



KINGSBURY HIGH SCHOOL

YEAR 9 - NEWSLETTER

Issue 13 - Friday 10th July

Message from the Year Leader and Stage Leader

Hello Year 9, Well here we are at the penultimate message to you lovely people. It is a happy sad feeling - I am somewhat happy to be nearing closure to what has been a challenging and tragic time and sad as I feel we have missed out on so much. It has been such a weird time which has proved a real uphill struggle at times. I have had some wonderful conversations with you and your parents again this week - some have almost brought me to tears. Over the lockdown, I have connected and empathised with many mothers, who like me, have found homeschooling an onerous task on occasion. I can only hope that you are all adapting to this new way of life and are hopefully looking forward to a return in September to our 'new normal'. Take care and stay safe! Mrs Prince

Good morning Year 9. This is our penultimate newsletter which is sad. I must admit it's been hard to keep going and find things that you will find interesting when not many of you have sent in ideas! You now have 5 days left of school work, do as much as you can because after that you get 6 weeks of doing nothing! This week we had around 40 of our students come in to have interviews about doing the work over lockdown which was great to see some faces. I also really enjoyed calling the top students in the year group who will receive a certificate when they return for doing their work so well. It was great to hear the joy in parents voices when we rang. Please take a look at the Kingsbury summer challenge, poster at bottom of newsletter, which should keep you busy during the summer. Keep smiling, keep safe.- Mr Froy

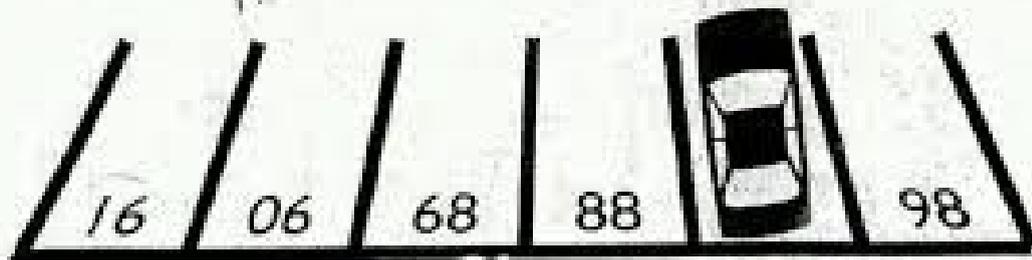
Quiz!

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

Answer to last week was tap 3.

A Lot of Thought

What is the number of the parking space containing the car?



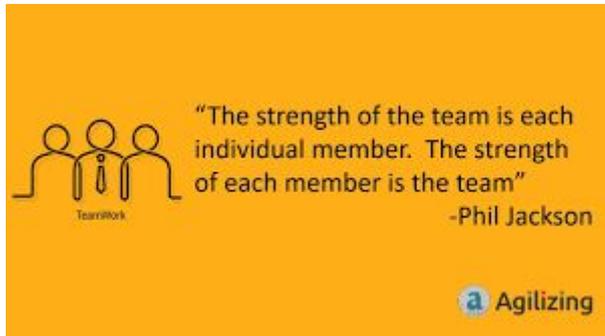
Calendar of Birthdays this week- If you do not wish for your Birthday to be mentioned in the newsletter, please email Mr Froy.

| Day | Students Names |
|--------------------|----------------------------------|
| Saturday 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 | |

Calendar of Birthdays next week

| Day | Students Names |
|---------------------|--------------------------------|
| Saturday 11th July | |
| Sunday 12th July | Jasmine Reid |
| Monday 13th July | Shaan Zulfiqar and Sagal Sahal |
| Tuesday 14th July | Ali Saleh and Hayder Bokhari |
| Wednesday 15th July | |
| Thursday 16th July | Dennis Petcu |
| Friday 17th July | |

Quote of the week -



Thought of the week -



This week in History -

July 13th - **1943** Greatest tank battle in history ends with Russia's defeat of Germany at Kursk, almost 6,000 tanks take part, 2,900 lost by Germany

1985 "Live Aid" concerts held at both Wembley Stadium (London) and John F. Kennedy Stadium (Philadelphia) raises over \$70 million for African famine relief

July 16th - **622** Muslim Era begins - Muhammad begins flight from Mecca to Medina (Hijra)

1940 **Adolf Hitler** orders preparations for the invasion of Britain (Operation Sealion)

July 17th - **2014** Malaysia Airlines Flight 17 is shot down over Eastern Ukraine by a Buk surface-to-air missile launched from pro-Russian

separatist-controlled territory, killing all 283 passengers and 15 crew on board

Word of the day - Penultimate *adjective*

1. **last but one in a series of things; second last.**
"the penultimate week of the school year"

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 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

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's Sports Leaders Summer Take Over



What is the Summer Take Over?

Each Monday from 20th July to 24th August a Sports Leader will set a weekly challenge, this will be a range of activities from art to music to physical activity.

Why should I take part?

This is an opportunity to get some ideas of activities you can do over the summer break with your family and have a little competition at home. Each student to enter will get credits and the best/most creative entry will be entered into a prize draw.

What is the Prize Draw?

Each week the leader setting the challenge will select the best/creative entry, this person will be entered into a prize draw, we will let you know if your entry was selected during the first week back. The leaders will pull out a winner from the 6 best/creative entries. The winner will receive £40 Nike store vouchers!

How do I enter?

Email a picture or video of you completing the challenge with your result to ssp@kingsburyhigh.org.uk. Your result may be a number or a picture, further details will be included in the challenge video. All entries must be in by Friday 3.30 of the week the challenge was set. If the image is too large to send on email, upload it to your Google drive and share it or share it using WeTransfer.

Where to find the challenge?

You will receive an email with a link from the Sports Partnership each Monday. The link will also be shared on the SSP twitter so make sure you follow us @KingsburyHSPPO. The challenge will also be posted on the KHSPE Instagram.

