



Friday 5th September 2025

Dates for your diary:

Wednesday 17th September – School photos

Tuesday 30th September – Thursday 2nd October – Year 6 Open day tours (information to follow)

Thursday 2nd October – Year 6 Open evening (information to follow)

Friday 24th October – Last day of term

Monday 3rd November – School reopens after half term

Student absences & medical appointments:

If your child has to have some time off school unwell or for any other reason, please ensure that you contact the absence team if possible **before 8.30am** via our absence email on:

studentabsence@kla.eastern-mat.co.uk or call the **new** absence line **01553 602874**

Please include your child's name, year group and why they are absent. If we have no contact from you we will send you a text message if your child is absent. If you are unable to respond, please send a note in with your child explaining why they have been away.

If you need to take your child to a medical appointment during school time please can we ask that you either send in an appointment card or letter with your child or please email them to **studentabsence@kla.eastern-mat.co.uk** so we are aware in advance when you collect your child.

Requesting time off in term time:

In the exceptional circumstance you need to request time off in term time, please complete an application for pupil leave of absence from school during term time, as soon as possible and return it to the attendance department or email it to **studentabsence@kla.eastern-mat.co.uk**. The form can be downloaded from the link below, found on our school website or collected from the school reception. Requests can only be actioned if submitted on this form, you will be notified via email of the decision. Please note requests will only be authorised in exceptional circumstances.

[download.asp](#)

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS



Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING



Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY



Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS



Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS



Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES



Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS



Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION



Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING



Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED



Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



The National College



UNDER 12 GIRLS

25/26 SEASON



WE'RE LOOKING FOR A COUPLE MORE PLAYERS TO COMPLETE OUR SQUADS.

LINCOLNSHIRE WOMEN & GIRLS LEAGUE (9V9)

MID NORFOLK YOUTH LEAGUE (7V7)

CURRENT SCHOOL YEARS 6 AND 7



**#HER
GAME
TOO**

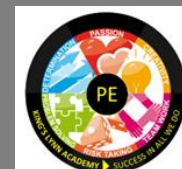
Please get in contact for further information

Dave : 07854 417134

helloklsc@gmail.com

www.kingslynsoccerclub.co.uk

PE Weekly Sports Bulletin:



KLA Lunchtime and Afterschool Clubs

Tuesday 17 th Sept	Thursday 19 th Sept
Year 7 / 8 Multisport evening – Team selection evening	Year 9 / 10 Multisport Evening – team selection evening

Welcome back from the PE department.

We'd like to extend a warm welcome back to all students and families as we begin a new school year. At the heart of our PE department is the belief that effort and attitude are key — we want every student to feel encouraged, motivated and ready to take part, regardless of ability.

We are committed to offering as many clubs and sporting opportunities as possible over the coming weeks and can't wait to see students getting involved, developing their skills and enjoying being active.

We do understand that over the course of the year, students may become unwell or injured. In these cases, please send a handwritten note with your child excusing them from full participation. Students will still be expected to bring and wear their PE kit so that they can remain involved in lessons in an alternative way.

Due to the extensive building works currently taking place, most of our PE lessons will be outdoors this year. For this reason, football boots are a requirement. If you have any concerns about this, please contact Mrs Mason (Head of PE) via email.

Finally, a reminder that jewellery is a major health and safety concern during PE lessons and all jewellery must be removed before taking part. We are aware that some students may have had piercings over the summer; tape can be provided temporarily, but these will need to be removed in due course.

We are looking forward to an exciting and active year ahead!

2025/26 PE Kit Policy

1. First time forgetting kit - reminder of the expectations that full kit is needed for every lesson.
2. Second time forgetting kit - teacher to again outline expectations and contact home, 5 min detention at break.
3. Third time forgetting – teacher to contact home and 10 min detention at breaktime.
4. Fourth time forgetting – 30 min lunchtime detention and Head of Year to be contacted to support if needed.

If one item of kit is forgotten this still goes down as a forgotten kit mark.

