



Friday 23rd 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 & prom bake sale

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

Monday 23<sup>rd</sup> February – First day of new half term

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

Friday 20<sup>th</sup> 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](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](#)**

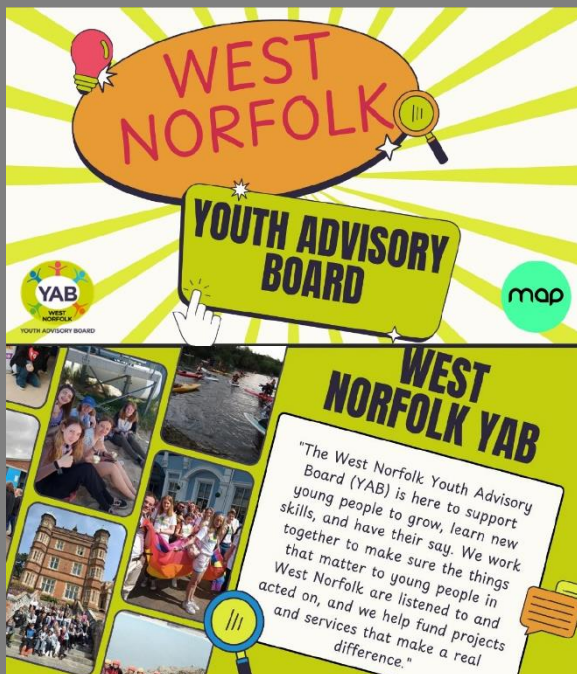
## Student belongings and lost property:

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 look in reception if you know they have already misplaced their belongings. Thankyou.

## 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)



**WEST NORFOLK YOUTH ADVISORY BOARD**

"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 21<sup>st</sup> January** in Mr. Reeve-Hayes' room, CF12, during lunch

## Homework

If you need help or just a quiet place to complete your homework, please come and join us in CG2 on Monday, Tuesday and Wednesday 3pm till 4pm In CG2



Miss Stevens, Mrs Davis and Mrs Adderson-Paul



### 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.

## KLA extension progress:

Today we have had a concrete pour into the new canteen and DT extensions, things are progressing!



# KLA extension progress:



# 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](https://nationalcollege.com).

## What Parents & Educators Need to Know about **ROBLOX**

### WHAT ARE THE RISKS?

Roblox is an online platform where users can play and create games known as 'experiences' made by other users. Roblox has a large UK audience. ITV News has reported that millions of people in Britain use the platform regularly, with children forming a significant proportion of its users. The sheer scale of it makes it extremely difficult to moderate effectively, creating risks for unsupervised children.

### A PLATFORM RATHER THAN A GAME

Roblox differs from traditional video games in that it hosts millions of user-created experiences rather than a fixed set of developer-produced content. Each experience is self-rated by its creator rather than independently age-rated in advance, as is the case with PEGI-rated games. With millions of user-created experiences, moderation is largely automated which means that inappropriate content may reach younger players and have a harmful effect.

### MATURE CONTENT

With much of Roblox's moderation automated through AI and creators self-certifying suitability, inappropriate content frequently appears on the platform. Some experiences may include content intended for older players. While Roblox has tools to restrict access based on age settings, these systems are not always perfect. Younger players are likely to encounter content you may deem unsuitable.

### IN-GAME SPENDING

Roblox is free to play, but many experiences and cosmetics include optional purchases using Robux, the platform's virtual currency, to get advantages in games. This business model is common across online games, but reporting has highlighted cases where children have spent large amounts of money unintentionally or without understanding the real-world cost.

### RISK OF ADDICTION

Roblox encourages repeated and extended play. Many experiences are made of short tasks, rewards, and progression systems that can prompt users to keep playing for longer periods of time. Some games also use reminders, daily rewards, or timed events to encourage frequent logins. These designs can make it difficult to stop playing. Spending long periods online may affect sleep, schoolwork, or other activities if boundaries are not in place.

### COMMUNICATION WITH OTHER USERS

Roblox includes text and voice features that allow players to chat in shared game spaces. While the platform uses automated filters and moderation tools, media investigations have found that inappropriate and potentially harmful messages can still get through. There are risks that children could be targeted by groomers. In response, Roblox has announced changes to how chat works. The platform plans to use facial age-estimation technology to restrict chat access between adults and children they do not know.

## Advice for Parents & Educators

### USE PARENTAL CONTROLS

Roblox's parental controls provide an important starting point. Linking a child's account to an adult account allows parents to apply spending controls, limit communication features, and review recent activity. Regular supervision, use of parental controls, and conversations with children about what they see online can help reduce the risk of exposure to inappropriate content.

