



KINGSBURY HIGH SCHOOL

YEAR 8 - NEWSLETTER

Issue 11 - Friday 26th June

Message from the Year Leader and Stage Leader

Hello Year 8. With 3 weeks left to go until the summer break, it's just as important than ever before to keep working. Important updates were sent to you and your parents earlier this week and are clarified below. I know that in this glorious weather we're now having it would be tempting to spend the day outside but I would suggest that if you follow the new timetable that asks for just 3 hours of work a day, this will leave you with so much time to play and be outdoors. In fact, my advice would be get the work done first thing in the morning otherwise it'll be a struggle to get it done in the afternoon or evening. As ever, if there are any issues or concerns then do please email me and I'll do what I can to help. Stay safe - Mr Desmond

Good morning Year 8. Just 3 weeks left of the weirdest school term we have ever known. The excitement would have been at fever pitch ready for Graduation in just over a weeks time and the 3 Excel days next week. Many of you would have been going on trips out or even abroad. This week it has felt like we are abroad anyway with temperatures hitting 30 degrees celsius. This is fantastic for my tan but makes working inside a lot harder!

There are big changes next week with the expectation of work, please see the section below and read the letter your families would have received by email. Please make sure you complete all the work to hold you in good stead for next year. Keep smiling, keep safe.- Mr Froy

Workload

Since this was sent home, I have had a lot of emails asking for clarification. Please read this to make it clearer for you.

As of Monday you have a new timetable for school work. You will only be expected to complete 3 pieces of work a day instead of the 5 you have been doing. This makes things more manageable so please attempt to complete all work even if you have not done as much recently. All work will still be set on show my homework and they will not involve zoom or virtual lessons.

Year 8	Monday	Tuesday	Wednesday	Thursday	Friday
Lesson 1	Languages	English	English	English	Science
Lesson 2	RE/CS/AR	Maths	Geography	EA/MU/DT	RE/CS/AR
Lesson 3	Science	PE	History	Maths	PE

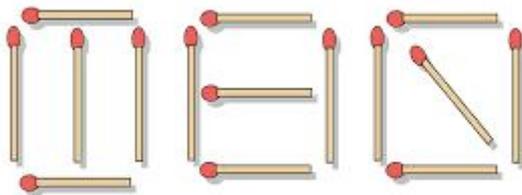
KHS Summer Challenge

The 'KHS Summer Challenge' will run from now until Wednesday 2nd September 2020, giving time and flexibility whilst students complete other schoolwork. This Challenge will be open to all students from Year 7 to Year 9. The challenge involves 12 tasks to help stretch and engage both 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. Please look at the attached document in your email for more information. Any further questions, please email Ms Williams.

Quiz!

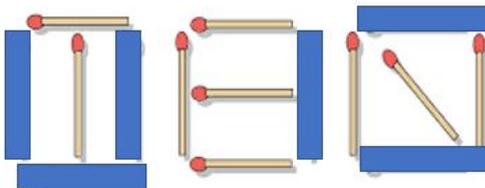
Hope you enjoyed working these out. Here are last week's answers and a new quiz below.

You remove matches to spell TEN!