If you are injured/ill, you still need to wear your PE kit and bring a note from home.

Refusal to borrow kit is a 30-minute detention.

All jewellery needs to be removed for PE lessons.

KLA PE Kit –

KLA PE shirt

KLA PE shorts

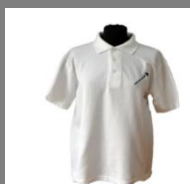
KLA PE socks

KLA PE rugby top

KLA PE fleece

Trainers and football boots

Shin Pads



Year 7 Round Up – Compiled by Mrs Mann:



A very warm welcome to you all to our weekly newsletter. These are an opportunity for us to share amazing achievements, important dates, weekly attendance and uniform standards and expectations with you all.

I have to say how very impressed we are with year 7. They have all been fantastic and have settled well into school life here at KLA. They all look incredibly smart in their uniform so thank you for that. Please can I remind you that if you have any issues with obtaining uniform, please do let me know asap and I am happy to help. We are very fortunate to have a swap shop full of high-quality second-hand uniform. Our uniform expectations are a KLA blazer, white shirt, KLA tie, black trousers or a KLA skirt, black shoes or all black trainers. Students must bring a bag each day and be fully equipped with a pencil case containing the correct stationary they need. Here at KLA, we only write in black ink unless otherwise asked by the teacher for a certain task.

Our attendance this week for year 7 was 98% which is fantastic and needs to remain high. Let's get this up next week and every week after that. If your child is not in school, I will be calling every day following up on calls and emails to reception and student absence. If your child is not in school for 3 consecutive days, we will be conducting a home visit. Please remember that every day really matters! Well done to those of you who were here all week, and to those of you who have 100% attendance this academic year, that is an amazing achievement and something to be proud of! If your child is unwell, has any upcoming appointments, which it has been unavoidable to book out of school time please remember to contact us before 8.30am, preferably via our absence email - studentabsence@kla.eastern-mat.co.uk or call the absence line **01553 602874**. As you know, holidays during school term time are not authorised unless taken under exceptional circumstances.



Achievement points have been flying out this week which is brilliant to see. I have heard lots of praise for year 7 as they really have got off to a flying start. They have all worked incredibly hard however our highest achiever this week is **Harvey Godfrey** from 7K2. Well done Harvey, let's keep this up.

Just a reminder that if you need to contact me for a pastoral issue that you would like to discuss as Head of Year 7, then please email me emma.mann@kla.eastern-mat.co.uk. Alternatively, you can call me on 07511 225248. My work mobile is on between 8am and 4pm Monday to Friday.

With the mobile phone policy that we have in place, please take into consideration when contacting me as I may not be able to answer your call/text immediately. I will return your call/text as soon as I can during my working hours so please bear with me. We do have a 48-hour return of contact policy, but I will try my best to return calls and reply to emails. If, on the odd chance you don't hear from me and still want to discuss something, please try again, send a text or WhatsApp to give me a little reminder nudge!

Have a lovely weekend and take care.

Mrs Mann.

Year 8 Round Up – Compiled by Mrs Lockey:

Welcome back everyone!

What a fabulous first few days back year 8. I'm so proud of each and every one of you. Although some changes have been implemented during our school day the students have just got on with it. Behaviour and conduct has been great and also uniform, thanks to you all for supporting us with this. If there are any issues, please feel free to let me know if we can help in anyway.



Attendance this week has been 97.6%, well done, let's keep this going.

If your child is unwell, has any upcoming appointments, which it has been unavoidable to book out of school time please remember to contact us before 8.30am, preferably via our absence email - studentabsence@kla.eastern-mat.co.uk or call the absence line **01553 602874**.

Heads of Year are calling each day to check in with parents and students. On the third day of absence we will be required to carry out a home visit.

As you are all aware the mobile phone policy came into place last academic year. To support the students and to set the right example, I will not be using my mobile phone when I'm out and about around the school. Please take this into consideration when contacting me, I may not be able to answer your call or text as quickly as I would like. I will endeavour to return your call/text as soon as I can during my working hours.

