



# KINGSBURY HIGH SCHOOL YEAR 7 - NEWSLETTER

Week commencing: 26 th June 2020



Dear All,

I hope you are all keeping well. This week a letter was sent to your parents ( and emailed to you), with details of some changes to online learning starting next week beginning Monday 29 June.

We have listened to your feedback about the number of lessons each day, so we have streamlined this to only 3 lessons per day. The lessons for each day will be set according to the timetable

Year 7	Monday	Tuesday	Wednesday	Thursday	Friday
Lesson 1	ENG	CS/AR	HUM	PE	ENG
Lesson 2	LAN	MA	MA	SC	EA/MU/DT
Lesson 3	HUM	HUM	CS/AR	EA/MU/DT	PE

Lessons will be available from 9.00am. You should try and engage with each lesson at the times given, but obviously there is flexibility to this, as long as you complete the sessions set for each day.

I hope this helps make your workload more manageable for the last few weeks of term.

Stay safe,



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### Message from the Year Leader

Good Day My lovely Year Group,

I hope you are all safe and well.

I cannot begin to tell you how uplifting it has been this week hearing from so many of you, your emails for Mrs Dimond have moved me to tears but all of them happy ones. To know that she meant so much to so many of you and that you appreciated all she did.

There were so many beautiful emails, Sara talked to me of her shining eyes and beautiful scarves, Vincent remembered her kind support, Layla L and her brothers remembered her smile and shared times, so many of you wrote to me and proved that you understood exactly why she was the heart of the school.

All that you shared will be going into a memorial book for her family so they can see and know that her life made a difference and that she will be remembered by us all.

We must not forget all that she stood for and must use Mrs Dimonds ways as a guide to live by.

Calm compassion, encouragement, huge strength, honesty, kindness and full support were some of Mrs Dimonds strongest qualities but she also had a fire in her belly, she knew right from wrong and would help others see that. Most of all Mrs Dimond will be in my mind, my dear friend with the very best sense of humour and when we started to laugh in the office, it was hard to stop and focus on what we should be doing.

I know she would be telling you all right now to be strong, to keep up with your home learning, do not give up and take this time to enjoy the moments you are now sharing at a slightly slower pace with your families, don't take things or each other for granted, as life is short and soon you will be able to start looking forward to new adventures that will come round all too quickly and this will all be a memory of days gone by.

Yusuf sent me an incredible riddle this week which made me think of this time we are in and Mrs Dimond, I will share it with you, see if you can work out what the answer may be:

**You have me today,**

**Tomorrow you'll have more;**

**As your time passes,**

**I'm not easy to store;**

**I don't take up space,**

**But I'm only in one place;**



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**I am what you saw,**

**But not what you see.**

**What am I?**

Take care of yourselves and of each other, keep those messages and emails coming and remember I am here for you if you need anything or want to share, no question is a wrong one and if I can help, let me know.

Keep smiling, even when its hard, it will brighten up something for someone  
Ms Snow

## Students Work

### A poem by Niral Vijeshwar year 7

#### Night

The stars are fluttering their eyelashes  
to invite us to join.

As I walk in the rain all by myself.

The twinkling stars are dancing  
As the austere moon was hiding  
behind the candy floss like clouds.

As the grainy, milky moon starts to  
come out behind the curtains of the clouds.

The mischievous stars become timid  
like a bunny.

The moon takes charge once again.  
Orders them to sleep and allows them to  
see dreams.

Well Done



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### Positive 7I shout outs from Science

1. Lathusa Balendrakumar: she has completed all tasks and always sends me a message to let me know how she is getting on with the work and she is always ready to take on feedback that I give her. Such a positive student!
2. Sanjana Dudhaiya: Always completes all tasks and she has attempted the more challenging tasks that I have set. She has maintained her positive work ethic.
3. Sidra Khan: She has completed almost all of the work set and lets me know how she is getting on - often sending her work through so I can check through and see her brilliant answers.
4. Layla Lamri: she has been working extremely well throughout the lockdown, completing all tasks and asking for help when she needs to - she has maintained a very positive work ethic.
5. Mojeeb Mangul: He has completed all tasks I have set, he has let me know if there is an issue and has been really consistent, often sending me his work so I can see that he has gotten everything correct.
6. Vincent Rionda-Yau: He always completes all tasks that I have set. And he always scores 80% or higher in my SHMW quizzes. He also sends me his work, so that I can see his brilliant work too.
7. Riya Sanghvi - Always completes the class work, and she has impressively scored 100% in all of the SMHW quizzes I have set for the class.
8. Kashvi Tyagi - she was new to the class in March, I only met her once but she was completing all tasks really well and she often re did work or made extra revision powerpoints without being asked to!
9. Shayan Varsani - He has been completing a lot of the tasks set and often sends me photos of his work - I can see a lot of effort and hard work in his photos.

