



KINGSBURY HIGH SCHOOL YEAR 7 - NEWSLETTER

Week commencing: 10 thJuly 2020

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

Kingsbury High School Sports Partnership

ssp@kingsburyhigh.org.uk

#StayInWorkOut #5WaysToWellbeing #BrentKidsMoveMore

Week commencing : 13th July – Celebrating Success

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 Think about 5 activities you have enjoyed and done well over lockdown. Create a weekly plan for these activities.	CONNECT TUESDAY This has been a difficult time for everyone. Think about one thing you have done that you are proud of during the lockdown.	GIVE BACK WEDNESDAY Lockdown has allowed us to take time out of our busy day to day lives. What have you changed during lockdown that you would like to continue to do?	TAKE NOTICE THURSDAY Recreate your favourite sporting moment. This could be a personal moment you were involved in like scoring a goal in a school football match or something you have seen in sport for example England Womens team winning the Cricket World Cup in 2017	LEARN FRIDAY During this time we have learnt more about ourselves, our families and the wider community. Think of one thing you have learnt from having to stay at home.
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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/>



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Message from Ms Snow

Dear Year 7,

In this last term we would have arranged for you another London Excel day trip to explore your local area, maybe some museums, maybe doing something creative and I wanted you all to still have a chance of doing that even if it's in a slightly different way.

This week is my week of lists. I am looking at things I would want to do and things I should be doing as well as things I can do as the summer holiday time is approaching so I still have something to look forward to in the days ahead.

My first list for you is of interactive virtual visits you can make to explore what is out there, try something new, get creative in your thinking and you're doing as a family or on your own.

Try some of these, let me know what you find, go and explore my young adventurers and tell me of the treasures that you find.....

1. Bring on the battle with the Royal Collection Trust: Imagine you are a soldier hundreds of years ago trying to conquer Windsor Castle: is it easy to break in or are the defences strong enough to keep you out? [Find out by playing the Bring on the Battle! Game.](#)

2. Make marbled paper with the William Morris Gallery: Follow the gallery's guide to marbling using shaving foam. Each week the gallery is sharing a new at home art activity. [Look at the website.](#)

3. Try an online quiz on the brain with Hat Works Museum: The Hat Works Museum has worked with scientists, students and artists to create an online quiz and activity all about the brain. How do our brains work when we think, feel and behave? Aimed at Year 5. [Take the quiz.](#)

4. Braid a bracelet with the Museum of Richmond: The Museum of Richmond has a how-to video for making a friendship bracelet using an Anglo-Saxon braiding technique. Give it a watch and learn about the Anglo Saxons whilst you create! [Watch the video.](#)



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5. Take a virtual ride on the Mail Rail with the Postal Museum:For a limited time only, experience the sights and sounds of the underground railway beneath the streets of London. You can also find some great activity sheets on [the museum's website](#).

6. Make a mammoth with Museums Sheffield:Create a rather charming mammoth with [this guide from Museums Sheffield on Facebook](#). Join their #MondayMakes each week for more crafty ideas.

7. Take a computing heritage challenge with the Museum of Computing:Can you identify the computing pioneers, arrange old artefacts in order or identify retro games to find a word? [Take one of these challenges](#).

8. Create art with National Galleries Scotland:Fill up your week with these free fun art activities! Every Monday, National Galleries Scotland posts five creative activities that have been designed to enable children and families to make their own discoveries about art. [Find the latest activities](#).

9. Go stargazing with Jodrell Bank:While we're all at home, what better time to get into stargazing? Download an app, capture a picture of the moon, make a spectroscope and pack a bag for a trip to the Moon! [Discover the Science Learning at Home activities from Jodrell Bank](#).

10. Design a dress with the Fashion Museum:Find colouring sheets, learn finger knitting and design a dress with the Bath-based Fashion Museum. [Visit the website](#).



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Art exhibition - please enjoy this year's 'virtual' exhibition

Mr Taylor on behalf of the art department writes...

Welcome everyone to this year's online Art and Photography exhibition celebrating the work of our students at Kingsbury High. Unfortunately we have been unable to celebrate their outstanding achievements in the usual way in our annual exhibition which I know many of you enjoy, but we are delighted to be able to showcase the work from all year groups in this very special and unique digital exhibition. Most of the work has been created during the lockdown and I am sure you will agree that their artwork looks amazing as always. Of course this is just a snapshot of the wonderfully imaginative, rich and diverse artwork that our talented students have been doing and I hope you will join us in congratulating them on their achievements in these challenging times.