If you have a pastoral issue you would like to discuss with me as Head of Year, then please email me on hayley.lockey@kla.eastern-mat.co.uk

Thank you all so much for your support with arriving on time this week.

If your child is late without a valid reason time will be made up and they will work in the late room on arrival. Each Head of Year will contact home.

As a year group we have achieved 1,449 points this past week up to Thursday! Well done year 8, that is amazing!

Our highest achiever this week in the year group was **Andrew Lloyd**, well done to him. Keep up the hard work and effort in your lessons.

Student of the week this week goes to **Gracie-Mai Bell**, she has made an amazing start back to school. Well done Gracie-Mai, keep up the amazing work, you have been fabulous.

If your child does any activities outside of school, please let me know – I am so happy to share and love to know what the students are doing in their own time. Hayley.Lockey@kla.eastern-mat.co.uk



Dates for diary

We break up for half term Friday 24th October.

Have a wonderful weekend, take care and stay safe.

Mrs Lockey.

Year 9 Round Up – Compiled by Mrs West:

Welcome back!

I hope you all had the most fantastic summer. It is so lovely to see all of the students back in school. I spent more of mine than I would have liked fishing! Our new record is a Mirror Carp weighing 5.5lb.

There have been some changes to the routine at school. The students have adapted well to these and I am sure in no time it will feel normal for them each day.

We are now operating a late room. If your child arrives at school after 8.40 they will not be heading off to lesson but instead spending period 1 in the late room, where they will have access to Sparx reader and Sparx maths. The student will then also complete a 10-minute late detention at the end of the period. This will then escalate to further detentions should the student be late again in the following days.

We have introduced muster points into the school day. Each year group has an area they line up in before each lesson. At this point there is a uniform and equipment check (pen, pencil, rubber, ruler - could these please be provided) to make sure that all students are ready to learn once they get to their lesson. This seems to be working really well; it is enabling the start of each lesson to begin smoothly with no late comers interrupting the learning of their peers when they arrive.

Uniform expectations remain unaltered from last year. Each student must bring their blazer to school each day and it must be worn when stood at the muster point. Tailored trousers need to be worn - no leggings or jogging bottoms please.

It is going to be a great year! We have many days ahead of us to create a future for the children to be proud of. I hope they are ready to work hard and get started!

Have a lovely weekend.

Mrs West.

Year 10 Round Up – Compiled by Miss Fountain:



Welcome back!

I can't believe I am about to say this, but we are year 10! Where has the time gone?

I do hope you all had a wonderful time with your young people being off, even if you were at work. I can imagine it was nice to have them home (most of the time!) when you were around.

We have some changes to our day, we have muster points; at the beginning of each lesson, there is a line-up system in place, they know they need be, ready and waiting, to get into their class line, quietly and orderly, ready to get to class and learn. The reason for these points is to ensure safety during the building work at all times, for all our students. This is also an opportunity to ensure all students have attended school ready and equipped, which unfortunately hasn't been the case for all students. I have a set of pencil cases available to loan to students for the day. The Heads of Year will call home so you know that your young person has attended without the correct equipment. Please can I ask you make sure you are sending your young person to school ready to learn, with correct uniform and equipment, with a bag.

We are now operating a late room, which is for students who do not arrive to school on time. On the register from 08:40 to 09:15 this is classed as late, after 09:15 this is marked on the register as exceptionally late, with the potential for attendance fines, therefore, to avoid this, please can you ensure your young person arrives to school on time.

So far, my year 10's have proved how wonderful they are and taken to the muster points like 'ducks to water'. Very proud head of year 😊.

So going into year 10, we have the new options lessons, which have been a success so far. However, if your child has had a change of heart about one of their GCSE option choices and would like to make a change, they will need to see Mrs Rutter or Mrs Leeming-Watts to complete an option change request form. We will endeavour to grant their request, however, there are group number and timetable restraints, so it is not always possible to make the desired changes. **The deadline for option change requests is Tuesday 30th September.**

I am looking forward to the year ahead.