**Nikhil Patel**

Italy Unlocked: <https://www.youtube.com/watch?v=XU2dJsbdTT8>



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Happy Birthday !!



Reem	Hamdi	28 June 2008
Nisar	Yadgary	28 June 2008
Rayan	Amin	30 June 2008
Kira	Patel	02 July 2008
Navid	Torkmany	02 July 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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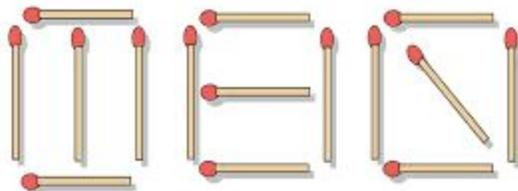
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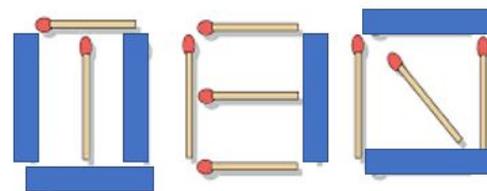
### Quiz!

Hope you enjoyed working these out. Here are last week's answers

You remove matches to spell TEN!



Remove six matches to make 10



Remove six matches to make 10



### Music

#### 'BRENT ANIMATED'

This summer, create and animate from home.

London Borough of Brent has been awarded **'The Borough of Culture 2020'** and to celebrate, INANIMATORZ GO! will be hosting FREE online workshops teaching stop motion animation.

Register today and you'll receive a special INANIMATORZ GO! starter kit, packed with goodies to get you animating.

There are **20 FREE places** up for grabs! You will learn the basics of creating a stop motion animation across four weeks and share your unique story celebrating the borough of Brent and where you live.



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### All you'll need is:

- A Smart Phone
- Objects around your house
- Some inspiration
- A great idea
  - **Sign up by 17th July to confirm your place.**
  - **Classes start 31st JULY**
  - **16+ (accept younger students with parental permission)**
  - **You must commit to FOUR weeks**
  - **Follow us @ inanimatorz**
  - **#BRENTANIMATED**

Here's a link to our events sign up page:

<https://www.eventbrite.com/e/inanimatorz-go-free-stop-motion-animation-online-worksh-ops-4-weeks-tickets-104314816424>

### Help with Google classrooms

<https://www.loom.com/share/7acc954637e6408d8b8d5a52d47b1e47>



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### Wellbeing

**Hello there Kingsburians!**

**This week's Well-Being Bulletin challenge is balancing our lives.**

It seems that time is our enemy right now, roughly a quarter of our academic year has gone without us setting a foot in school. Whether we have used it wisely or not, time will tell.

Undoubtedly, life is not all about studying; nor is it being lazy or just having fun. It is a balanced mixture of all three.

Studying all day: firstly, is useless as your brain would be overwhelmed with content and not have time to fully process what you have learnt. Not only that, it is an ineffective method of learning! According to research our brains are able to remember and learn things while we switch between activities, this gives our minds time to relax and not get overwhelmed. (10:4611 Secrets to Memorize Things Quicker Than Others YouTube · BRIGHT SIDE4 Dec 2017)

From personal experience excessive studying after a while leads to "student burnout" this is when you lose interest and the desire to study, even if you did 8 hours of absolute revision a day, just after a week you would no longer be even looking at your books for weeks. If you do the maths it would be a loss compared to someone who only revised for 2.5 hours a day.

Being lazy will get you nowhere, but that feeling of just laying on a couch and being like "meh" is out of this world once in a while. This can become a problem if this is what you do every day. However, sometimes you have to take a break to enjoy yourself and have fun not worrying about work or other things that may be causing you stress. Unfortunately all this can come to bite you in the end, where you can then rush your tasks and work and you end up asking: "was it worth it?"

