



KINGSBURY HIGH SCHOOL YEAR 7 - NEWSLETTER

Week commencing: 19 th June 2020

Hello Year 7,

Our 10th edition today and 13th week in lockdown away from school. As the new measures come into play this week and more shops and businesses are starting to open -I've been on the lookout for some positive stories and some positive news !! These two caught my eye



A cleaner has washed the windows of more than 700 properties for nothing - in a bid to help local firms "bounce back" after lockdown.

"Scott", who runs a window cleaning-firm, did not accept a penny for the work in the Great Yarmouth area.

"A lot of people here rely on good weather and seasonal trade - and they are suffering,"

The Premier League's "Project Restart" finally sees mission accomplished on Friday when - exactly 100 days after it all stopped - the great national escapism of domestic football resumes again. Kick off Friday 20.15: See if you can guess who I want to win !!!





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Message from the Year Leader

Dear Year 7,

After a very tough week and sharing the sad news with you about the loss of my dear friend Mrs Dimond, it has been so important to think positively as I know she would have wanted us all to do. I am asking you to think of some ways in which you have been able to do this and also share some guidance with you of personally moving our mindset forward into our next phase to get us ready for the "New Normal"

It is important to remember that there will be life after lockdown and we must prepare and keep ourselves resilient and ready for what is to come. I hope you can think of Mrs Dimonds strength and her calm words of encouragement when you do this as I know I always will. Please take a moment to read all I have sent to you and do send me updates on your new skills and your 6 R's.

Take care of yourselves and each other, keep safe and well

Ms Snow

Sharing skills

What new skills have been learned in lockdown? Put kindness into action by **sharing new skills** with others

You don't just learn how to do one thing when you learn something new.

A new skill is like a seed. The main skill grows roots and sprouts leaves in many

directions, helping you to learn lots of things at once.



Think about: **What** is the skill? **Why** is it useful? **What** bigger things does it teach you how to do?



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Reflection and gratitude activities can help young people and indeed all of us manage our feelings and difficult situations.

As things change, we must learn how to change too. Changing all the time, or not changing quick enough, can be frustrating. It is important to remember there are things we can do to support ourselves and each other to cope.

We can help ourselves deal with difficult situations by developing coping skills. There are many things we can do to help us cope. Doing some things that you enjoy doing every day can help bring some stability into your life.

6 things that can make you feel better are 'the 6 R's of resilience':

Responsibility: This means thinking about how you feel and finding ways to make you feel better. Take care of yourself.

Reflection: take some time to think about the kind acts you have done recently, and the kind acts people have done for you.

Relaxation: Try the breathing with colour exercise to clear your mind. Fill your mind with colour, imagine a rainbow growing over you while you are deeply breathing in and slowly breathing out

Relationships: Think about the people you have around you that can support you.

Refuelling: Take some time to refuel. Eat well and sleep well.

Recreation: Do something active.

Think of one activity you can do every day to go with these **6 R's of resilience**. Add them to your routine, make them part of our "New Normal" to help us all look to the future in a positive way. Let me know how you get on!



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Happy Birthday !!



Denis	Ganga	23 June 2008
Aurelia	Bhanderi	24 June 2008
Rebeca	Soldanescu	24 June 2008
Heba	Al-Saadi	25 June 2008
Maoodood	Masoud	25 June 2008
Dainis	Sreders	26 June 2008

Instagram

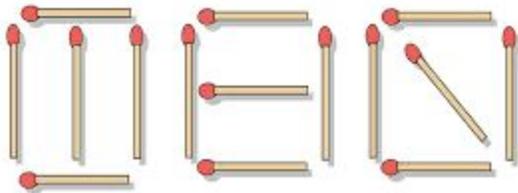
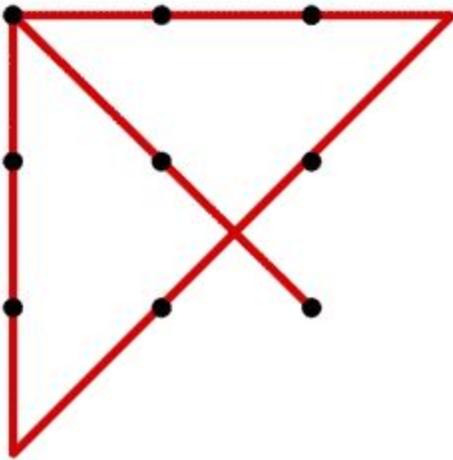
The KHS PE Department is posting a new fitness challenge every day for you to have a go at. Follow us on Instagram, by searching for @KHSPE to have a go and get moving with us! You can even earn extra credits by sending your PE teacher a picture of you participating, a picture of your smart watch or 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!



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Quiz!

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



Remove six matches to make 10



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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

YOUTH SPORT TRUST

NATIONAL SCHOOL SPORT WEEK 2020

AT HOME

supercharged by

During the course of the week you are invited to choose activities from the 5 themes below or create your own, then challenge yourself or someone else and capture your results on a personal best record sheet, take a video or picture of you taking part.

- Athletics (track & field)
- Aiming Sports
- Team Sports
- Adventure Sports
- Artistic Sports

Each theme encourages you to consider the 5 ways to wellbeing whilst doing the activity

Saturday 20 – Friday 26 June

#NSSWtogether

Other Ideas to Keep you Moving

Joe Wicks PE lessons at 9AM

Saracens Sport Foundation (Twitter) everyday @ 10AM, 2PM & 5PM

Move Crew - <https://ukactivekids.com/movecrew/>

Fun Personal Challenge

Week 3 of LYG Virtual challenges :

- Monday -
- Tuesday -
- Wednesday -

Let's do this #TeamBrent



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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](#)



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