invaders	 Slow Down	 Stand in the Corner
VISION Double Vision	WALKING ICE Walking on Thin Ice	STORM Eye of the Storm	SPOT X Marks the Spot	 Once Upon A Time
PROMISE Broken Promise	VIOLETS Shrinking Violets	UPSIDE DOWN Upside Down Pineapple Cake	DOOR Back Door	GET A WORD IN GET A WORD IN Edgewise
CO...RY		GROUND	DAKED	

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



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/>

Calendar of Birthdays this week - If you do not wish for your Birthday to be mentioned in the newsletter, please email Mr Froy.

Day	Students Names
Saturday 6th June	Kishon Kathirgamanathan
Sunday 7th June	
Monday 8th June	Andreea Cojocar

Tuesday 9th June	Erhan Chaker
Wednesday 10th June	
Thursday 11th June	Ayesha Yakub
Friday 12th June	Patricia Guzu and Arman Mafi-Nezhad

Day	Students Names
Saturday 13th June	Aliza Zahid
Sunday 14th June	
Monday 15th June	
Tuesday 16th June	
Wednesday 17th June	Harish Anbuthevan Antany Prinstan
Thursday 18th June	
Friday 19th June	Ameerah Ishtiaq

Quote of the week -



Thought of the week- This week I cannot help but turn my thoughts to bereavement and how it impacts on us as individuals and as a society. The images of protests around the world is a direct response to the bereavement

of both an individual and of a branch of society. The pain and anguish of losing a loved one has transcended from private and personal within the family dynamic and become one of shared grief at an untimely loss of life. Likewise it is the same within our smaller society of Kingsbury High. Even if you only knew Ms Dimond from when I shared the Year 7 office with her or when she supervised the B-half canteen at lunchtime, she was a friendly and familiar face to us all who would hesitate at nothing to ensure we all were supported. Her passing is beyond words. They simply would not have any impact that would adequately describe the care she showed to each and every person at Kingsbury High. The loss of Ms Dimond is a grief we all share.

This week in History -

June 10 - **1977** Apple Computer ships its first Apple II computers

June 11 - **1963** US President **JFK** says segregation is morally wrong and that it is "time to act"

- **1987 Margaret Thatcher** is 1st British Prime Minister in 160 years to win a third consecutive term

June 12 - **1964 Nelson Mandela** is [sentenced to life in prison in South Africa](#)

Word of the day - Vilipend; verb

1 : to hold or treat as of little worth or account

2 : to express a low opinion of

This is the Mirriam-Webster dictionary word of the day and very relevant to the ongoing narrative on race relations and its links to police interactions. Also applicable in any context where a person is discriminated against for any aspect of their being whether that be the colour of their skin, their gender, or their position in society.

For example as a women's rights movement pioneer, [Susan B. Anthony](#) fought against the dicta of those who would *vilipend* women by treating them as second-class citizens.

Lego

<https://www.youtube.com/watch?v=XU2dJsbdTT8> Check out the latest online video made by our talented year 7. How good are these!

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 : 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	CONNECT TUESDAY	GIVE BACK WEDNESDAY	TAKE NOTICE THURSDAY	LEARN FRIDAY
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.	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.	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?	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.	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.

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

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=hfznpykprP0>

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

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)

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)

Wellbeing

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.

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