I hope you have a great weekend.

Miss Fountain.

Year 11 Round Up compiled by Mrs Laws:



Welcome to year 11 and your child's final year at KLA !

I hope you all had a fantastic summer holiday and are feeling revitalised and refreshed ready to hit the ground running in year 11. It was fantastic to see everyone on Wednesday and to catch up with the students about what they had been up to over the holidays.

Attendance needs to be on the ball this year, literally every lesson counts; there are only approx. 113 school days until they sit their mock exams.

Obviously as we have only been back at school for a couple of days there isn't too much to tell you so just a few general housekeeping bits.

-You should all be aware by now that the school day is still on four 75 min lessons with a break in between each lesson and that each year group has their own muster point to line up when the bell goes for the start of the lesson (ours is the central hub in case anyone forgets....) for their teachers to collect them and escort them quietly to the classroom.

-Students need to be in full school uniform every day so blazer, shirt, tie, trousers/skirts, black shoes and they need to make sure they come equipped with pens, pencils etc. We have a limited supply we can lend out but they should be bringing their own in.

- Please remember that if you need to contact me for a pastoral issue that you would like to discuss as head of year 11, then please email me on jacqueline.laws@kla.eastern-mat.co.uk. Alternatively, you can call me on 07591 388678. My work mobile is on between 8am and 4pm Monday to Friday. I would just like to remind you all that I am not on the school site from 12.30pm on Thursdays as I will be over at the college with my students. On Thursdays, my work phone will be on until 4.30pm. Please remember that we have a 48-hour return of contact policy, but I always try my best to return calls and reply to emails asap. If, on the odd chance you don't hear from me and still want to discuss something, please try again, send a text or WhatsApp to give me a little reminder.

-We are currently waiting for the year 11 ties to arrive and as soon as they do, I will swap them for the old ties.

-We have our first parents evening in October (remotely so via computers/phone) so look out in the bulletin for when the bookings open for this.

Below are open evening times for the college and 6th forms. Make sure you book early as the tickets go quickly and now is the time to start looking round as most open their books in October for applications for next September 2026 intake.

Obviously, these are only the local ones so please if your child is interested at going further afield to specialise have a look on the College website; they might like to attend and find out when their open events are. I know Easton in Norwich is Sat. 11th October.

2025 Open Events

KES Academy: Thursday 16th October, 5.30 – 8.00

The College of West Anglia: A Level Evening – Weds 15th October 5.30 – 7.30

Sports Campus – Saturday 18th October 9 – 12.30

King's Lynn Campus - Saturday 18th October 9 – 12.30

Cambridge Campus (Milton) – Thursday 23rd October 4.30 – 7.30

Springwood 6th Form: Thursday 16th October 5.30 – 7.00

Fakenham 6th Form: Wednesday 1st October 6.00 – 8.00

Cambridge Regional College: Wednesday 22nd October 4.30 – 7.00



Year 11 Round continued....

Average attendance was only 90% this week for year 11 which really needs to improve greatly.

If your child is not in school you can expect a phone call from me every day checking why they are not in and if we don't see them for more than 3 days I will be coming out to visit them at home to see if there is anything I can do to help get them back into school quicker.

As I said earlier in the newsletter, every lesson counts especially as they are in year 11. If they have a sniffle send them into school with paracetamol or if they're feeling sick please send them in and if need be, we will contact you to collect them if they are sick.

If your child comes into school after 8.40am they will be placed in the late room for the lesson and given work to do so they do not disturb the learning that has already started in their lesson, and they will have a 10min break detention. After a 2nd late they will get a break and lunch detention, 3rd late is a term break and after school detention and 4th late is isolation for the day and meeting with us here in school. It could also possibly lead to a fine from the local authority for parents.

Have a lovely weekend and see you all on Monday.

Mrs Laws.