



Friday 9<sup>th</sup> January 2026

### Dates for your diary:

Wednesday 28<sup>th</sup> January – Year 9 Options Evening

Friday 30<sup>th</sup> January – Non-Uniform day

Friday 13<sup>th</sup> February – Break up for half term

Monday 23<sup>rd</sup> February – Return to school

Wednesday 18<sup>th</sup> March – Year 11 Parents evening -ON SITE

### Student Belongings:

Please can we ask that all students' belongings are clearly named. It is much easier to reunite them with the owner if they are named. We have an array of lost property already in reception, please encourage your child to come and look in reception if you know they have already misplaced their belongings. Thankyou.

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

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

# ESSENTIAL ONLINE SAFETY

Children and young people use the internet every day to learn, play, and connect, but the online world is not always safe. For adults, it can be hard to keep up with the risks, including harmful content, cyberbullying and scams. These 10 tips provide clear and practical advice to support safer and healthier digital habits, helping young people to make informed, secure choices when using technology.

### 1 START EARLY CONVERSATIONS

Begin talking about online behaviour from the moment children start using devices. Use age-appropriate language and revisit topics regularly, making it clear they can speak to you about anything that upsets or confuses them. Keeping these chats open helps build trust, so children are more likely to come to you when needed.

### 2 PROMOTE SAFER SHARING

Children can overshare without understanding the risks. Remind them that photos, locations, or messages can be copied or shared beyond their intended audience. Explain how even private messages or group chats can be saved and/or misused. Talk about what is appropriate to post, message, and who it's safe to share with.

### 3 ENCOURAGE DIGITAL BALANCE

Many apps and games are designed to keep users engaged through rewards, likes, or constant updates. These features can make it hard for children to switch off. Talk openly about how these systems work and help children recognise when it's time to take a break. Building in tech-free routines supports a healthier balance and awareness of their screen time.

### 4 CREATE A SAFE SPACE FOR CONCERNS

When children come to you with a concern, respond with interest and care, rather than with alarm. Keeping your reaction measured helps them feel safe and supported. This doesn't mean ignoring serious issues; it means showing that you're there to help. When children trust that they can speak openly, they're more likely to feel supported through unpleasant online experiences, and to ask for help in future.

### 5 STAY INFORMED AND CURRENT

With emerging technologies like AI moving and changing so quickly, it's important to stay updated on how children are using new platforms, apps and games. Ask them to show you what they use and let them take the lead as you explore together. This opens up valuable conversations and helps you stay ahead of emerging risks and trends.

### 6 TEACH CRITICAL THINKING

Talk to children about how to recognise unreliable information or scams online. With AI-generated videos, photos, and stories becoming harder to spot, help children question what they see and encourage them to look for evidence, check sources, and ask questions. These skills will help them avoid risks, make smart choices, and develop healthy habits for the future.

### 7 SET CLEAR BOUNDARIES

Involve children in conversations about device usage so they feel included. Agree on digital rules such as screen-time limits, age-appropriate apps, and no devices in bedrooms overnight. Use parental controls to block or filter harmful content and explain that rules are there to protect and support them, not to spoil their fun.

### 8 LEAD BY EXAMPLE

Children often copy the behaviour of adults around them. Show them what balanced, respectful, and mindful use of technology looks like, such as avoiding scrolling during family time and speaking kindly in messages. If you expect certain behaviour from them online, make sure your own habits reflect the same standards.

### 9 EXPLORE PRIVACY SETTINGS TOGETHER

Show children how to use privacy tools on apps, games, and websites. Teach them to use strong passwords, block or report others in response to problems, and avoid sharing personal details. Explore settings together so they feel confident and in control, and explain that these features are there to help them stay safe online.

### 10 KNOW WHERE TO GET HELP

Familiarise yourself with tools and organisations that support online safety. The National College offers online safety guides and webinars which provide tips on staying safe. Websites like Report Harmful Content and CEOP can be used to report when something goes wrong. Show children how to report or block users, and where to go if they feel unsafe. Make sure they know that asking for help is always the right thing to do, and be prepared to support them.

## Meet Our Expert

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

See full reference list on [our website](https://nationalcollege.com)

#WakeUpWednesday

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## Did you know?



During adolescence, young people learn how to form safe and healthy relationships with friends, parents, teachers, and romantic partners. Research has identified that teenage relationship abuse is associated with a range of adverse outcomes for young people, including mental health, depression and suicide.

