



Friday 10th October 2025

### Dates for your diary:

Wednesday 22nd October – Year 11 REMOTE parents evening

Friday 24<sup>th</sup> October – Last day of term

Monday 3<sup>rd</sup> November – School reopens after half term

Thursday 6<sup>th</sup> November – Year 7 parents evening ON SITE

Thursday 27<sup>th</sup> November – Year 10 REMOTE parents evening

Wednesday 3<sup>rd</sup> December – Year 8 parents evening ON SITE

Thursday 11<sup>th</sup> December – Year 9 REMOTE parents evening

Friday 19<sup>th</sup> December – Last day of term

Tuesday 6<sup>th</sup> January – School reopens after Christmas holiday

### 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](mailto:studentabsence@kla.eastern-mat.co.uk)** or call the new absence line **01553 602874** and leave a message.

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 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](mailto: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](mailto: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](#)

## We are recruiting:

We have some fantastic opportunities to become a member of our esteemed team here at KLA. Please follow the link below to see our latest vacancies.

[Eastern Multi Academy Trust - Vacancies and Careers \(eastern-mat.co.uk\)](#)

## Library and books:

Please could you encourage your young people to have a look for any outstanding library books that may have been forgotten about, added to bookshelves at home, dropped under beds, etc? We have books missing from our library and would like to get as many as possible back on the shelves for other students to access. Thank you.

In addition to this, there will be a pop-up library in Mrs Carlton's classroom (N4) at lunchtime each day for students who wish to have a quiet space to read or to borrow library books. We will be starting with our KLA Canon - 100 books to read before you leave school - and there are opportunities to recommend books for our themed trolleys as well. Please tell your young people to see Mrs Carlton in N4 if they would like to get involved.

## HUGE THANK YOU TO OUR STUDENT COMMISSIONERS!:

On Thursday 2<sup>nd</sup> October we opened our school to Year 6 students and their parents for our open evening. In total 63 incredible Student Commissioners turned up to support with the smooth running of the evening, this included 18 year 8's - their first Student Commissioner event. I cannot thank you all enough for your wonderful contributions. Having received feedback from parents and staff it is clear that you truly were the heart and soul of the night. My special thanks go to Samuel Nelson and Will Phoenix for welcoming parents to the Principal's talk and to Madeline Baker, Dylan Weston, Florence Smith and Harry McCowen for standing out so brilliantly during your first whole-school event as Student Commissioners! Onto the next one!

Miss Hammond.

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](https://nationalcollege.com).

## 10 Top Tips for Parents and Educators DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

### 1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

### 2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

### 3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

### 4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

### 5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

### 6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

### 7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

### 8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

### 9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

### 10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

### Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



#WakeUpWednesday

The National College

## FLU IMMUNISATION FOR PUPILS IN SCHOOL YEARS RECEPTION - YEAR 11

Prevent your child from being seriously ill this winter!  
Vaccinating is crucial in protecting them and vulnerable friends and family from flu.

### NASAL VACCINE

No needles - just quick, painless, effective flu protection  
(contains gelatine)

OR

### THE INJECTION

We offer a PORK-FREE, GELATINE-FREE injection considered a faith-friendly alternative.



Complete this form, even if you do not want the vaccine.

<https://eastanglia.schoolvaccination.uk/flu/2025/norfolk>

Secondary School students only: Young people under the age of 16 can give or refuse consent themselves if considered competent to do so by nursing staff.

### CONTACT THE TEAM

✉ [norfolk@v-uk.co.uk](mailto:norfolk@v-uk.co.uk)  
☎ 01603 576 320

Need more information?  
Please see our FAQs sheet attached with this letter.

Or visit our website:  


We endeavour to come to your child's school twice. If your child is absent or unable to be vaccinated at school, they can still receive this important vaccine by attending one of our community clinics for the vaccine.

Your consent will remain in place for the entire flu season. If your child misses a first visit, you do not need to complete a second form.

LEARN MORE 

Details of these can be found on our website or you can contact the team above.

