

Issue 9 - Friday 12th June

### Mrs Dimond



Although all pupils and parents were emailed yesterday with the news, it is with deep regret that we 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. When you were in year 7 and Ms Prince was off for a while with her broken leg, Mrs Dimond would have helped you out as she shared the office next to the library. Mrs Dimond made all of your timetables, helped move you set when you asked me and would do every job asked of her with distinction and a smile. Mrs Dimond leaves a very big hole in 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 Ms Prince at any time to [gary.froy@kingsburyhigh.org.uk](mailto:gary.froy@kingsburyhigh.org.uk) or [michelle.prince@kingsburyhigh.org.uk](mailto:michelle.prince@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 Ms during the day. Rest in Peace Mrs Dimond xx

### Message from the Year Leader and Stage Leader

Dear Year 9, This message comes to you with a heavy heart. I hope you and your families are well. I have received a few messages of sympathy expressing your own memories of Mrs Dimond which tells me how much she meant to you too. Mrs Dimond's unwavering support of her students and calming presence will be sorely missed. Please keep Mrs Dimond and her family in your thoughts and prayers for the days ahead and weeks to come. Stay safe, Ms Prince

Good morning Year 9. 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](mailto: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](mailto: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!

## 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/>

## Competitions - Designs to be sent in by this Sunday 14th Please.

### 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.


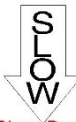



**Remember to have fun with this! Send in any photos of your cases to Mr Froy for a chance to win and earn credits!**



**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!

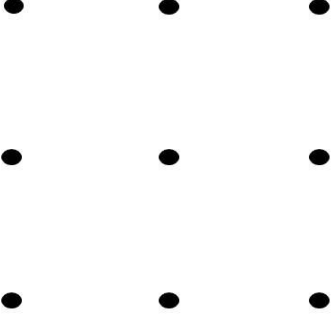
Hope you enjoyed working these out. Here are last week's answers and a new quiz below.

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

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

## 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!



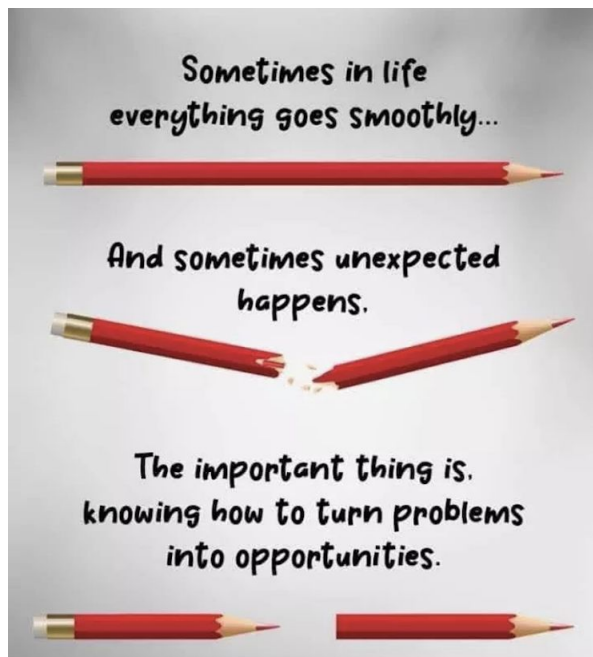
**Calendar of Birthdays this week-** If you do not wish for your Birthday to be mentioned in the newsletter, please email Mr Froy.

Day	Students Names
Saturday 6th June	
Sunday 7th June	Ragunanth Gnanasekaran
Monday 8th June	
Tuesday 9th June	Hania Elthaferi and Khalid Hotak
Wednesday 10th June	Anoj Roy and Tylerjay Tikur-Moorthy
Thursday 11th June	Rhys Bhudia
Friday 12th June	Ayush Ghale

## Calendar of Birthdays next week

Day	Students Names
Saturday 13th June	Abdel Hamid Bounedjamene and Raniyah Marques
Sunday 14th June	Niruya Gnaneswaran
Monday 15th June	Fatima Hassan
Tuesday 16th June	
Wednesday 17th June	Adem Beldi
Thursday 18th June	Hussainali Sachoo and Clara Wilson
Friday 19th June	Ayuub Elmi and Aarush Yogarajan

## Quote of the week -



## Thought of the week -



## 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

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June 12 - **1964** **Nelson Mandela** is **sentenced to life in prison in South Africa**

## Word of the day - Integrity *noun*

The quality of being honest and having strong moral principles.

"A woman of complete integrity."

## 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 : 15<sup>th</sup> 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.

<p style="font-weight: bold; color: #006633; font-size: small;">BE ACTIVE MONDAY</p> <p style="font-size: x-small;">A great thing about gymnastics is that it allows you to be creative &amp; individual. Today we want you to create shapes with your body. Have a look at last weeks British Gymnastics challenge for some ideas.</p>	<p style="font-weight: bold; color: #006633; font-size: small;">CONNECT TUESDAY</p> <p style="font-size: x-small;">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.</p>	<p style="font-weight: bold; color: #006633; font-size: small;">GIVE BACK WEDNESDAY</p> <p style="font-size: x-small;">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?</p>	<p style="font-weight: bold; color: #006633; font-size: small;">TAKE NOTICE THURSDAY</p> <p style="font-size: x-small;">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.</p>	<p style="font-weight: bold; color: #006633; font-size: small;">LEARN FRIDAY</p> <p style="font-size: x-small;">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.</p>
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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](mailto: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](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](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](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 13<sup>th</sup> 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

Hellos 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