Research shows that positive social connections with people at all stages in life helps ensure healthy development, physically, socially, and emotionally. As children transition to adolescence and start to spend less time with parents and siblings, friendships with peers become an increasingly important source of these social connections. Strong relationships and positive friendships can help encourage healthy habits.

Studies have shown that developing and maintaining a positive and strong parent-adolescent relationship has real consequences. Positive parent-child relationships are associated with higher levels of adolescent self-esteem, happiness, and life satisfaction, and lower levels of emotional and physical distress.

## What can you do?



Help provide opportunities for your child to develop social skills through building relationships with others in different settings. This could be by encouraging them to see their friends, join a youth group and take part in hobbies with others or local sports. Social connections and experiences can help your child discover who they are, improve their happiness and develop coping skills.

Talk to your child about different kinds of relationships, resolving conflicts, maintaining friendships and what healthy, positive relationships consist of such as:

- Mutual respect
- Being yourself
- Trusting each other

- Having different opinions and knowing it's okay
- Not feeling pressured into doing things they don't want to do

Have a look at the Relate website for all kinds of relationship advice to help you support your child in the best possible way: [www.relate.org.uk](http://www.relate.org.uk)

Your relationship with your child is equally, if not more, important than any other as it will last well into adulthood. Some degree of conflict is normal but your child will still rely on you for emotional support, to set boundaries and to be a role model. Make sure you spend quality time with your child, have fun and laugh with them, talk to them, encourage them and be there if they need help.

e: [enquiries@pixl.org.uk](mailto:enquiries@pixl.org.uk) [www.pixl.org.uk](http://www.pixl.org.uk)



## KLA After School PE Clubs & Activities:

Monday	Tuesday	Wednesday	Thursday
All Years Trampolining 3:15 - 4:15pm (SLM)	Basketball (LCT) 3:00 - 4:15pm	Rugby KS4 (DHE) 3:00 - 4:15pm	Netball All Years (SLM/LCT) 3:00 - 4:15pm
All Years Badminton (LCT) 3:15 - 4:15pm	Rugby KS3 (JOM) 3:00 - 4:15pm	Year 10 & 11 Intervention (SLM) 3.00 - 4.15pm	
Football (DHE) 3.15-4.15pm	Sports Leaders - (DHE) 3.00 - 4.15pm		
Fitness Suite (JOM) 3:15-4.15pm			



### Trampolining Lessons – Jewellery Removal

As part of our PE curriculum, pupils will be taking part in trampolining lessons this term. For safety reasons, all jewellery must be removed before these lessons. This includes earrings, necklaces, bracelets, watches, and any other items. Please note that this is a legal health and safety requirement, and pupils will not be permitted to take part if jewellery cannot be removed. We kindly ask parents and carers to ensure that children come to school without jewellery on trampolining days. Thank you for your support in helping us keep everyone safe.

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



Happy New Year to all. I do hope everyone has a well-deserved break and managed to enjoy the fun and festivities that Christmas brings.

It was so lovely to see everyone back especially with the excitement of the snowfall we had at the start of the week.

With many students having received new jumpers and hoodies for Christmas, I just wanted to remind everyone of our academy's expectations regarding uniform. Black trousers, no jeans or leggings, KLA skirts only with white shirts, tie and blazer. 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. Fluffy coloured socks are not permitted as uniform and acrylic nails are also not allowed for school. Christmas nails need to be removed please. They are dangerous when taking part in practical subjects. Please can we ask that they are not worn for school.

Our year 7 highest achiever this week was Jacob Langbridge. Well done Jacob, what a fantastic start to the year!

<a href="#">Langbridge Jacob</a>	22
<a href="#">Barnes Logan</a>	20
<a href="#">Laurinavicius Nojus</a>	20
<a href="#">Reed Skyla</a>	20
<a href="#">Sulkovska Elizabeth</a>	20

Attendance in year 7 was 93% this week. If your child has to have time off school, please ensure that you call the absence line on **01553 602874** or email [studentabsence@kla.eastern-mat.co.uk](mailto:studentabsence@kla.eastern-mat.co.uk) 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.

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.

Have a lovely weekend, wrap up warm and stay safe.

Mrs Mann.

# Year 8 Round Up – Compiled by Mrs Lockey:

Happy New Year to you all, I hope everyone had a safe and bug free Christmas.

Here we go again! 😊

Just a gentle reminder from me about uniform, thank you for supporting us with this really important issue. Please remember leggings are not permitted. Some girls are creeping in with them; we need them to be trousers or KLA skirts. If there are any issues, please feel free to let me know if we can help in anyway. We always endeavour to support all the children.

