

Message from Miss Powell & Mr Das

Dear year 10's although we are going through these very difficult times, it is with a heavy heart I must share with you some very sad news. Our dearest Mrs Dimond sadly passed away last week due to illness. This is upsetting for us all as I know many of you had a great relationship with her.



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

Mrs Dimond had been working at Kingsbury High School for nearly 20 years and was much loved by her colleagues. I remember when I started in 2017, Mrs Dimond was welcoming towards me and was always there to help me settle in. Despite her desk being surrounded by students all fighting for her attention at the same time, she always remained calm, kind and helped every one of you in such a loving way

Mr Das goes on to say: This has been a very difficult week for the KHS family, as we have all been shocked and saddened by the death of Mrs Dimond. I will miss her kindness and sense of humour, particularly when we would talk about football and West Ham United, the team we both support. Mrs Dimond and her family are in my thoughts and prayers, may she rest in peace.

Rest in eternal peace Mrs Dimond

If any of you would like to send a message of condolence for Mrs Dimond, please email Miss Powell or Mr Das directly

Mr Thomas will be writing to all of you and your parents about this tragic loss, and if any of you need any support please do not hesitate to contact us by sending an email. Although we are not physically back at school, we are still here for you and can support each other emotionally. As a

mark of respect for Mrs Dimond, the school will be closed on Thursday 18 June for all online learning and key worker provision, the letter from Mr Thomas will have details about this.

Message from the Year Leader

Hello year 10's, lovely to speak to some of you and your parents. Hope all is well

The past few weeks in the world has been very intense. Something we have never experienced before. With the corona virus still an ongoing issue and the protests and rise of the Black Lives Matter movement. Images of Joy, Sorrow , anger and so many emotions are flooding through our social media platforms

I came across a wonderful image of a young man called Adedotun Adeyemo which carries all of these emotions. Adedotun is a 2020 graduate from New Jersey, USA. Like millions of other students , his end of year ceremony was stolen from him due to Covid 19. As well as that, most of the streets in America were flooded by BLM protests putting all other issues on the back burner

To think that he and many others had worked so hard to reach this Pivotal moment in their lives, friends and family were unable to celebrate this joyous occasion where the spotlight would be on them to mark their achievements and act as a bridge between the end of their studies and the beginning of the next step of their lives.

To mark these two historical moments in his life. Adedotun decided to use the streets as his Graduation Ceremony stage.

Adedotun says, "We desperately need change. We have too many people for their own gain in this country. When you combine people not having anywhere to go with the sad deaths of black people, passion is going to come out. I'm glad people are trying to look at more than themselves – that's how we progress."

Below is a picture of Adedotun. By wearing his graduation gown to the protest, it carries such a strong message



It's a reminder of Power, knowledge, resilience, Intelligence, strength, education and the importance of your future. You must never stop learning.

Be strong, Be your best

Miss Powell

Message from the Stage Leader

Even as we begin our preparations for the return of some year groups to school, thousands of people have continued to take part in the anti-racism protests around the world following the death of George Floyd. That members of the BAME community are breaking social distancing guidelines in the middle of this pandemic where they are at greatest risk perhaps shows the strength of feeling on this issue.

Violence at the protests is wrong, not only for the damage it causes, but because it becomes a distraction, and allows other people to change the conversation away from the real issues so they don't have to deal with them.

The focus has started to widen away from police brutality and general racism, and onto other more uncomfortable areas that brings the history of this country into question. In Bristol a statue of the slave trader Edward Colston was pulled down and thrown into the harbour. The

statue had been controversial in that city for many years. In central London, the statue of Sir Winston Churchill in Parliament Square was sprayed with graffiti.

One reason many people from minorities are far behind nowadays is not because of now- it is because of then. It is the stories of yesterday that are shaping the stories of today. The stories of empire, slavery, colonialism and oppressing people, that brought this country great power and wealth. The story of how the British Industrial Revolution of the 18th and 19th centuries was built on cotton and the labour and resources of others - cotton from the colony of India or from the slave society of the USA.