Having fun, well it is fun! It is a great thing which is what makes it impossible to resist but can also sometimes be a terrible thing. "Just one more video" next thing you know it is 2 am. We can never realise how fast time is passing by, when having fun.

But without having fun... You know what, balancing and being able to do all three of these is what sets us apart from computers and robots. It is what makes us humans. All of these help to keep us happy and healthy in life.

**Your challenge for the week**



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For this week try to make balance between all the activities you do in your daily life. For example, if you're someone who watches Netflix all day long, try to watch it for 1-2 hours and use the rest of your time to do different things such as learning a new language, doing some exercise, keeping up with the school work set or learning a new skill.

Too much of a good thing is a bad thing! Keep that in mind.

## Be Active: Stay In Work Out /5 Ways to Wellbeing

### Kingsbury High School Sports Partnership

ssp@kingsburyhigh.org.uk

#StayInWorkOut    #5WaysToWellbeing    #BrentKidsMoveMore

**Week commencing : 29<sup>th</sup> June – Sports Day**

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><b>BE ACTIVE MONDAY</b></p> <p>Today we want you to recreate your 5 favourite Sports Day activities. It could be tug of war, egg &amp; spoon race, relay race, target challenge, long jump anything you like, you could even make up your own activity! Each day this week we want you to complete one activity with a family member or friend.</p>	<p><b>CONNECT TUESDAY</b></p> <p>Thinking about sports days share your favourite sports day moment with someone and get them to share theirs with you</p>	<p><b>GIVE BACK WEDNESDAY</b></p> <p>While you compete in one of your challenges, remember to cheer each other on and help each other reach their best potential</p>	<p><b>TAKE NOTICE THURSDAY</b></p> <p>Take notice of what you are doing, what body parts are working and how you could improve your result and do better</p>	<p><b>LEARN FRIDAY</b></p> <p>We hope you have done your activities this week with someone, everyone learns and practices differently so today we want you to talk to the person or people you competed against to see how they practice to improve their result.</p>
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**Other Ideas to Keep you Moving**

Joe Wicks PE lessons on Monday, Wednesday and Friday @ 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**

Final week of LY6 Virtual Games !  
A new challenge will be published at 9AM on Monday, Tuesday and Wednesday.  
Get your entries in by 12PM Friday!  
**#TeamBrent**



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## KHS Summer Challenge



### What is the 'KHS Summer Challenge'?

The 'KHS Summer Challenge' is open to all students from Year 7 to Year 9. The challenge involves 12 tasks aimed to stretch and engage students academically and creatively. Tasks have been created to ensure choice and scope so that individual learners can investigate and research topics of personal interest in a variety of different formats.

See attached to the email for tasks

### How many tasks do I have to complete?

The challenge is optional and students can complete as many tasks as they want in whatever order they like. This means you could start by completing Task 12 or simply focus on the tasks that really interest you as a learner! You can spend as much time on each task as you like from now until Wednesday 2<sup>nd</sup> September 2020. This is to give you flexibility whilst completing other schoolwork.

### How do I enter?

1. Email Ms. Williams at [catrin.williams@kingsburyhigh.org.uk](mailto:catrin.williams@kingsburyhigh.org.uk) to request access to the 'KHS Summer Challenge' Google Classroom
2. Accept the invite to the Google Classroom titled 'KHS Summer Challenge'
3. Pick a task to complete first, start researching and creating
4. Once you've completed the task up-load the evidence to Google Classroom



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## Who do I speak to if I have any questions about the 'KHS Summer Challenge'?

Email any questions, comments or concerns to Ms. Williams at [catrin.williams@kingsburyhigh.org.uk](mailto:catrin.williams@kingsburyhigh.org.uk)

## Will there be a reward for my participation?

All those who participate will be given a certificate acknowledging their hard work. This certificate will be awarded by the Head Teacher at a future date. The certificates will be levelled according to the quantity and quality of the work completed.

- Bronze Award – 1+ tasks completed to an excellent standard
- Silver Award – 4+ tasks completed to an excellent standard
- Gold Award – 7+ tasks completed to an excellent standard

You should track your progress in the challenge by using the KHS Summer Challenge Log. This Log will also be submitted to Google Classroom by Wednesday 2<sup>nd</sup> September 2020.

Good luck