Simply follow the link in the invite attached to the email and enjoy!

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



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Happy Birthday !!
Lots of Summer Birthdays FANTASTIC



Alisia	Deiac	11 July 2008
Denisa	Varodin	12 July 2008
Neel	Anda	14 July 2008
Prasamsa	Kandel	14 July 2008
Yarita	Lachhani	14 July 2008
Georgiana	Sica	16 July 2008
Aarusan	Gnaanasuthan	17 July 2008
Avinav	Khadka	17 July 2008
Tanusha	Varsani	17 July 2008
Jiya	Harji	18 July 2008
Manal	Hashi	20 July 2008
Eyad	Zamrawi	20 July 2008
Goutham	Gopakumar	23 July 2008
Raheem	Litchmore	23 July 2008
Munira	Nor	24 July 2008
Zubair	Kashefi	25 July 2008
Roshan	Mahadoo	25 July 2008
Khadija	Gulzai	27 July 2008
Hayder	Salem	27 July 2008



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Alaa	Kniya Haidour	28 July 2008
Vanika	Mepani	28 July 2008
Kush	Jani	30 July 2008
Tooba	Khalid	30 July 2008
Edris	Ansari	31 July 2008
John	Panjaitan	31 July 2008
Ioana	Onofrei	01 August 2008
Bedoor	Elthaferi	03 August 2008
Rio-Armani	Jordan	04 August 2008
Luca	Bengescu	05 August 2008
Rivya	Panchalingam	06 August 2008
Shiv Pranshu	Patel	06 August 2008
Deyaa	Dergoul	07 August 2008
Riddhi	Patel	07 August 2008
Karolina	Niewitala	09 August 2008
Ilham	Gutale	11 August 2008
Thano	Uthayakumar	13 August 2008
Watan	Alsamarai	14 August 2008
Ana-Maria	Avasiloaie	15 August 2008
Deep	Chauhan	20 August 2008
Shakeil	Thomas	20 August 2008
Saher	Parvez	23 August 2008



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Varunika	Diliparajasingham	24 August 2008
Larsa	Jabar	24 August 2008
Femi	Mogaji	26 August 2008
Maria	Zama	28 August 2008
Hussain	Said Moladad	29 August 2008
Abel	Balic	30 August 2008
Mujeebullah	Khurasanpoor	30 August 2008
Arshpreet	Mutti	31 August 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!

Wellbeing

Hello there Kingsburians!

This week's Well-Being Bulletin challenge is our social wellbeing.

Recall a time when you smiled at a stranger? You most likely have never thought about it until now. A smile is considered a sign of happiness. So why is it that you get happy seeing others happy? The question itself is the answer, we humans are as such that seeing others happy makes us happy. Doing positive things for others also makes us happy and improves our well-being.

It is not just us that play a role in our happiness and well-being; it is our friends and those close to us, they also have an impact on our happiness.

Our social wellness is the connections in our social life.

How can we increase our social wellness?

One's social life is considered a pillar, holding up their wellbeing. Our social life is what plays a big role in shaping us as humans; it is our loved ones, family and friends that decide what kind of humans we are.

Having 50 friends is great but what we all need are just a few trusted, reliable and supportive



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friends in our life that we never have to think about asking for help - we just do this when it is necessary. We need to pick those friends that define us as people, ones that follow our morals and our convictions. By no means do I want friends that are exactly me, as a matter of fact I want friends that are a bit different with whom I can debate with and talk to but I don't want friends who do me more harm than good and have a negative impact on my well-being.

Some of you might already have those friends. Then, do you have the connections? Are you connected with them? This is important and eye opening especially at times like this, if you don't stay in contact with them, then how do you know if they are well?

I understand that this pandemic has robbed us of places we could have ventured this year, memories we could have made, to look back on smiling "those were the days". It is these happy memories that protect us from anxiety isolation and can help fend off depression. Memories are what gives meaning to our lives and helps us to learn what is good for our well-being and what is not. Friends help give us these positive memories. It is often our friends that help us by acknowledging our existence and giving us a sense of belonging. This is why humans crave friends, to belong.

Having close bonds doesn't mean that friends will always be there, that is one of the more difficult truths of life, friends change. But friends also require some work to keep, which is why I encourage us all to connect with friends, find your ideal friends and be happy.

This week's challenge is to contact at least two of your school friends who you have not heard from for a while and see how they are.

The WellBeing Team



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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 2nd 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 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

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 2nd September 2020.

Good luck