These are the stories about this country that too many people simply don't know, and this lack of education plays a part in racism in the UK and our discussions about it. Great figures from history are often contradictory, complicated people, and all sides of their character and achievements should be known.

Churchill was undeniably a great wartime leader and protector of freedom who defeated the Nazis. But he also believed strongly in the British Empire and colonialism, with an imperialist attitude and policies that were a significant factor in the Bengal famine of 1943 where 3 million people starved to death. Ignoring the sins of the past creates more sins for the future. This country must be more honest about its past, and publicly talk about those episodes of its history, like the Bengal famine, that people are not taught about.

We are in a better place than we were years ago, but the unfortunate reality for many minorities is that they still have to work twice as hard and endure twice as much to get half as far. We need more people of BAME backgrounds in certain professions, especially in the upper levels. BAME people must get involved in all the institutions of this country, so their voice can speak for itself and is heard.

The Manchester City and England footballer, Raheem Sterling, who grew up in Wembley, has previously spoken out about the racist abuse he has suffered and earlier this week gave an interview on the BBC. He spoke movingly about the lack of BAME representation and equal opportunities in the football industry, I thoroughly recommend you watch it, it starts at 18 minutes:

<https://www.bbc.co.uk/iplayer/episode/m000jykh/newsnight-08062020>

One thing that does makes me hopeful is that the protests have been racially diverse, with large numbers of non-BAME people taking part and showing solidarity. Perhaps this means more people will want to talk about these issues, and to realise that talking about racism and complicated areas of history is not an attack on any one persons' ethnicity or country. That hopefully people will listen with an open mind and put themselves in someone else's shoes, and feel more comfortable with being uncomfortable.

To realise that this is not just "their problem", but is "our problem", for all of us.

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

Mr Das

GENERAL MESSAGE

Saaleh Abanur of Year 10 wrote the following poem as his reflection to the events in the US and the Black Lives Matter movement. Massive respect and thanks to Saaleh for such an emotional and powerful piece of writing:

No Justice

No Peace

No Racist Police

No Justice

No Peace

No Racist Police

Chants that we hear

Chants that we cry

Chants that we hope will never ever die

It's all for equality

It's all for our rights

It's all for the ability to not let our existence be an oversight

His death was the product of a corruption that's been institutionalised

Coded into the system and thus rationalised

His death was at the hands of those who promised to "protect with courage" and "serve with compassion"

Yet that all that could be seen was their lack of a suitable reaction

I can't breathe, I can't breathe, I can't breathe.

For 8 minutes and 46 seconds Derek Chauvin knelt on George Floyd's neck

I can't breathe, I can't breathe, I can't breathe.

George Floyd was murdered for what was allegedly a faulty \$20 cheque

I can't breathe, I can't breathe, I can't breathe

In normal cases a minor crime but because of the colour of his skin

I can't breathe, I can't breathe, I can't breathe

Floyd had to die. Let the protests begin...

They wonder why we protest
They wonder why we riot
They wonder why we won't stay compliant
to their little system that keeps them in power and the law biased
White privilege exists, it's undeniable
But why it exists is unjustifiable
As humans, we're made equal
But just because of the colour of our skin we become "inferior people"
They hold our rights and they hold our freedom
Because of this there's clear disparities in the system
Of which Black People are a major victim
And all of this is just to keep us weakened.
We want Justice.
We want Peace.
Please get rid of the racist police.
We want equality.
We want our rights.
Please don't let our existence be an oversight.
We accept that All Lives Matter
But that's not something we can pursue
Until they finally realise
Black lives do too

At George Floyd's funeral service on Tuesday, during a gospel song, the speed artist Ange Hillz created this image in white paint on a black backdrop:



Saaleh Abanur

Good day Kingsburiens

Hellos there Kingsburiens!

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

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

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://docs.google.com/forms/d/e/1FAIpQLSdZ9LFnbfUtRrmQUhXM-Uli-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