



Friday 16th January 2026

Dates for your diary:

Wednesday 28th January – Year 9 options evening

Friday 30th January – Non-uniform day & bake sale

Friday 13th February – Last day of half term

Monday 23rd February – First day of new half term

Wednesday 18th March – Year 11 parents evening -ON SITE

Friday 20th March – Non-uniform day

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 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** so we are aware in advance when you collect your child.

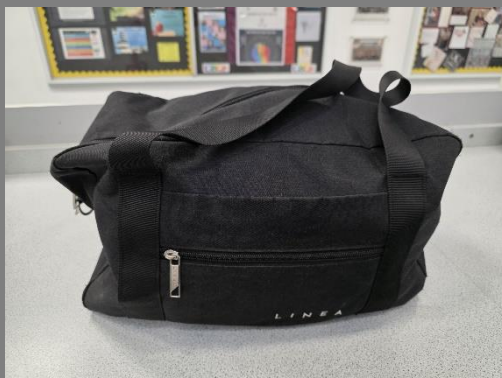
Requesting time off in term time:

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](#)

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. Here is a selection of lost property we have, if it belongs to your child please ask them to come to reception to collect it.



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 \(eastern-mat.co.uk\)](http://eastern-mat.co.uk)

Online Safety:

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.

What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on a secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

The National College

X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 14.01.2026

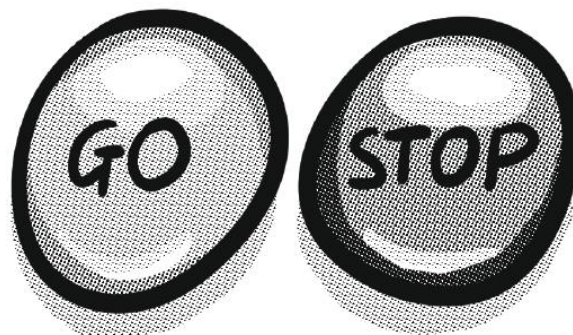
Did you know?



Experts in nutrition stress the importance of healthy diets for ensuring the most effective working of our brains. For example, although caffeine and sugar can provide bursts of energy, consuming these can lead to significant dips in focus and energy. We also know that easy swaps can lead to more balanced nutrition and energy levels, like using wholegrains, nuts and berries.

Having a tidy space can reduce stress and improve productivity. Another way to maximise opportunities for work and reduce distractions is to ensure the space is organised with everything needed for studying: laptop, books, pens and any other equipment. If you want to go a step further, plants are shown to not only create a calm space but also aid concentration.

Many people find approaches like the Pomodoro technique help to increase their levels of productivity as it allows for focused 'work' time for 25 minutes, and then a 5-minute reward break. It is often surprising how much we can actually achieve in short bursts of time when we are fully focused, with no distractions, and know that there is a clear end when we'll get to do something we want to.



What can you do?

Help your child to create a productive learning environment, a quiet space where they can work at a clear surface with as few distractions as possible. Encourage this to be a social media-free space.

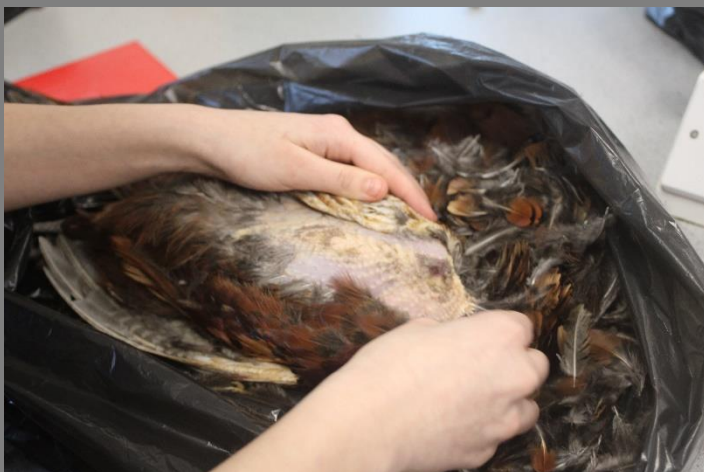
Sit down with your child and offer to help them create a timetable of study. Work with them to map out the free time they could use to study and the free time that should be 'work-free' so they can do things they enjoy. Plan out the subjects and units they know they need to work on and schedule these into their 'work' slots. If your child is receptive to doing this together, it can help them to see that they aren't expected to use

all of their 'free' time to study, and that taking breaks and investing time in their hobbies and friends is important and valuable for them and their wellbeing. If possible, when your child is studying, bring them some snacks and a drink to help sustain them.

Encourage your child to prepare – either by themselves or with you – recipes from our Power to Perform recipe cards to ensure that they are eating brain-boosting foods. These recipes have been designed by an expert in the field to ensure that your child has brain-boosting foods and drink at their fingertips.