### CONSIDER LIMITING OR DISABLING CHAT

Although Roblox is introducing tighter age-based chat restrictions, some parents and educators may prefer to disable chat entirely for younger children. Children can still play games while communicating with friends they know through other supervised platforms.

### PLAY TOGETHER WHERE POSSIBLE

Playing Roblox with a child can help adults understand the types of experiences available, how monetisation works, and how children interact online. This shared engagement can also make it easier for children to raise concerns if something feels wrong. Parents and educators should monitor all games played on Roblox due to its self-rating nature.

### ENCOURAGE OPEN CONVERSATIONS

Many Roblox experiences are creative and age appropriate, and for many children, the platform is an important way to socialise with friends. Rather than banning it outright, parents and educators should talk openly with children about online safety, spending, and how to respond to inappropriate behaviour.

### Meet Our Expert

Alan Martin is a technology journalist who has written for publications including Wired, TechRadar, The Telegraph, The Evening Standard, The Guardian and The New Statesman.



See full reference list on our website

@wake\_up\_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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## Did you know?



An important part of teenage life should be relaxation. It is an essential part of maintaining health and wellbeing and being able to calmly deal with stress and pressure which, as we know, can be quite intense during the school years and especially being an adolescent.

Research shows that young people face many different kinds of stress, worry, anxiety and can feel overwhelmed for various reasons. Relaxation has been defined as a 'state of being free from tension and anxiety'. We often forget to switch off as adults but it is important that we do that in order to help children learn important skills.

Many studies highlight the benefits of relaxation and here are a few:

- Slows the heart and breathing rate
- Improves concentration and mood
- Reduces anger and frustration
- Reduces the activity of stress hormones
- Improves digestion
- Increases blood flow to the muscles
- Relaxes the muscles
- Improves sleep quality



## What can you do?

One of the simplest relaxation techniques is to practice breathing. Teach your child to take deep slow breaths when they are feeling anxious. Just a few deep breaths can provide an instant calming effect that can help reduce stress. Look out for mindfulness apps or video resources on YouTube that offer example breathing exercises, such as Headspace or Calm.

Learning to relax is something that you can do together as a family. Try having a go at a Yoga or a relaxing activity together. Yoga will improve flexibility, posture and give you and your child a sense of inner calm. Encourage your child to go to a local class or

follow a simple Yoga session on YouTube. Other things could be having quiet time to read, going for a walk, listening to music or watching a feel-good film.

Another technique for your child to try is 'imagery', having a vision about a happy place so their brains can take a break. Ask them to write down a description of their happy place which includes how it looks, feels, smells and sounds. When they are stressed out, ask them to close their eyes and to think about it. Just like new skills, relaxation techniques require practice so keep prompting them to find out what works for them.

# PE Weekly Sports Bulletin:

Clubs week beginning – 26<sup>th</sup> January 2026



Date	Club	Staff
<b>Monday 26<sup>th</sup> January Afterschool</b>	No clubs due to meeting + Fixture	
<b>Tuesday 27<sup>th</sup> January Afterschool</b>	Trampolining / Basketball	Mrs Culley-Tea / Mrs Mason
<b>Wednesday 28<sup>th</sup> January Afterschool</b>	Key Stage 3 Rugby	Mr May
<b>Thursday 29<sup>th</sup> January Afterschool</b>	Netball & Key Stage 4 Rugby	Mrs Mason / Mr Herring

## PE Clubs

Our PE clubs provide pupils with the opportunity to develop their skills, stay active, and enjoy a range of sports in a fun and supportive environment. Please note that full PE kit is a requirement for all PE clubs to ensure safety and appropriate participation.

Due to school commitments and sporting fixtures, clubs are run on a week-by-week programme. This means that clubs may vary from week to week. We ask pupils and parents to check the weekly timetable in the school newsletter to stay up to date with the latest club information.

## PE Weather Update

From 4<sup>th</sup> February, we will lose access to the Sports Hall due to mid-year exams. This is an advance notice that all PE lessons will take place outside during this period. This is our only available space, and lessons will continue as normal. Students must come properly equipped for outdoor PE, including:

- Football boots
- Appropriate layers for cold weather

To ensure lessons remain successful and students are comfortable, we strongly recommend:

- Wearing base/under layers
- Bringing the KLA PE jumper or rugby top

All PE lessons will go ahead outdoors, so being suitably prepared is essential.

# Year 7 Round Up – Compiled by Mrs Mann:



Happy Friday!

It has been yet another busy week and the achievement points have been rolling out each day! It's always a pleasure to walk around the academy and see the students sat in lessons learning, enjoying the work they are doing and engaging well.

The scores are high this week on the highest achiever's board and the competition is tight. Congratulations to our highest achiever, **Hallie Turner** with a whopping 57 points. Huge well done to all six students on the board this week.