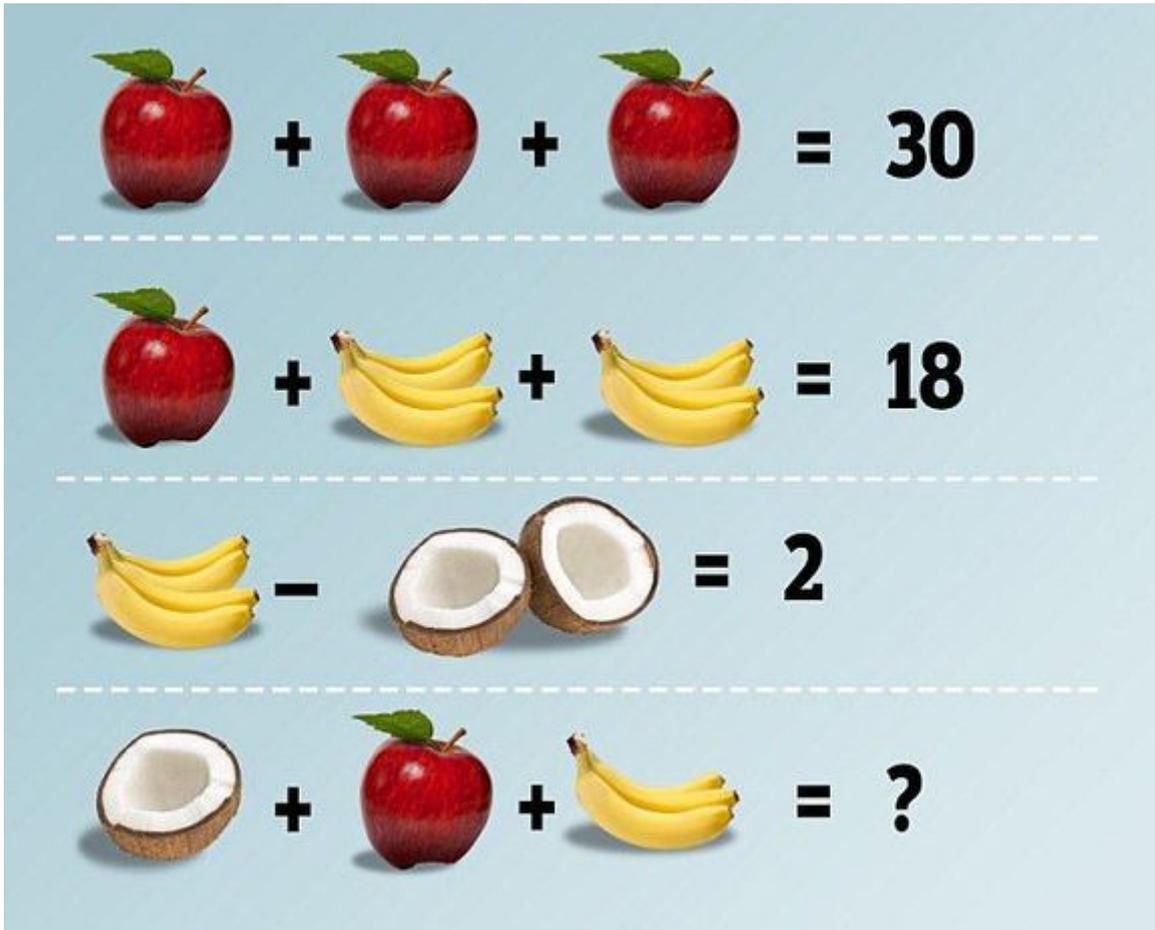
Remove six matches to make 10

 TeachStarter.com



Remove six matches to make 10

 TeachStarter.com



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 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
Friday 26th June	

Day	Students Names
Saturday 27th June	Craig Denby
Sunday 28th June	Yonis Dahir and Noor Mohammed
Monday 29th June	
Tuesday 30th June	Sami Chughtai
Wednesday 1st July	Chelsey Ormston
Thursday 2nd July	Jamin Ange Ntiamu Bila
Friday 3rd July	Antoine Lord and Apishan Sivarajah

Google Classroom help

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

Watch the link above if you need more help on how to submit work on google classroom. If you need further assistance please email Mr Cumbers at david.cumbers@kingsburyhigh.org.uk

Quote of the week -

'It's nice to be important, but it's more important to be nice'.

Thought of the week-

With the sun beating down upon us this week, I think of summer and all that it could possibly bring. In films, the summer break is often one portrayed as 'the best summer ever'. A summer that brought adventures with friends, trips with family, ice-creams and games at the beach or park, and life defining moments.

Even though it's unlikely any of us will be able, or want to, travel abroad this year, it has certainly been a year of life defining moments and, with the prospect of lockdown procedures easing more and more, there is a real chance that once the term is over and the summer break is finally here, you all have the opportunity to make this a summer to remember. Even though it was absolutely the correct thing to do, too long have we been indoors away from friends, family, adventure, and the things that bring us joy when we're outdoors. I sincerely hope that in 3 weeks time, you'll all be able to meet with friends and create such strong memories you'll look back in years to come and instead of thinking 'that was the year of the virus' you'll also recall it was the best summer ever.

This week in History -

27th June

1929 1st color TV demo, performed by Bell Laboratories in NYC

28th June

1949 South Africa begins implementing apartheid; no mixed marriages

1st July

- **1916** First day of the **Battle of the Somme**: the **British Army suffers its worst day**, losing 19,240 men (WWI)
 - **1921** The Communist Party of China is founded and Chen Duxiu elected its leader
 - **1941** Bulova Watch Co pays \$9 for 1st ever network TV commercial
-

3rd July

1996 UK House of Commons announces that the Stone of Scone, aka the Stone of Destiny, used in the coronation of Scottish (and subsequently English and British monarchs), will be returned to Scotland after 700 years in Westminster Abbey

Word of the day -

Peregrination *n*; a journey, especially a long or meandering one.

'The young girl kept her aunt company on her peregrinations'.

We've all been on a journey to get through the impact of Covid-19. Let's hope there is an end to the journey soon and life can return to some kind of normality.

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.

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-workshops-4-weeks-tickets-104314816424>

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

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.

Stay safe,
The well being team

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 : 29th 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.

BE ACTIVE MONDAY

Today we want you to recreate your 5 favourite Sports Day activities. It could be tug of war, egg & 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.

CONNECT TUESDAY

Thinking about sports days share your favourite sports day moment with someone and get them to share theirs with you

GIVE BACK WEDNESDAY

While you compete in one of your challenges, remember to cheer each other on and help each other reach their best potential

TAKE NOTICE THURSDAY

Take notice of what you are doing, what body parts are working and how you could improve your result and do better

LEARN FRIDAY

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.

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 LYG Virtual Games !

A new challenge will be published at 9AM on Monday, Tuesday and Wednesday.

Get your entries in by 12PM Friday!

#TeamBrent