Eat Game Workshop:

On Tuesday 13th January, some Year 10 Hospitality & Catering students took part in an Eat Game Workshop; this was organised by Mrs Stewart in conjunction with Mr Ryan Darby from the BASC. He kindly donated ducks and pheasants from the local Narford Estate and demonstrated how to pluck and portion them. The students then plucked either a duck or a pheasant and went on to make popcorn pheasant and marinated pan fried duck with noodles. The students did a fantastic job of this as you can see from the results. Well done year 10.



Library book returns:



LIBRARY BOOK RETURNS

As of the beginning of January, we have over 300 books overdue and missing from the library. Please could we ask that you encourage your young people to have a thorough search for these missing books at home? And please return to N4 so that they can be checked off. Any issues, please let Mrs Carlton know.

POP UP LIBRARY

Our KLA Canon is currently available for borrowing books from in the pop-up library in N4. There is also a library club every lunchtime where students can come along to read, take books out, or be part of deciding what to display in the pop-up library.

WEST NORFOLK

YOUTH ADVISORY BOARD



map

WEST NORFOLK YAB

"The West Norfolk Youth Advisory Board (YAB) is here to support young people to grow, learn new skills, and have their say. We work together to make sure the things that matter to young people in West Norfolk are listened to and acted on, and we help fund projects and services that make a real difference."

- Make your voice heard: The YAB works directly with community professionals to ensure young people have a say in decisions that affect them.
- Develop valuable skills: Through training and participation, you'll gain new skills in campaigning, lobbying, advocacy, and event planning.
- Create real change: You'll be actively involved in making changes for young people in our area.
- Boost your personal growth: One YAB member reported that it helped them improve as a person.

The YAB is involved in a wide range of activities, including:

- Campaigning on issues important to young people.
- Lobbying decision-makers to create positive change.
- Advocating for the needs of young people in West Norfolk.
- Hosting events to raise awareness and engage the community.
- Funding services that benefit young people.

Here at KLA, our group focuses on issues within our school, giving you the chance to shape your learning environment and experience.

Starting **Wednesday 21st January** in Mr. Reeve-Hayes' room, CF12, during lunch



KLA After School PE Clubs & Activities:

Tuesday	Wednesday	Thursday
Rugby KS3 (JOM) 3:00 - 4:15pm	Rugby KS4 (DHE) 3:00 - 4:15pm Year 10 & 11 Intervention (SLM) 3.00 - 4.15pm	Netball All Years (SLM/LCT) 3:00 - 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 Fri-yay everyone. This week has been a super busy one but lots of great moments along the way.

Just another little reminder regarding uniform. Black trousers, no jeans or leggings. KLA skirts only with white shirts, tie and blazer. If your child wears a KLA jumper, they must still wear their blazer. The jumpers are optional uniform, blazers are not. 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.

My year 7's have continued to work incredibly hard and achieving a high number of positive points each day. With numbers being tight this week, I have listed this week's TOP TEN highest achievers. A huge congratulations to all those on this list.

Ely Harry	29
Head Alice	26
Rollings Katy	26
Keegan Harmony	25
Freestone Elliott	23
Hodgkinson Summer	23
Huish Harley	22
Tansley Clae	22
O'Neill Darcie	21
Russell-Scott Jordan	21

As a year group we have achieved a whopping 3850 achievement points this week. What an amazing week, I told you all at the start it had been a super busy one and I wasn't joking! So proud of you all, well done crew.

Please remember that when I write this newsletter, I collate the points from the Thursday of the week to the Wednesday of this week. For example, both the highest achievers in this week's list above and the overall points for year 7 are from Thursday 8th January to Wednesday 14th January. This is because we must submit the newsletter for editing by midday every Thursday. I often get asked about this so just wanted to remind you all again.

Attendance in year 7 was 94.5% this week. Slightly higher than last week but with many of the bugs and germs gone now, let's see if we can improve this again next 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 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.

I often forget about nominating a student of the week purely because they are all just so amazing. Each student has impressed me day in day out with their hard work and efforts. However, I will make a conscious effort to remember.

So, lets kick this off with this week's student of the week. My nomination goes to **Harley Huish**. Harley works hard in lessons, and it was fantastic to see his name on the highest achievers daily list this week. On Tuesday Harley achieved 19 points in just one day! Very impressive Harley, let's keep this up!



Year 7 Round Up continued...

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. 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.

Dates to remember

Friday 30th January – Non-uniform day

Friday 13th February– Break up for half term

Monday 23rd February – Back to school

Have a wonderful weekend, stay safe & take care.

Mrs Mann.

Year 8 Round Up – Compiled by Mrs Lockey:



Happy Friday!

Just a gentle reminder from me about uniform, thanks to you all for being fantastic supporting us with this is really important issue. Please remember leggings are not permitted. Some girls are creeping in with them but we need them to be in trousers or KLA skirt. If there are any issues, please feel free to let me know if we can help in any way. We always endeavour to support all the children. **We have also had a large number of students forgetting their PE kits; if they could be reminded to check their Arbor for their PE days, much appreciated.**

Attendance this past week has been **93.79%**; 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 you 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 are calling 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 **4,078** points this past week up to yesterday! Well done year 8, that is absolutely fantastic, keep up the great work and efforts in your lessons!

