



# KINGSBURY HIGH SCHOOL

## YEAR 8 - NEWSLETTER

Issue 10 - Friday 19th June

### Message from the Year Leader and Stage Leader

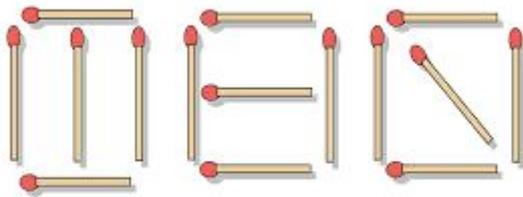
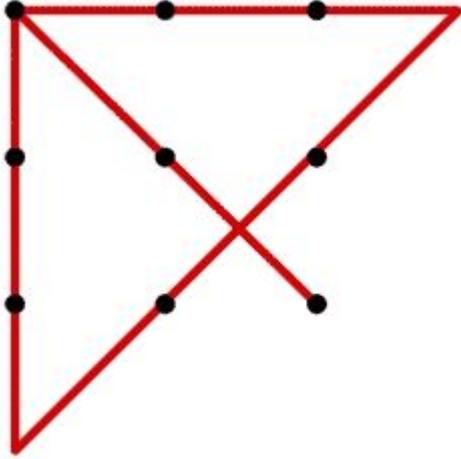
Hello Year 8. As always I hope you and your families are safe and well. As we approach the last 4 weeks of this term for Year 8, I'm sure you're all feeling the pressure in some way. Whether that be yet another week in some form of lockdown and wondering when it'll all go back to some form of normalcy or if it's worries about how you'll get back into the routine when we do go back to school, these feelings are normal and I, and Mr Froy, are available to talk to you if you wish.

Perhaps you're thinking 'there's only a few weeks left of school until the summer break so why should I do anything?' Well, it's more important than you realise to keep up with some schooling even whilst we're away from school. You don't want to be that only person who doesn't quite get a particular topic all because your peers did some studying but you didn't! So, even with only 4 weeks left to go, please make every effort to keep up the habit of study and preparing yourselves for Year 9. Have a great week.- Mr Desmond

Good morning Year 8. Our 10th edition today and 13th week in lockdown away from school. There are some changes coming up regarding your online work so please pay attention to show my homework, the newsletters and your emails to find out more in the coming days/week. We can see numbers across Brent, the Capital and the country lowering day by day which is a positive step. There were numbers of 35 earlier in the week which is still 35 too many but better than the 900 we had earlier on in April. Unfortunately, the younger generation are getting a bad press. People keep saying that they are seeing 'youths' grouping in parks and not socially distancing etc. For these last few weeks try to make this not you and play your part in completing this pandemic. There have now been 2 premier league games played this week on Wednesday with Tottenham v Man Utd tonight. Finally some hope for us football fans! Lastly, if you have any ideas for any competitions or items for the newsletter, please do let me know.- Mr Froy

### Quiz!

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



Remove six matches to make 10



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 13th June	Aliza Zahid
Sunday 14th June	
Monday 15th June	
Tuesday 16th June	
Wednesday 17th June	Harish Anbuththevan Antany Prinstan
Thursday 18th June	
Friday 19th June	Ameerah Ishtiaq

Day	Students Names
Saturday 20th June	Elissa Amari
Sunday 21st June	Amanda Fernando
Monday 22nd June	
Tuesday 23rd June	Murtadha Alnawas
Wednesday 24th June	Megan Omoya-Broad
Thursday 25th June	Riyan Salmoun

## Quote of the week -



**Thought of the week-** This week I was fortunate enough to spot two teenage foxes in my garden sunning themselves after a heavy downpour. Whilst I watched them relax and enjoy the warmth after the cold rain, I was reminded that sometimes we all have to stop and just relax for a while. Relaxing is just as an important part of study as the study itself and it doesn’t have to involve anything. Just as the foxes demonstrated, sitting out in the sun is just as lovely, if not healthier, than sitting in front of a screen. So, when it comes to your time of the day to relax, maybe don’t stay at your PC and watch a Youtube video, maybe don’t go straight onto your PS4 or Xbox, maybe don’t switch on the TV and aimlessly flick through the channels. Maybe go outside and soak up the sun.



## This week in History - June 19th-

- **1829** Sir **Robert Peel** introduces the Metropolitan Police Act 1829 into Parliament to establish a unified police force for London
  - **1862** Slavery outlawed in US territories
  - **1865** Union General Gordon Granger declares slaves are free in Texas, now the date the end of slavery is celebrated across the US as Juneteenth
- 

June 23rd -

**930** World's oldest parliament, the Icelandic Parliament, the Alþingi (anglicised as Althing or Althingi), established

**1972** Hurricane Agnes becomes America's costliest natural disaster, effecting 15 states, with 119 deaths and \$3 billion in damage

**2016** Brexit referendum: United Kingdom **votes to leave** the European Union

**1974** 1st extraterrestrial message sent from Earth into space

June 24th

**1509** **Henry VIII** is crowned King of England in Westminster Abbey

- **1853** US President **Franklin Pierce** signs the Gadsden Purchase, buying 29,670 square-miles (76,800 square km) from Mexico for \$10 million (now southern Arizona and New Mexico)
  - **1901** 1st exhibition by **Pablo Picasso**, 19, opens in Paris
  - **1930** 1st radar detection of planes, Anacostia, Washington, D.C.
- 

**Word of the day - Stalwart:** adjective

marked by outstanding strength and vigor of body, mind, or spirit.

We have all been stalwart in our recognition the lockdown is necessary and have done our part to ensure its success against Covid-19.

**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

**YOUTH SPORT TRUST**  
**NATIONAL SCHOOL SPORT WEEK 2020**  
**AT HOME**  
supercharged by **sky sports**

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 LY6 Virtual challenges :  
Monday -  
Tuesday -  
Wednesday -  
Let's do this #TeamBrent