



# KINGSBURY HIGH SCHOOL

## YEAR 9 - NEWSLETTER

Issue 12 - Friday 3rd July

### Message from the Year Leader and Stage Leader

Hello Year 9, I have lost count of the number of weeks since we were all together. Suffice to say it has been too long! I have had some lovely conversations with you and your parents too. It has been heart warming hearing your voices at the other end of the phone, some of which have been considerably deeper! I can imagine how much taller you will be in September, I think it's time to dust off my platform shoes. Two weeks left until the end of the weirdest and somewhat most challenging school year that I have ever experienced. I hope that you like the new way of working online for the last few weeks of school, remember to complete and submit your three lessons per day, the students I have spoken to this week prefer it as it is easier to manage. Please remember to stay alert and stay safe!  
Take care, Mrs Prince

Good morning Year 9. I hope you and your families are still keeping well. It has been such a long time since you have been into school but keep having that vision of soon returning and things attempting to get back to normal. I am still interested in seeing what some of you have been getting up to so please drop me an email with any pictures or stories of what you have been doing. Remember one of the best things that you can do is to exercise regularly. This releases hormones in your body which allow you to be happy! I have now completed 10,000 steps every day for the last 24 days running- I am going to see how long I can keep this streak up. What is the most amount of steps you have done in one day?

Keep smiling, keep safe.- Mr Froy

### Ms Dimond Condolences Book

Here is the link to Ms Dimonds condolence book. Please take a minute

The link is [here](#)

### Lego

<https://www.youtube.com/watch?v=RN2vRwJy40k>

Check out the last lego animation of the year!

## Workload

### SAM Learning

The school is no longer using SAM Learning. Unfortunately it was not cost effective. Teachers that used it will be setting alternative work for you.

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.

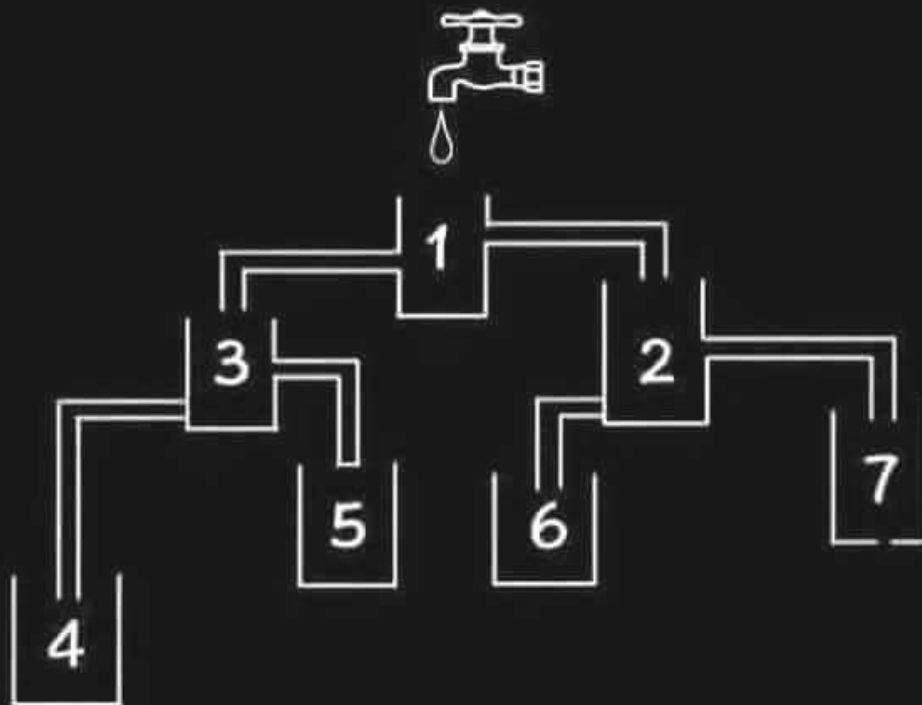
Year 9	Monday	Tuesday	Wednesday	Thursday	Friday
Lesson 1	Option P	English	English	Maths	Option H
Lesson 2	Maths	RE	Science	Languages	Languages
Lesson 3	Option H	Science	Maths	Science	Option P

### Quiz!

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

Answer to last week was 14. Coconut = 1, Apple = 10, Banana was 3.

Which cup get filled firstly?



99% will fail.