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

Student of the week this week goes to **Rowan Scott**, he has made an amazing start back to school. Well done Rowan, 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; always love to know what the students are doing in their own time. 😊 **Hayley.Lockey@kla.eastern-mat.co.uk**

Dates for diary

Last day before the half term holiday Friday 13th February 2026

Have a wonderful weekend, take care and stay safe 😊

Mrs Lockey.

Year 9 Round Up – Compiled by Mrs West:

Here we are again at the end of another week, one that has been full of learning and achievement. I have had many moments this week where I have managed to take time to visit and watch all this fabulous learning in action and I have been extremely proud of the year group. Students are really starting to realise that each lesson can make such a difference to the amount of knowledge they possess.

Hopefully, you will have all had options evening letters come home. Can I please ask that these are returned with a time chosen as soon as possible so that we can be as prepared as possible to receive you all on the evening. I will be in attendance on the evening supporting those students we have that do not have a parent/carer able to attend the evening. It is an evening full of so much information to help students choose which direction they would like their education to take and also may open up the exciting world of college for some.

In the last 7 school days the year group have managed to earn a fantastic 3307 achievement points. Well done to you all. Below are the top scorers at the time of writing Congratulations for a fabulous past 5 school days!!

Student	Achievement points
Clarke, Oliver	51
Caplinskyte, Zhoiee	48
Dix, Dexter	48
Grigalaitis, Martynas	48

★ ★ Student of the week this week is **Imogen Roythorne**. Imogen, your determination to succeed and work hard is inspiring. You are such a positive member of the year group and I know you are valued by many of your peers. Thank you and well done. ★ ★

Have a restful weekend. I am more than ready for some warmth and sun but I feel it may be a while yet!

Mrs West.

Year 10 Round Up – Compiled by Miss Fountain:

This week:

The year 10 assessments have begun, with them smashing it and trying incredibly hard! I'm very proud of the way in which they have handled the assessments and long may this continue!

Year 10 has only 5 full school terms left of their school lives so now is the time to get it right and knuckle down.

Please remember there is a homework club after school until 4pm as well as lunchtime clubs to support the students daily.

Celebrating our achievements:

This week as a year group we achieved 2010 achievement points! Well done!

The top 3 points this week are:

Student	Points
Mycock, Jacob	52
Horner, Charlie	48
Tann, Nancy	47

Everything else:

Uniform: Please can you check your young person's uniform every day as we are now issuing lunch time detentions for incorrect and/or missing uniform.

The following rules are non-negotiable:

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:

Attendance has improved this week, so thank you for your support. I do understand that children and young people do pick up lots of illnesses and infections. 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 or call the absence line **01553 602874**

Anything else:

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 soon.

Miss Fountain.

Year 11 Round Up compiled by Mrs Laws:

Good afternoon from year 11 at KLA.

As usual it's been another busy week here at the academy. Students are focused and working well in lessons. Well done to all those attending session 5 and now lunchtime interventions.

Sessions 5's are as follows this ter - Science is doing Monday, Maths is doing Tuesday, Wednesday and Thursday, English are doing Wednesday, however there may be some flexibility there so please speak to the head of department if there is a session you want to go to but can't make. Option subjects are still Thursday.

Our mocks start on Thursday 5th February so only 13 school days away. They continue until we break up on 13th February and then start again on Mon 23rd for the week. We will be treating the mocks like they are the real GCSE's - the students will be signing in with me as they arrive at school and I will be chasing anyone who is late so please make sure your child is in school on time as unfortunately if they are late for GCSE's the exam board may not let them complete it....

There will be a year 11 bake sale on Friday 30th Jan with cakes made by Mrs May's class and if anyone else would like to send in some home baked goodies for us to sell that would be wonderful. From Mon 2nd February we start selling valentine roses at lunchtime which will be delivered to the lucky people who have been sent one! All profits from both will go towards the prom.

I have noticed that uniform is slacking again; whilst I appreciate we are in year 11, students are still expected to comply with our uniform policy of blazer, shirt, tie, trousers and black shoes. Please make sure students are wearing correct uniform we do have a stock here of some bits if anyone needs anything.

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. 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 90% this week which has dropped. 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.

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 1500 reward points this week which is amazing! Our highest achievers were **Lillie King** and **Sephira Griggs-Williamson**, congratulations to them!

If your child has to have time off school, please ensure that call you 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.

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.

Have a wonderful weekend.

Mrs Laws.

Year 11 Round Up continued...

Year 11 period 5
For Art and Photography

All year 11 photographers and
artists are invited to period 5

Monday, Wednesday & Thursday
in N1

And also Wednesday in CG5

Year 11 PPE timetable 2025 - 2026

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

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