Student	Week
Turner, Hallie	57
Austin, Isla	51
Courtman, Ebony	50
Bell, Keira	49
Huish, Harley	49
Winton, Indi	49

As a year group we have achieved a whopping 3160 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.

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.

Attendance in year 7 was 95% 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 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.

This week's student of the week is **Tyler Wilson**. Tyler is a hardworking student who consistently works well across every lesson. Tyler has a great group of friends and is enjoying KLA. Keep up the hard work Tyler, you are a superstar!



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.

## Dates to remember

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 – Back to school

Friday 20<sup>th</sup> March – Non-uniform day

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 supporting us with this important issue. Please remember leggings are not permitted. Some girls are creeping in with them but we need them to be wearing 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. **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 it would be much appreciated.**

Attendance this past week has been **92.87%**, slightly lower than last week. 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. Head 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 **2,001** points this past week up to yesterday! Well done year, that is fabulous.

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

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

### Dates for diary

Break up for half term Friday 13<sup>th</sup> February 2026.

Have a wonderful weekend, take care and stay safe.

Mrs Lockey.

## HPV Year 8 vaccination visit:

We look forward to visiting Kings Lynn Academy again on 4<sup>th</sup> February 2026 to see your year 8 students for their HPV vaccinations.

Please can you let your year 8 parents know to expect a message from us and encourage them to send in a consent or non-consent response to the message – Please tell them, if they do not get an email from us to call us on 0300 555 5055 option 2.

Kind regards,

School Immunisation Team.

# Year 9 Round Up – Compiled by Mrs West:

Happy Friday everyone!

The students are coping so well with sitting their mid-year exams. It has been great to see them coming out of the rooms looking proud of how they have done. The very few that have been upset with results have been reassured and offered support from their subject teachers to help learn skills moving forwards.

We have **Options Evening** next week on **Wednesday 28<sup>th</sup> January**. If you have not returned the form that students brought home with the time of attendance could they please be returned on Monday. I have been reminding students all week and have issued replacement letters to those that have not yet returned them. It will be lovely to see you all at the evening. I know past year groups have said how valuable this evening is to find out information about all of the subjects on offer.

Below are the amazing number of points that the top achievers have been awarded this week. Well done to you all. Your hard work is so appreciated.

Student	Thurs – Weds points
Tomkin-Adams, Amelia	53
Mironov, Theo	40
Nicol, Alfie	39
Thrower, Jude	33
Dennis, Ozzy	29
Lambert, William	29
Murray, Martha	29
Peacock, Cody	28
Thurlow, Millie	26
Webb, Amber-Lily	26

★ ★ Student of the week this week is **Libby Collins**. Libby, you have had such a fantastic start to the term. The work in your schoolbooks is so thorough and shows great effort. Well done, keep up the hard work! ★ ★

I hope you all enjoy the weekend and as above look forward to seeing all of you at the options evening.

Mrs West.

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

Due to Miss Fountain being unwell this week unfortunately there is no year 10 round up.

# Year 11 Round Up compiled by Mrs Laws:

Good evening from KLA year 11.

Another successful week of teaching here at the academy.

Intervention sessions and sessions 5 are working well. Please encourage students to attend. The evenings are starting to get lighter so soon students will be able to walk home in daylight.



Next Friday is non-uniform day and we are having a bake sale to raise funds for prom, so bring plenty of change in.

The following week we start selling Valentines roses, again to raise funds for prom.

A quick reminder again about uniform. Let's make sure we are dressed correctly and setting an example to the younger students please.

Hoodies & coats should be removed as you come in the building, we muster inside so there is no reason to have them on.

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 85% this week, which is down on the last few weeks. 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.

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 then it won't make a difference to your child's attendance percentage.

As a group we have achieved nearly 2000 reward points this week which is amazing! Our highest achievers were **Elijah Gedge & Lillie King**, so congratulations to them!

Enjoy your weekend and I'll see you on Monday.

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 interventions...

As the February mock exams draw closer it would be hugely valuable for the students to attend as many period 5 interventions as they feel they can. These sessions will be of significant value in the run up to the exams.

As a reminder;

Science - period 5 on Monday.

Maths - period 5's on Tuesday, Wednesday and Thursday.

English - period 5 on Wednesday.

Option subjects period 5 Thursday.

If anyone is unable to make period 5's for Maths then Mr Crockett, Head of Maths, is running intervention sessions in his class at lunchtimes.

Some teachers and subject departments are, and will, offer other opportunities if they can if a student is struggling to attend one of the pre-arranged ones.

Thank you for your continued support as we all work toward helping these fine young people every opportunity to fulfil their potential and succeed in their GCSE's.

## 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>