**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 27th June	Ahmed Murshed, Zohair Shaikh and Farren Wilson
Sunday 28th June	
Monday 29th June	Saima Karim
Tuesday 30th June	Wassim Alilou
Wednesday 1st July	Bryan Ndukwe
Thursday 2nd July	Garcia Millwood Francis
Friday 3rd July	

**Calendar of Birthdays next week**

Day	Students Names
Saturday 4th July	Salwa Ali
Sunday 5th July	Medeea Mihaescu
Monday 6th July	Thuksha Thavarajah
Tuesday 7th July	Mohamedamin Ibrahim
Wednesday 8th July	Ingrid Calbaza and Joshua Buliga
Thursday 9th July	Nishi Hirani
Friday 10th July	

## 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

## Science



## Big Bang DIGITAL 2020

Science, engineering & Covid-19

**Meet the inspirational scientists, healthcare professionals, engineers, technicians and students doing incredible things during lockdown.**

Big Bang Digital 2020 – science, engineering & Covid-19 is a free, online event on **Tuesday 14 July** that celebrates the amazing work of scientists and engineers in a pandemic. The 1-day event celebrates their achievements, hears about challenges, innovation and collaboration, and explores some upsides to lockdown.

Aimed at students aged 11+ [#BigBangDigital](#) gives young people a front row view of the incredible contribution of people working in science and engineering.

**For more details and the latest confirmed line-up visit the website**

### Announced line-up

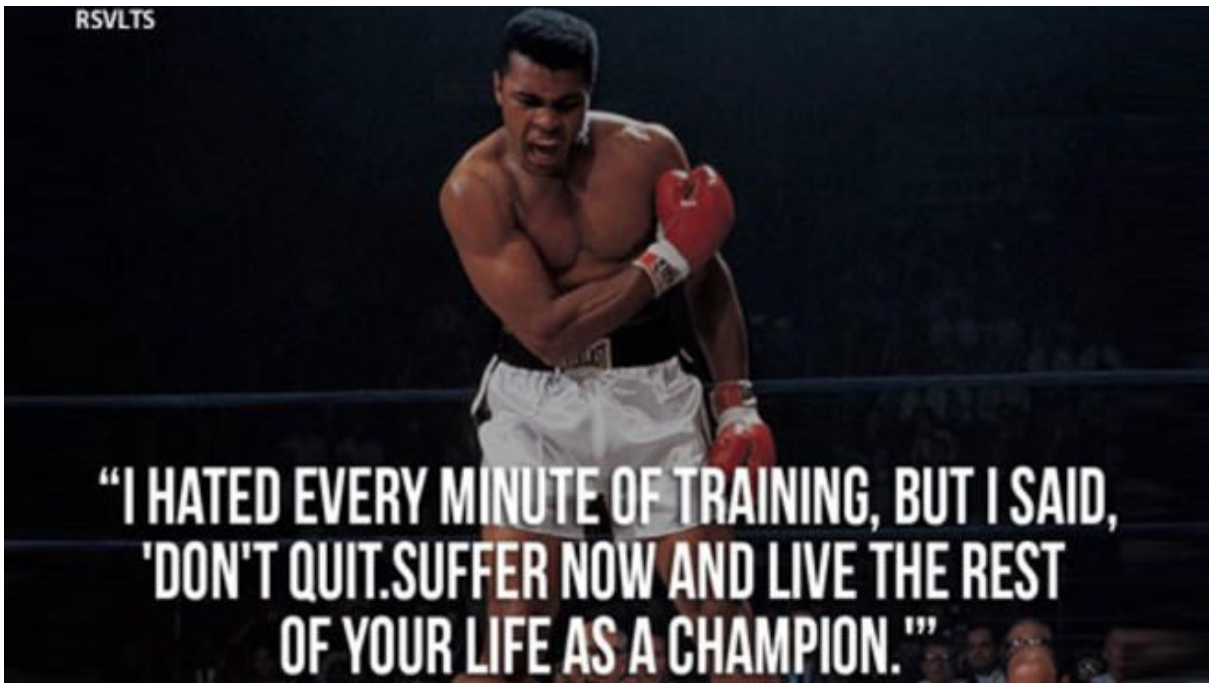
- The worldwide race to develop a vaccine (GSK)
- The environmental impact of staying at home (Plastic Oceans)
- Keeping the water flowing (Thames Water)
- Designing a social distancing lanyard (RS Components)
- Feeding the nation (Harper Adams)

An inspiring day of upbeat sessions, [Big Bang Digital 2020](#) suits students with an interest in the people, or the STEM (science, technology, engineering and maths) behind the news stories. Get involved with interactive polls, live Q&A sessions, and Big Bang activities – there's also a follow-up competition for summer inspiration.

Whether it's through a live stream at school/college or on a tablet at home, join online for an uplifting look at the essential role of science and engineering.