<https://www.schoolvaccination.uk/flu>  
[www.youtube.com/@vaccinationuk](https://www.youtube.com/@vaccinationuk)

#### PRIVACY POLICY

Our 2024/25 policy can be viewed here: [www.schoolvaccination.uk/privacy-policy](http://www.schoolvaccination.uk/privacy-policy)  
For data protection queries, please contact: [dpo@vaccinationuk.co.uk](mailto:dpo@vaccinationuk.co.uk)

## FREQUENTLY ASKED QUESTIONS



### Q WHY ARE CHILDREN BEING OFFERED THE FLU VACCINE?

Flu can make children feel very unwell and can sometimes lead to serious complications like pneumonia or ear infections. Some may even need hospital treatment. It's especially important for children with long-term conditions like asthma or diabetes, as flu can be more dangerous for them.

### Q HOW DOES THE FLU VACCINE FOR CHILDREN WORK?

The nasal spray contains weakened flu viruses that help your child build protection without causing illness. Because flu strains change each year, the vaccine needs to be given annually. Most children only need one dose.

### Q IS THE FLU VACCINE SAFE FOR CHILDREN?

Yes, it has a very good safety record and has been used for over 10 years in countries like the US without any major concerns. All vaccines available in United Kingdom must pass strict safety testing before being approved for use. The Medicines and Healthcare Products Regulatory Agency (MHRA) only approve vaccines that have gone through rigorous safety testing measures. The regulators continually monitor them all the time.

### Q SHOULD ANYONE NOT HAVE THE VACCINE?

Let us know if your child:

- Has a severe allergy to eggs, gelatine, or certain antibiotics
- Has recently had severe asthma symptoms or is wheezy on the day
- Has a seriously weakened immune system

Also, after vaccination, children should avoid close contact with people who have very weak immune systems for about two weeks—everyone else is fine to be around.

### Q ARE THERE ANY SIDE EFFECTS?

Side effects from the nasal spray are usually mild and short-lived. These may include a runny or blocked nose, headache, reduced appetite, or a slight temperature. Paracetamol or ibuprofen can help if needed.

### Q WE DO NOT EAT PORK PRODUCTS. CAN MY CHILD HAVE A DIFFERENT FLU VACCINE?

Yes. There is an injectable flu vaccine is available that contains no pork (porcine gelatine).

While the nasal spray is generally more effective and painless, we respect your preferences. Just complete the consent form for the injection—no need to fill out both.

### CONSENT INFORMATION

The consent form needs to be signed by a person with parental responsibility which includes:

- Mother: automatic
- Father: if married to the mother either when baby is born or marries subsequently
- Unmarried father: if name appears on birth certificate (since 1/12/03) or legally acquired
- Others: if parental responsibility is legally acquired
- Parental Responsibility Agreement: signed, properly witnessed and sent for registration to Principle Registry or the Family Division (High Court)
- Residence Order: granted by the Court

Please note that young people under the age of 16 can give or refuse consent if considered competent to do so by nursing staff.

### Q NATURAL IMMUNITY

While natural immunity from the flu can occur, it's not generally considered better than vaccine-induced immunity. Natural infection carries the risk of severe illness and complications, whereas the flu vaccine offers protection with significantly less risk. Natural immunity can be long-lasting against specific strains, but we know that the flu virus changes (mutates) overtime so natural immunity to one strain might not protect against a different strain that emerges later. Vaccines are a safer and more reliable way to protect against a wider range of flu viruses.

Flu vaccines are updated for each winter to give protection against the strains of flu that are most likely to be going around. For this reason, we strongly recommend that even if your child was vaccinated last year, they should be vaccinated again this year.

### Q MY CHILD NEEDS A DIFFERENT VACCINE

If your child needs another vaccine you can speak to our team or attend one of our community clinics, all information can be found on our website: [www.schoolvaccination.uk/catch-up-clinics](http://www.schoolvaccination.uk/catch-up-clinics)

### Q I HAVE MORE QUESTIONS

We run Q&A webinars which address frequently asked questions and gives parents an opportunity to ask their questions. You can find information and how to join on our website.



# Self-care for teenagers

Information for parents and carers

## Did you know?



Self-care is anything you enjoy doing that helps make you happy and maintains your physical, mental or emotional health. Self-care helps parents and teens deal with life's everyday pressures in a more positive and rewarding way. Recent research has revealed that teaching teenagers how to balance their own needs now will help them in the future, while reducing some of the strain on their lives right now. Self-care can lead to healthier, happier, more adjusted young people. Studies have demonstrated that when parents practice self-care, it's been shown that teens are encouraged to do the same, and take this positive habit into later life. So, your self-care helps teach your child how to look after themselves better.

