



KINGSBURY HIGH SCHOOL

YEAR 9 - NEWSLETTER

Issue 14 - Friday 17th July

Message from the Year Leader and Stage Leader

Hello Year 9, Well here we are the final Newsletter! I remember Mr Froy saying to me on Friday 20 March, "this is our last day working together" and I told him not to be daft - we would be back sometime in June! Well, I was partly right as some of our students, year 10s and 12s were back, but sadly not our lovely Year 9s, so for Mr Froy and I, he was right and it was the end of a thoroughly enjoyable working



partnership. Some of you will still have Mr Froy as a PE teacher. Luckily for me it is only Au Revoir as I will get to work with him again, God Willing, in two years time when I return to Year 7. At which time some of you will be Year 12s and others would have left to continue your Post 16 education elsewhere! Can you believe that? I am now looking forward, something I have been somewhat afraid of doing, fearful of jinxing any hopes and desires. It is now time to awaken from this hibernation and step out and move forward. I am longing to see you guys in September and the great things you will achieve in Years 10 and 11. In the meantime, have an enjoyable Summer, look after yourselves, be kind to each other and always be respectful!

Peace and happiness to you and your families, Mrs Prince

Good morning Year 9. This is the final newsletter which is a shame as I have really enjoyed trying to help pass the time for you and give you something to keep up with all the news. I have really appreciated people emailing me with suggestions, feedback, positive comments and the answers to the quiz, so thank you if you did any of those. If you are having a birthday during the 6 weeks of summer then I hope you have a wonderful day and manage to celebrate in some capacity even with restrictions still in place.

Unfortunately, this is also my last time speaking to you as a whole group. As you know, from September you will be based in K site and Mr Das will be your new Stage Leader. Luckily for you, your assemblies will all be on chairs and they are much more interesting than mine so some of you might actually stay awake for them! I have only been a Stage Leader for 2 years so you are the first year group that I had. It was a long slog through year 8 but I was able to see you all flourish as we enjoyed the wonderful Graduation ceremony at the end of the year. However, the best thing for me was seeing you mature over the last year. The wonderful start you made to year 9, doing your chosen subjects and seeing behaviour improve was so pleasing to see. I know that you will all have grown up even more over these 6 months and will be really settled and engaged to finish your GCSEs with distinction. Although every year group has a handful of 'donuts' who mess around and disrupt your learning, this year group still has

around 90% of amazing, hard working, kind, polite students. If you are in that 90% I hope you continue to be the model students we expect at Kingsbury High and wish you all the success for the rest of your time at Kingsbury. If you are in the 10%...join the majority! It's much better on that side of the fence anyway. If lockdown has taught you anything, I hope it is that you can't turn back time. What has happened has happened and we can't change that now. All we can do is let us use that knowledge to help plan our futures, so don't use it as an excuse but more of a motivation.

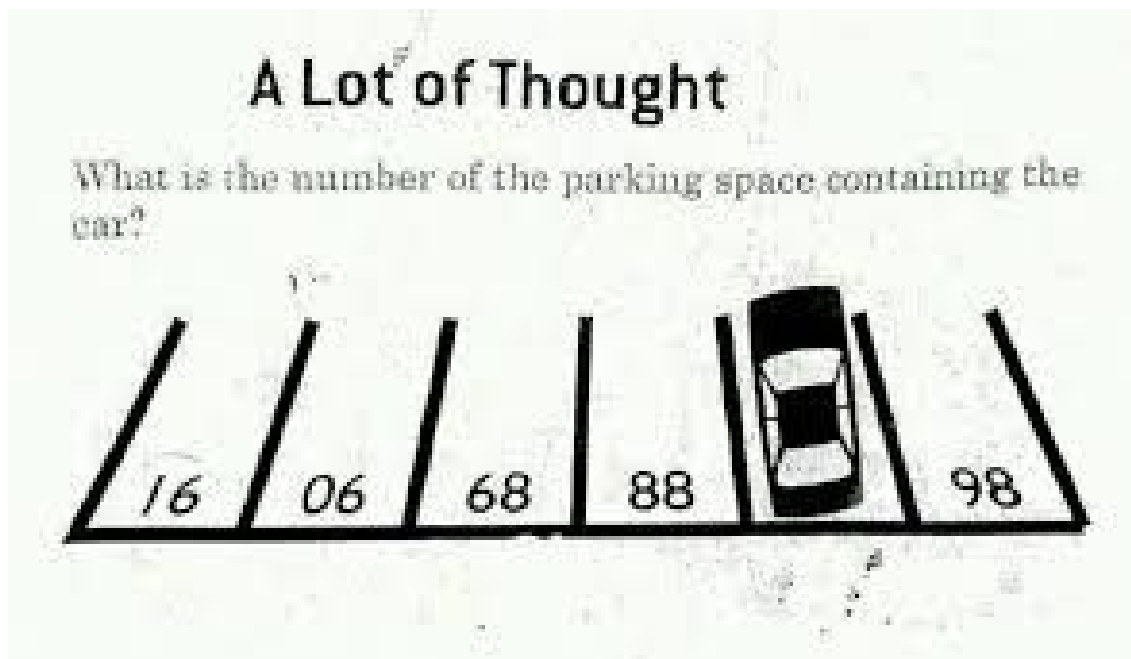
Finally, the reason you are such a delightful year group is mainly down to Ms Prince. Although you drive her bonkers on some days, I know that deep down she has a lot of love for every single one of you. I have really enjoyed working in partnership with Ms and am grateful for all her support over these 2 years, Mr Das is a lucky man to be working with such a dedicated member of staff. I hope you don't cause Ms Prince too many headaches when you come back and I look forward to seeing you all in person in September when you return. I hope every one of your families stays safe and well over the summer.