**For more details and the latest confirmed line-up visit the website**

## Quote of the week -



### Thought of the week -

*We are reminded that, in the fleeting time we have on this Earth, what matters is not wealth, or status, or power, or fame, but rather how well we have loved and what small part we have played in making the lives of other people better.*

*Barack Obama*

### This week in History -

5th July - **1687** [Isaac Newton](#)'s great work Principia published by Royal Society in England, outlining his laws of motion and universal gravitation

**1994** Amazon.com founded in Bellevue, Washington by [Jeff Bezos](#)

6th July - **1785** US Congress unanimously resolves the name of US currency to the "dollar" and adopts decimal coinage

- **1885** [Louis Pasteur](#) successfully give an anti-rabies vaccine to 9-year-old Joseph Meister, saving his life

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7th July - **2005** Coordinated terrorist bomb blasts strike London's public transport system during the morning rush hour killing 52 and injuring 700

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- **2005** Influenced by Live 8, the G8 leaders pledge to double 2004 levels of aid to Africa from US\$25 to US\$50 billion by the year 2010
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8th July - **1800** Dr Benjamin Waterhouse gives 1st cowpox vaccination in the US to his son to prevent smallpox

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## Word of the day - **Arduous**

**Arduous** [ar·du·ous] *adj.* 1. Demanding great effort or labour; difficult. “An *arduous* undertaking.” 2. Testing severely the powers of endurance; strenuous. “A long and *arduous* process.”

## Wellbeing

Hello there Kingsburians!

This week's Well-Being Bulletin challenge is sleep. Zzz

It is a necessity for our survival as mankind: you need it, your teachers need it, your parents need it, even I need it.

I understand that this pandemic has destroyed our schedules -the sleep one in particular . When I go on WhatsApp I see that my close friends were active at 4 am (very late) but would be messaging me at 10 am. 6 hours is nowhere near enough, as developing teenagers we need a minimum of 8 hours of downtime. According to the NHS, our generation (15 years olds) need approximately 9 hours and 15 minutes of sleep. It is much better for you to sleep at the same time and during the night and not the day if possible. Sleep is the most important part of my day. Some of us have been given through social media “memes” the vile mentality of sleep being for the weak. It is not!

Sleep, as passive as it may seem, is what helps to create a balance within our life. It is a time when we are doing nothing, nevertheless so much is happening

During deep sleep muscles are relaxed and tissue growth and repair is initiated, this is because when we sleep, hormones are released, in particular the growth one's. -I am not the only one that wants to be 6'2!

According to “Brightside (2020)” whilst we sleep a chemical is released in our brains, washing away all toxins, keeping us safe.

According to “Queensland health-2018” (2020) whilst we sleep - dreaming about unicorns- our brains sort and store the day's information, this process is used to categorise what is to be kept in the long-term memory and what is to be forgotten.

Sleep and concentration are linked. It is not rocket science when you think about it, if you give your body and mind time to relax and process things then your brain would be refreshed therefore being able to concentrate and apply itself 100%. This means that sleep deprivation would have a detrimental impact on our cognition (how we think).

Continuously being sleep deprived is linked to risks of developing depression. One

reason to this may be that your brain is getting overwhelmed therefore the slightest change in situations can lead to stress and anxiety.

Sleep deprivation is linked to social awkwardness, what this means is that you are too tired to interact with others, which could ruin your relationships with them.

According to one study done by "Health line (2020)" those with sleep deprivation had slow reaction times, they were unable to understand situations or even read them- as if they were tipsy.

If your mind is happy then you will be happy.

So Kingsburians, get some good sleep, do not go to bed too late, it is one of the most important things you can do for your well being.

## 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 : 6<sup>th</sup> July – Olympics 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.**

<b>BE ACTIVE MONDAY</b>	<b>CONNECT TUESDAY</b>	<b>GIVE BACK WEDNESDAY</b>	<b>TAKE NOTICE THURSDAY</b>	<b>LEARN FRIDAY</b>
A the start of the Olympic and Paralympic Games there is an Olympic torch relay. We want you to recreate this in your home ensuring each person in your household takes the torch around each room in the house.	Today we are going to practice our listening skills. This is something that Goalball players have to be very good at. Take a look at the "Listen up" activity card for more details.	Using the eat well guide see if you can plan or even cook a balanced meal considering all the food types.	How do you show the Olympic Values in your daily life? Determination & Courage Friendship Respect Equality Inspiration Excellence	At this year's Olympics we would have seen the following new sports included: skateboarding, sport climbing, baseball/softball, karate and surfing.  Think about what new activities you would like to learn and get involved in?

**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**  
Train to win exercise challenge:  
Speed bounce - create a line on the floor with a towel or tie, count how many times you can jump from side to side or front to back in 30 seconds, record your attempts on the challenge card and see if you can improve your score each day.