Research shows that we need to build self-care habits from an early age so that when your child hits difficulties and roadblocks, they are able to navigate them skilfully and stay strong and steady. Self-care for teenagers is crucial with all the hormone changes, mood swings, struggles with self-image, self-esteem and building independence.



## What can you do?

Helping your child learn self-care can help them get through tough times such as exams, challenges or adversities. Suggest ideas to them about how to take care of their physical health, mental health and to be creative. Ideas include exercising, walking, having a manicure, going for a haircut, seeing friends, having a bath, reading books, listening to podcasts or drawing.

Self-care works best as a routine to help your child feel energised and deal with pressures well. Talk to your child about the importance of doing things they enjoy and that make them feel happy. Bounce ideas around with them, put them in the calendar and support them as they do them.

Encourage your child to make self-care a priority, remind them about it every so often and help them with what you can do together. Doing self-care activities together not only helps your child to cultivate good habits, it also helps your mind and body be at its best. Ideas don't need to be time consuming or elaborate, and sometimes they might be indulging! Get started by cooking healthy meals together, pursuing hobbies, taking pride in each other's appearance, having fun, getting outdoors, volunteering, or by watching a feel-good film.



## Student Guide to Logging In

1 Go to **sparxmaths.com**

2 Select **Student Login**

3 Carefully select your school from the list

4 Select **New Sparx user**

5 Enter your:

- First Name
- Last Name
- Date of Birth

6 Click **Submit**

7 You will be prompted to set your own password. The password must be at least 6 characters long and you will need to remember it

8 Confirm your username and password, then click **Check your details**

9 You can now log in to Sparx using your username and password

10 If a password is lost, you can select the option to request a new password from your teacher

Use your Sparx login

Username:

Password:  
 [Show](#)

[Forgotten Sparx login details?](#) [Log In](#)

[New Sparx user?](#)

Fill in your details below to create your account

Your first name:

Your last name:

Your date of birth:

[Submit](#)

Now set a password, make sure you choose one that you will remember

Choose your password  
 [Show](#)

Your password needs to:  
 Be 6 or more characters

[Back](#) [Confirm your details >](#)

Let's check you have remembered your log in details

Enter your username:

Enter your password:  
 [Show](#)

[Back](#) [Check your details >](#)



## KLA Lunchtime and Afterschool Clubs

### Lunch Time PE Clubs & Activities:

Monday	Tuesday	Wednesday	Thursday	Friday
Basketball JOM Capped at 30 Students	Basketball JOM Capped at 30 Students	Basketball JOM Capped at 30 Students	Fitness Suite JOM Capped at 20 Students	Fitness Suite JOM Capped at 20 Students
Year 11 Football DHE Capped at 40 Students	Year 10 Football DHE Capped at 40 Students	Year 9 Football DHE Capped at 40 Students	Year 8 Football DHE Capped at 40 Students	Year 7 Football DHE Capped at 40 Students



### KLA After School PE Clubs & Activities:

Monday	Tuesday	Wednesday	Thursday	Friday
Yr 7 – 10 KLA Football Academy Girls/ Boys (DHE, LCT) 3:00 – 4:15pm	Year 7 – 10 Netball (LCT/ SLM) 3:00 – 4:15pm	Year 9 & 10 Basketball (JOM) 3:00 – 4:15pm	Year 9 & 10 Rugby (JOM) 3:00 – 4:15pm	
Yr 7- 10 Kinball (SLM) 3:00 – 4:15pm	Multi-sports – Week A (DHE) 3:00 – 4:15pm	Year 7 & 8 Rugby (DHE) 3:00 – 4:15pm	Year 7 & 8 Basketball (LCT) 3:00 – 4:15pm	
	Sports Leaders – Week B (DHE) 3.00 – 4.15pm	Year 10 & 11 Intervention (SLM) 3.00 – 4.15pm		



### PE Department Notice – Football Boots Requirement

As part of our Physical Education curriculum at King's Lynn Academy, we would like to remind you that football boots are a required item of kit for all students.

Football boots will be used throughout the school year for both boys and girls, not just during football units, and are essential for lessons taking place on the field. As we move into the wetter months, the field becomes increasingly muddy and slippery, making it unsafe for students to participate in outdoor activities wearing only trainers. Football boots provide the necessary grip and support to ensure students can take part in lessons safely and effectively.