Attendance this past week has been **93.8%** - can we please attend each and every day wherever possible. I totally appreciate there are some illnesses that cannot be prevented. If your child has to have time off school, please ensure that call the absence line on **01553 602874** or email **studentabsence@kla.eastern-mat.co.uk** 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. 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/or video call.

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. Detentions are then set followed by after school detentions without good reason for lateness.

As a year group we have achieved 1,839 points this past week up to yesterday! Well done year 8 that is fantastic, keep up the great work and efforts in your lessons! That is amazing for the first week back!

Our highest achiever this week in the year group was **Amelie Crockett**, a massive well done to her. Keep up the hard work and effort in your lessons.

Student of the week this week goes to **Grace Oakes**, she has made an amazing start back to school. Well done **Grace**, keep up the amazing work, you have been fabulous. 😊

## Shout out section

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

## OAP community meal

A massive, massive, thank you go to each and every one of you that donated time, raffle prizes, food, beverages. Thanks to all staff, students, site staff, wonderful canteen staff for making the day possible.

**Lynnmoore Engineering** and **J Lockey Commercials** for their kind support once again and also **Barnes Construction** and **AMR** for the kind donations of crackers.

We also raised £137.70 for year 11 prom and over £300 for a new light in the Drama studio.

## Dates for diary

Half term Friday 13<sup>th</sup> February 2026

Have a wonderful weekend, take care and stay safe 😊

Mrs Lockey.



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

I do hope you all managed to spend time as you wished over the Christmas period. I managed to spend time with my family and, more importantly, my dog! We have certainly come back to a shock with the weather. The year group dealt with the snow really maturely and it was lovely to see them let off some steam. I was also on the receiving end of a few snowballs! As a Head of Year it is lovely to spend this time with the students, we realise when it snows all they really want to do is stay home and play!

I have been really pleased with how the year group have presented themselves with their uniform so far this term. Incorrect uniform will be sanctioned with a lunch time detention so could any remaining items please be sorted this weekend ready to start afresh next week.

The following students lead the way for superstars this week. Well done for coming back to school and settling straight down to get on with work.

Student	Points
Nicol, Alfie	28
Ellis, Summer	27
Tomkin-Adams, Amelia	26
Partridge, Joey	25
Jorley, Freddy	22
Mironov, Theo	21
Ellis, Sophia	18
Moore, Lily	17
Price, Courtney-Rose	16
Swinger, Ashton	16

I look forward to working with all the students this term.

Have a lovely weekend!!

Mrs West.

## Year 10 Round Up – Compiled by Miss Fountain:



Happy new year to you all and welcome back!!

I do hope you all had a great Christmas and here's to a wonderful 2026.

### This week:

Year 10 had an assembly this week to express how important it is to be logged onto and using **Unifrog** for work experience information and preparation, also to use it for school support, such as creating revision timetables so please encourage them as much as possible.

For the couple of days we have been back, the following have achieved

Student	Points
Horner, Charlie	22
Obisesan, Albert	20
Mycock, Jacob	19
Strauts, Kevin	19

Well done to them all.

### Everything else:

**Uniform:** Please can we start as we mean to go on this term with uniform being present and correct.

Leggings are **NOT** permitted.

The only jumpers we should be seeing are KLA jumpers, no hoodies or sports jumpers please.

Blazers are to be worn at all times, as are ties.

**Attendance** hasn't been great since our return. I do understand there are still so many bugs around affecting everyone. Please can I ask you keep me updated when your young people are too unwell to attend by contacting KLA on either: [studentabsence@kla.eastern-mat.co.uk](mailto:studentabsence@kla.eastern-mat.co.uk) or call the absence line **01553 602874**.

If you have anything you think deserves a shout-out please let me know and I will pop it into the bulletin next week.

I have nothing left to say other than have a fabulous weekend, stay safe and I shall catch up with you all again next week.

Miss Fountain.

# Year 11 Round Up - compiled by Mrs Laws:

Happy new year!!!!

Welcome back Class of 2026, typical, we come back to school, and it snows. I hope you all had a fantastic break and are ready for the hard work before those GCSEs kick off in a couple of months.



A big thank you to Mrs Lockey and the members of the local community who joined us here at the academy on Saturday 20<sup>th</sup> December for the community Christmas lunch as they have given us a donation towards prom. A couple of things will be going on this term to raise funds for prom, one being a raffle on our parents evening in March, so if anyone has any Christmas present "regifting" they would like to do please send them my way. I am also planning to do a raffle for an Easter Egg bundle before we break up for the Easter holidays so again if any parent would like to donate an egg, I'm sure the students would be grateful.