Keep smiling, keep safe.- Mr Froy

Quiz!

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

The answer is 87 because the numbers are upside down! Well done to all those who got it!



**A COW HAS 3
A GIRL HAS 4
WHAT IS IT?**

Calendar of Birthdays this week-

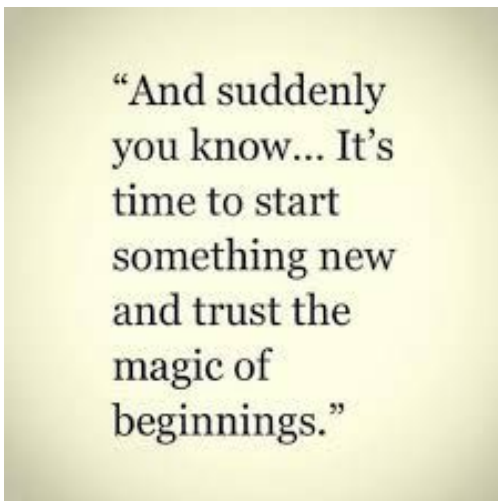
Day	Students Names
Saturday 11th July	
Sunday 12th July	Jasmine Reid
Monday 13th July	Shaan Zulfiqar and Sagal Sahal
Tuesday 14th July	Ali Saleh and Hayder Bokhari
Wednesday 15th July	
Thursday 16th July	Dennis Petcu
Friday 17th July	

Quote of the week -





Thought of the week -



This week in History -

11th July - **1533** Pope Clement VII excommunicates England's King **Henry VIII**

1877 Kate Edger becomes New Zealand's first woman graduate and first woman in the British Empire to earn a Bachelor of Arts

12th July - **1957** US Surgeon General Leroy Burney connects smoking with lung cancer

19th July - **2017** China announces a plan against "foreign garbage" banning 24 categories of plastic and recyclable waste from 2018

25th July - **1997** Scientists announce the first human stem cells to be cultured in a laboratory using tissue taken from aborted human embryos

Word of the day - poignant *adjective*

Evoking a keen sense of sadness or regret.
"a poignant reminder of the passing of time"

Wellbeing -

Hello there Kingsburians!

This week's Well-Being Bulletin challenge is stress management

Most people think of it as a double edged sword. It does good and bad to us. Fundamentally stress is our natural reaction to being under pressure. Most of the time it does us good by keeping us on our toes. It motivates us to do our best. A lot of athletes have openly talked about how they perform their best during competitive racing where they are under stress.

According to them their stress forces them to overcome their obstacles and keeps them going. Unfortunately too much stress can be very dangerous for us; when we are stressed our brains release a hormone: cortisol which is toxic, this makes our minds clouded, in turn clouding our judgement. This leads to wrong choices being made, leading to regret. Choices made under stress can be rushed and lead to poor decisions.

Too much stress can lead to self doubt which then starts to breed depression. This, over time will affect both your mental wellbeing as well as physical wellbeing. Some professionals have talked about how you should befriend stress and control it in order to achieve your goals. They talk about how most of the time a bit of stress can help to keep you going. However, it is very important for us to realise that stress accumulates: it builds on itself. More stress will lead to more stress to a point where the individual feels overwhelmed. It is crucial that we acknowledge the fact that we are all somewhat stressed: due to this pandemic; more than two months worth of academic school year has been lost; and some have their GCSEs next year. These are the most important exams we have done so far, so it is reasonable to be a little stressed. Therefore we should try and reflect on our stress levels and take advantage of it to achieve our best. However we should also make sure that it doesn't overwhelm us.

Managing Stress when it gets too much, top tips:

1. Stress can be caused by being overwhelmed with too many things. I advise that all of you try your best to study over the summer holiday. That way, you

don't have to cram all that knowledge into your brains in 2 days- before school. This would mean we would be nearly 'stressless' when we return to school.

2. Take control of the situation. Develop a plan that you can manage and will reduce stress levels/manage a similar situation better. What will you do? By When? Who can help?

3. Take deep breaths, this has been shown to manage heart rate which in turn manages feelings of stress.

4. Mindful activities- mindfulness, singing, knitting- activities that allow you focus on something that is not your stress and lowers heart rate and produces our wellness hormones in our bodies.

5. Exercise, this has been shown to lower levels of stress.

6. Avoid making decisions when overly stressed, reduce your stress levels before deciding what to do.

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 : 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.

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/>

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.