Please ensure your child brings football boots to all PE lessons, as they will be needed regularly. If you have any concerns or difficulty sourcing appropriate footwear, please don't hesitate to contact the PE department—we're here to help.

Thank you for your continued support.

# PE Weekly Sports Bulletin continued...

It's been a busy and exciting week in PE!

On Tuesday, our U14 girls football team travelled to Great Yarmouth for their County Cup match. After a goalless first half, the girls came back strong to win 5-0. Their teamwork, resilience and conduct were exceptional. Well done to all involved and a big thank you to Mrs Culley-Tea for supporting the team on the long trip.



Monday saw 25 students from all year groups take part in the cross-country event at Springwood. The students were a credit to the school, and we had some excellent results, including:

- **Annabel Twaite-Smith (Y7)** – 5th
- **Eve Aldous (Y7)** – 7th
- **Thandi Plaatjies (Y7)** – 11th
- **Gabby Cracan (Y7)** – 11th
- **Jude Burton (Y7)** – 13th
- **Corey Auker (Y7)** – 14th
- **Denis Malai (Y8)** – 11th
- **Kevin Strauts (Y10)** – 7th



On Wednesday, we took our year 8 and 9 girls to a football festival at The Nicholas Hamond Academy. Despite getting caught in heavy traffic and arriving just in time, the girls showed great determination and played brilliantly across three matches. A special shoutout goes to the year 7 girls who stepped in at the last minute and performed superbly:

- **Seren Gay**
- **Summer Hodgkinson**
- **Esmæ Clarke**
- **Laycie Arbon**



Players of the Tournament: **Elsie Collison** and **Summer Hodgkinson** – fantastic work!

Coming up, we host Downham on Thursday for year 7 and 9 football & year 7 netball & the matches kick off at 4pm. We're incredibly proud of how our students represent the school in sport. The energy and enthusiasm across PE is fantastic right now, and it's great to see such a strong sense of teamwork and pride.

Huge thanks, as always, to the PE team for their dedication and to all the students for their amazing effort and attitude.

## PE Weekly Sports Bulletin continued...

### Year 7 Fixtures

Date	Team	Staff Member	Home/Away
24 <sup>th</sup> September 2025	Y7 Boys Country Cup	JOM	AWAY @ Thrope
6 <sup>th</sup> October 2025	All Years Cross Country	All Staff	AWAY @ Springwood
14 <sup>th</sup> October 2025	Y7 Rugby Festival	JOM	AWAY @ Springwood
9 <sup>th</sup> December 2025	Y7 Boys Basketball	JOM	HOME
20 <sup>th</sup> January 2026	Y7 Girls Basketball	LCT	HOME
26 <sup>th</sup> February 2026	Y7 Football	JOM	AWAY @ Springwood
17 <sup>th</sup> March	U13 x 2 Netball Teams	LCT	AWAY @ Hamonds
18 <sup>th</sup> March 2026	Y7 Girls football Festival	LCT	AWAY @ Hamonds
19 <sup>th</sup> March 2026	U12 Netball Tournament	LCT	AWAY @ Springwood
24 <sup>th</sup> March 2026	Y7 Netball	LCT	HOME to St Clements

### Year 8 Fixtures

Date	Team	Staff Member	Home/Away
16 <sup>th</sup> September 2025	Y8 Netball + Y8 Football	DHE + LCT	AWAY @ <a href="#">Smithdon</a>
23 <sup>rd</sup> September 2025	Y8 Netball + Y8 Football	DHE + LCT	HOME to <a href="#">Litcham</a>
6 <sup>th</sup> October 2025	All Years Cross Country	All Staff	AWAY @ Springwood
8 <sup>th</sup> October 2025	Y8/9 Football Festival (Girls)	LCT	AWAY @ Hamonds
16 <sup>th</sup> October 2025	Y8 Rugby Festival	DHE	AWAY @ Springwood
1 <sup>st</sup> December 2025	KS3 Badminton	All Staff	Girls @ KLA Boys @ KES
2 <sup>nd</sup> December 2025	Y8 Basketball Tournament Girls	LCT	HOME
26 <sup>th</sup> February 2026	Y8 Netball + Y8 Football	LCT + DHE	AWAY @ Springwood
4 <sup>th</sup> March 2026	U14 Girls Football	LCT	HOME to Marshland