College Hair and Beauty students found out yesterday what era their final exam will be on, so they will be planning this over the next few weeks in college under exam conditions before the practical. They should all have a model who can come into college for them at 12pm on 26<sup>th</sup> February 2026 to perform their practical assessment of nails, make-up and hair.

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.



Year 11 attendance was 93% this week. Attendance in year 11 is CRUCIAL. Literally every day 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 has to have time off school, please ensure that you call the absence line on **01553 602874** or email [studentabsence@kla.eastern-mat.co.uk](mailto:studentabsence@kla.eastern-mat.co.uk) 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 a group we have achieved over 1000 reward points this week which is amazing! Our highest achievers this week are **Lillie King** and **Sephira Griggs-Williamson**, congratulations to them!

Have a wonderful weekend.

Mrs Laws.

## Year 11 PPE timetable 2025 - 2026

	08:45	13:15
Thursday 5 <sup>th</sup> February	<b>Hospitality &amp; Catering Unit 1</b> 5409UB0-1 (1hr 20) <b>French Listening and Understanding</b> 1FR1/2F/H (50min/1hr 05)	Hair and Beauty Synoptic <b>12:45 start</b>
Friday 6 <sup>th</sup> February	<b>Religious Studies A P1-3 Christ</b> <b>Religious Studies A P1-5 Islam</b> 8062/13 & 8062/15 (1hr 45) <b>Business Paper 1</b> 8132/1 (1hr 45)	<b>German Listening and Understanding</b> 1GN1/2F/H (50min/1hr 05)
Monday 9 <sup>th</sup> February	<b>English Literature Paper 1</b> 8702/1 (1hr 45)	<b>French Reading and Understanding</b> 1FR1/3F/H (45min/1hr) <b>German Reading and Understanding</b> 1GN1/3F/H (45min/1hr)
Tuesday 10 <sup>th</sup> February	<b>Mathematics Paper 1</b> 8300/1F & 8300/1H (1hr 30)	<b>Sprt Stdies: Cntmpry Issues Sprr Wrtn</b> R184/01 (1hr 15)
Wednesday 11 <sup>th</sup> February	<b>English Language Paper 1</b> 8700/1 (1hr 45)	<b>Business paper 2</b> 8132/2 (1hr 45) <b>Early Lunch</b>
Thursday 12 <sup>th</sup> February	<b>Maths Paper 2</b> 8300/2F & 8300/2H (1hr 30)	<b>Computer Science Paper 2</b> J277/01 (1hr 30) <b>Citizenship Paper 1</b> 8100/1 (1hr 45) <b>Early Lunch</b> Hair and Beauty Synoptic <b>1pm Start</b>
Friday 13 <sup>th</sup> February	<b>Geography Paper 1</b> 8035/1 (1hr 30)	<b>French Writing</b> 1FR1/4F/H (45 min/1hr) <b>German Writing</b> 1GN1/4F/H (45 min/1hr)

	08:45	13:15
Monday 23 <sup>rd</sup> February	<b>Combined Science Trilogy Biology</b> 8464/B/2F & 8464/B/2H (1hr 15) <b>Biology Paper 2</b> 8461/H/F (1hr 45)	<b>Religious Studies A P2A Excl Text</b> 8062/2A (1hr 45) <b>Early Lunch</b>
Tuesday 24 <sup>th</sup> February	<b>Mathematics Paper 3</b> 8300/3F & 8300/3H (1hr 30)	<b>Geography Paper 2</b> 8035/2 (1hr 30) Early Lunch
Wednesday 25 <sup>th</sup> February	<b>English Literature Paper 2</b> 8702/2 (2hr 15)	<b>Combined Science Trilogy Chemistry</b> 8464/C/2F & 8464/C/2H (1hr 15) <b>Chemistry Paper 2</b> 8462/2H/F (1hr 45) <b>Early Lunch</b>
Thursday 26 <sup>th</sup> February	<b>History Paper 1</b> 8145/1A/B & 1B/A (2hr)	Hair and Beauty Synoptic <b>12:15 start</b> <b>Citizenship Paper 2</b> 8100/2 (1hr 45) <b>Early Lunch</b>
Friday 27 <sup>th</sup> February	<b>English Language Paper 2</b> 8700/2 (1hr 45)	<b>Combined Sci Trilogy Physics</b> 8464/P/2F & 8464/P/2H (1hr 15) <b>Physics Paper 2</b> 8463/2H/F (1hr 45) <b>Early Lunch</b>