### Year 8 Fixtures

Date	Team	Staff Member	Home/Away
5 <sup>th</sup> March	Y8 Netball Tournament	LCT	AWAY @ Springwood
	Y8 Rugby	DHE	AWAY @ Springwood
17 <sup>th</sup> March	U13 x 2 Netball Teams	LCT	AWAY @ Hamonds
24 <sup>th</sup> March	Y8 football Boys	DHE	HOME to St Clements

## Year 9 Fixtures

Date	Team	Staff Member	Home/Away
6 <sup>th</sup> October 2025	All Years Cross Country	All Staff	AWAY @ Springwood
8 <sup>th</sup> October 2025	Y8/9 Football Festival	SLM	AWAY @ Hamonds
1 <sup>st</sup> December 2025	KS3 Badminton	All Staff	Girls @ KLA Boys @ KES
9 <sup>th</sup> December 2025	Y9 Boys Basketball	DHE	AWAY @ KES
20 <sup>th</sup> January 2026	Y9 Basketball Girls	SLM	AWAY @ KES
26 <sup>th</sup> February 2026	Y9 Netball	SLM	AWAY @ Springwood
4 <sup>th</sup> March 2026	Y9 Football + Y9 Netball	SLM + DHE	HOME to Marshland
17 <sup>th</sup> March	7 Aside girl's football	SLM	AWAY @ Hamonds
	Y9 11 aside Boys football	JOM	AWAY @ Hamonds

## Year 10 Fixtures

Date	Team	Staff Member	Home/Away
16 <sup>th</sup> September 2025	Y10 Football + Y10 Netball	SLM + JOM	AWAY @ <a href="#">Smithdon</a>
6 <sup>th</sup> October 2025	All Years Cross Country	All Staff	AWAY @ Springwood
24 <sup>th</sup> October 2025	KS4 Badminton	All Staff	Boys @ KES Girls @ KLA
2 <sup>nd</sup> December 2025	Y10 Girls Basketball	SLM	AWAY @ KES
4 <sup>th</sup> March 2026	Y10 Football	DHE	HOME to Marshland
17 <sup>th</sup> March	Y10 Football	DHE	AWAY @ Hamonds

## Year 11 Fixtures

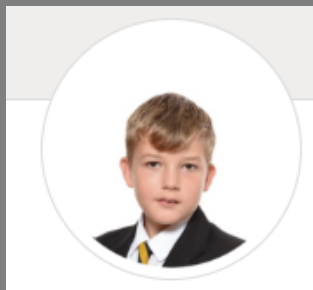
Date	Team	Staff Member	Home/Away
20 <sup>th</sup> November 2025	Y11 Boys Basketball	JOM	HOME @ KLA
	Y11 Girls Basketball	SLM	AWAY @ KES
24 <sup>th</sup> October 2025	KS4 Badminton	All Staff	Boys @ KES Girls @ KLA

## Year 7 Round Up – Compiled by Mrs Mann:

Hello Friday, yet another busy week for us in year 7.

The achievement points have been flying out and as a year group we have received over 20 THOUSAND points this half term already! In fact, we are top of the leader board by over 4 thousand points. That is absolutely amazing year 7, I am incredibly proud of you all.

Special shout out to our highest achieve, **Harry Ely** who has 181 achievement points.



Attendance this week for us was 96.8%. Please can we try super hard to push this up next week. 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](mailto: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. Please can I ask that if you do text my work phone or email me directly with absences, please contact the attendance officer too as I cannot guarantee that I will always see the messages.

Our assembly this week was about our KLA values - Respect, Aspiration and Resilience. Mrs Culley-Tea delivered the assembly with one clear message - chase your dreams, your ambitions and never give up. We are both so proud of how well all the students have settled into KLA and hope that the way they are working, the respect they are showing, the aspiration they are showing to be academic learners never fades.

It was also lovely to celebrate the successes of our students in their lessons. Each subject lead nominated a student as their 'star learners' and it was great to see the certificates being handed out. Congratulations to the following –

English – **Thomas Scase**

Maths – **Alice Head**

Science – **Ignas Sulinkas**

History - **Kelsey Bone**

Geography – **Harley-Reece Huish**

P.E. – **Jack Sargeant & Poppy-Mae Wood**

Food Technology – **Seren Gay**

D.T. – **Rameen Gillani**

Art – **Augustus Kaminskas**

Music – **Indi Wintin**

Drama – **Hattie Tipling**

P.D. – **Adas Ridikas**

As a group we have achieved an amazing amount of reward points however our highest achiever was **Alice Head** with a fantastic 39 points this week. Huge congratulations to Alice and well done to everyone else for their brilliant efforts this week. Here are the top 5 highest achievers this week. Amazing efforts, well done.

## Year 7 Round Up – Compiled by Mrs Mann:

<a href="#"><u>Head Alice</u></a>	39
<a href="#"><u>Rollings Katy</u></a>	38
<a href="#"><u>Ely Harry</u></a>	36
<a href="#"><u>Keegan Harmony</u></a>	36
<a href="#"><u>Zelenkova Sofija</u></a>	36

As you know, should 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](mailto: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 however please remember that my phone will remain in my office and that I can only answer if at my desk.

With the mobile phone policy that we have in place, please consider this when contacting me as I may not be able to answer your call/text as quickly as I previously have. I will return your call/text as soon as I can during my working hours so, please bear with me. Please remember that we do have a 48-hour return of contact policy, but I will continue to 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!

Just a reminder of our academy's expectations regarding uniform – black trousers, no jeans or leggings, KLA skirts only with white shirts, tie and blazer. For PE the uniform is black KLA polo t-shirt, black KLA shorts and KLA socks and fleece for outdoor activities. If you do have any issues with your child's uniform or if you need any help purchasing items, please do not hesitate to contact me as we have some uniform in the swap shop which may help. Whilst the PE department have spare uniform and are happy to lend out, it has been disappointing that they have lent more uniform to year 7's than any other year group. PLEASE CAN YOU ENSURE YOUR CHILD BRINGS THEIR KITS ON THE DAYS THEY HAVE PE.

### Dates to remember –

Friday 24<sup>th</sup> October – Break up for half term

Monday 3<sup>rd</sup> November – Return to school

Thursday 6<sup>th</sup> November – Year 7 parents Evening here at KLA

Have a lovely weekend, stay safe.

Mrs Mann.

## Year 8 Round Up – Compiled by Mrs Lockey:

In our year 8 quad/play/muster area we now have a mobile library the students can access to sit and quietly read if they wish too. Many thanks to all students that have donated books. This is a really lovely sight to see and so many reading in between their lessons.

Please encourage your children where you can attend to after school homework/sporting activities.

Sporting achievements! Wow! The boys rugby team were exemplary last Friday for Mr Herring and Mr May. A huge congratulations go to all of them **Henley Berry, Aarav Aju, Laiton White, Rhys Game, Jack Simpson, Jude Bell, Teddy-Joe Allen, Dom Hines, Oliver Watts, Will Frammingham, Riley Price, Tommy Clark** and finally **Ted Barnard** from year 7. We are so proud of you all boys.

The girls have also been busy! Well done to **Laila Wheeler, Lacie Demidh, Lily Temperton, Alise Senina and Poppy Lake** who also took part in the under14 County Cup alongside other students. Well done girls, I'm proud of each and every one of you. Many thanks go to all the staff that take the time for this to happen.

Our open evening was extremely busy last week! Many thanks go to all the Student Commissioners who attended to help out especially my Year 8's. They were:

Ahmed	Mahad
Baker	Madeline
Widdows	Jessie
Waterson	Lacey
Allison	Ava
Lloyd	Andrew
Fysh	Keylee
Weston	Dylan
Smith	Florence
Wheeler	Laila
McCowen	Harry
Oxborough	Olivia
McWade	Aalish
Bagdonaite	Vilte
Hines	Dom
Eikens	Mia
Metcalfe	Phoebe

Attendance this last week has been **91.28%** can we please attend each and every day wherever possible. I totally appreciate there are some nasty germs about at the moment. 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](mailto:studentabsence@kla.eastern-mat.co.uk) or call the absence line **01553 602874**.

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

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.



## Year 8 Round Up continued...

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.

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](mailto:Hayley.Lockey@kla.eastern-mat.co.uk)

As a year group we have achieved **3,387** points this past week up to Wednesday! Well, done year 8 that is phenomenal!

Our highest achiever this week in the year group was once again **Lacey Waterson**, a massive well done goes to her. Keep up the hard work and effort in your lessons.

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

If your child does any activities outside of school, please let me know [hayley.lockey@kla.eastern-mat.co.uk](mailto:hayley.lockey@kla.eastern-mat.co.uk)

Shout out this week goes to **Milena Minister**, who is currently enjoying kickboxing in her spare time. Well done Milena.



### Dates for diary

Half term Friday 24<sup>th</sup> October

Have a wonderful weekend, take care and stay safe.

Mrs Lockey.

## Year 9 Round Up – Compiled by Mrs West:

We are once again at Friday! The students have once again showed their maturity this week with the completion of the flu nasal vaccinations. We do have another vaccination on Monday that I know some are very anxious about. Please be assured that we will support all students as needed.

Congratulation to our girls' football team! They had a fantastic win this week and represented the school beautifully. The boys had their fixture last night and it was great to be able to pop along and support them as it was a home game after school.

Attendance this week 89.21% - we have been really hit with illness over the last few weeks. I do feel we are on our way up and out of the germs, so hopefully, with this over with we will then be able to get to Christmas illness free!!

Well done to the students below. I am so proud of the students that are putting in the effort and seeing the rewards. It is not always easy to be the hard worker but the benefits will show in the end!

Student	Total points this school year.
Ellis, Summer	210
Lambert, William	205
Rosca, Gabriel	202
Juskyte, Gabriele	191
Asoba, Sam	177

★ ★ Student of the week this week is **Georgina Menzies**. Georgina we are all so proud of you and once again you have showed great determination and resilience this week! ★ ★

Have a lovely weekend.

Mrs West.

# Year 10 Round Up – Compiled by Miss Fountain:

Happy Friday everyone.

This week is celebrating Kinship Care - a national week to raise awareness, understanding, and recognition of the role of kinship carers. Kinship care is sometimes called family and friends foster care. It is when a family member or friend is assessed and becomes a child's approved foster carer.



## What is Kinship Care Week for?

It's a time to shine a light on the vital role of kinship carers, those raising a child of a family member or a friend, who provide over 141,000 children in England and Wales with loving and stable homes.

This includes grandparents, aunts, uncles, siblings, and family friends – who step up in extraordinary ways to keep children connected to their families, roots and communities.

As well as being a celebration of all kinship families, Kinship Care Week is an opportunity to raise awareness of the unique needs of kinship families. Having to overcome complex systems with limited support, all while ensuring their child feels safe and loved.

## This week in school:

Once again another week has flown by, with my lovely year 10's working hard in their lessons, trying their best and being amazing. So many call me into their classrooms to show me their work which is so special and makes me feel really proud. So far this week I have seen (and tried!) sausage rolls and cinnamon rolls, which I have to say were delicious!! I have seen some amazing artwork too. Give them all a big well done at home too.

Could I ask you support KLA by encouraging your young people to get to the line up in our muster points punctually; also once there, to line up in an orderly fashion please.

Every break and lunch I am on duty with my students, so although away from my laptop and phone, I get to chat with and get to know my lovely year group. They tell me about what is going on in their world which is really important, however, this means I am away from my desk, but this also means I am away from my laptop and mobile phone.

## Celebrating awesomeness

I am so proud to inform you that year 10, during the week between 1st and 8th October, earned an absolutely amazing

**3313 ACHIEVEMENT POINTS!!**

With the top 3 being:

Student	Points
Tann, Nancy	44
Hastings, Kain	42
Rutter, Freya	40

What a fantastic and positive week for so many of my lovely year 10's!

★ The student of the week for my year 10's this week is an amazing young man, **Sam Gilbert**. Sam, you are totally smashing year 10 and are putting your all into everything you do! I am so, so proud of you Sam! Well done and thank you for being such a wonderful part of our year group! Oh, and your cinnamon rolls were 10/10! ★

If there any extracurricular activities our students do please let me know, as I absolutely love celebrating my year 10's achievements, not just from in school, but out too.

## Year 10 Round Up continued...

Attendance this week for year 10's was almost 93%. We really need to get the attendance up again, meaning if your young person is unwell in the morning, perhaps they could come in for the afternoon? It makes such a difference to their learning and ultimately, their GCSE results.

If your young person has any upcoming appointments, which it has been unavoidable to book out of school time, or if your child is unwell, please remember to contact us before **8.30am** preferably via our absence email on: [studentabsence@kla.eastern-mat.co.uk](mailto:studentabsence@kla.eastern-mat.co.uk) or call the absence line **01553 602874** and leave a message. Please include your child's name, year group and why they are absent. Please also send in any proof of appointments and/or medication so the absence can be authorised. Please can I ask that if you do text my work phone or email me directly with absences, please contact the attendance officer too as I cannot guarantee that I will always see the messages.

Students are to arrive before 08:30am with lessons beginning at 08:35am.

Please can I ask you support me in ensuring all students are wearing the correct uniform daily; remembering leggings are not allowed, jumpers do not take the place of a blazer and ties are a must.

Could I please ask you ensure your young person has a bag and a pencil case, even if it has just the very basics, **pen, pencil, ruler, rubber**. These are an essential part of the school day.

Please remember we do have the school swap shop which is accessible to all students.

Have a wonderful weekend and I shall speak with you soon.

Miss Fountain.

# Year 11 Round Up compiled by Mrs Laws:

Good evening, everyone. Hope you have all had a good week.

Can I please remind parents and students that we have uniform expectations i.e. no leggings, jeggings, jeans. Blazers are compulsory, hoodies are outside wear not inside. Standards seem to be slipping slightly so let's make sure we are setting a good example for the younger students.

We have a couple of year 11's involved in brilliant things outside of school.

Jac Fox won the Eastern Counties development title for 70kg in boxing, competing in Essex on 28th September. The UK semi-finals are this Sunday in Bodmin, Cornwall and he will be fighting Issac Tucker from Torrington police cadets. Should he win, he will then go to Kettering the following weekend for the finals. Good luck Jac, we're all routing for you!



Will Phoenix is involved with the "why not us" theatre group and they will be kicking off with their first pantomime which was co-written by Will and Jordan Winn (star & writer of "my Brain, My World" who came into school last term and spoke to students about his film on his own ADHD experiences) at Springwood High School on 15<sup>th</sup> & 22<sup>nd</sup> November. Will is also helping direct the production.

Get your tickets early folks ,it should be a great performance.



If there is anyone else getting involved in great activities outside of school let me know and I will give them a shout out in the newsletter as we love celebrating our student's achievements.

The bookings are now open for parents evening on Wednesday 22<sup>nd</sup> October so please get booked in asap if you haven't already done so by following the link emailed to parents or going to our website.

If you need to contact me for a pastoral issue as Head of Year 11, then please email me on [jacqueline.laws@kla.eastern-mat.co.uk](mailto:jacqueline.laws@kla.eastern-mat.co.uk). Alternatively, you can call me on **07591 388678**. My work mobile is on between 8am & 4pm. I would just like to remind you all that I am not on school site from 12.30pm on a Thursday as I will be over at the college with my students. On Thursdays, my work phone will be on until 4.30pm. As we are setting a positive example for the students, I do not have my mobile with me around the academy anymore, only in my office so please be mindful of this when you call, and I will return your call asap.



Year 11 attendance was 88.94% this week which has dropped since last week. Please dose them up and send them into school. Attendance in year 11 is CRUCIAL.

## Year 11 Round Up compiled by Mrs Laws continued:

Literally everyday matters. It's a proven fact that the better your school attendance, the better GCSE grades you achieve, the better job you get so the more money you earn. I will be constantly reminding you of this throughout the year.

Well done to those of you who were here every day, and to those of you who still have 100% attendance this academic year, that is amazing. If your child is unwell, has any upcoming appointments, which it has been unavoidable to take out of school time please remember to contact us before 8.30am, preferably via our absence email - [studentabsence@kla.eastern-mat.co.uk](mailto: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. Please can I ask that if you do text my work phone or email me directly with absences, please contact the attendance officer too as I cannot guarantee that I will always see the messages.

**Please make sure when booking appointments during school time you remember to provide us with the medical evidence so we can authorise these absences and it then won't make a difference to your child's attendance percentage.** As you know, holidays during school term time are not authorised unless taken under exceptional circumstances.

As a group we have achieved nearly 2000 reward points this week which is amazing! Our highest achiever was **Lillie King** so congratulations to her!

Have a great weekend and I'll see you all on Monday.

Mrs Laws.