



Friday 30th January 2026

Dates for your diary:

Friday 13th February – Last day before half term

Monday 23rd February – School reopens after half term

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

Friday 20th March – Nouniform day

Thursday 26th March – Yr 7 REMOTE Parents evening

Friday 27th March – Last day of term

Tuesday 14th April – School reopens after Easter 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 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 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 \(eastern-mat.co.uk\)](https://eastern-mat.co.uk)

HPV Year 8 vaccination visit:

We look forward to visiting Kings Lynn Academy again on 4th 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

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

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 **MENTAL HEALTH MISINFORMATION ONLINE**

WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9–15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

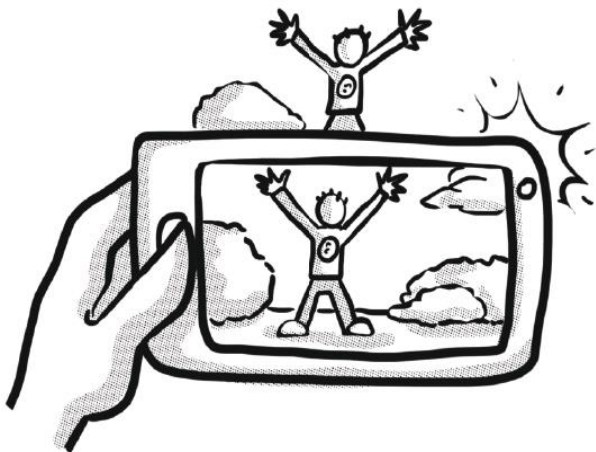
Meet Our Expert

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



The National College®

Did you know?



Evidence suggests that promoting resilience can help young people sustain good relationships, develop personal life skills, overcome challenges, cope in difficult situations and help them to achieve their potential. Human brains develop and change more during the teenage years than most other times in their life. This means that this is a time when there is huge potential for the development of new skills and capabilities.

Resilience is the ability to overcome adversity, 'bounce back' during difficult times and get back to feeling good. It is about having the capacity to adapt to difficult circumstances, and using tools and resources available to do so.

The Institute of Health Equity suggests that resilient individuals, families and communities are more able to deal with difficulties and adversities than those with less resilience. Building resilience is fundamental to teenagers becoming happy and functioning adults. Young people who are not resilient will be more likely to respond to stress by developing anxiety and depression.



What can you do?

Help your child navigate their ups and downs by encouraging them to carry out resilient behaviours. You can be a building block in helping them build healthy habits, such as looking after their mental health, getting enough sleep, doing exercise, eating healthy food, hobbies, socialising or relaxing. Watch the video on YouTube to understand why resilience is important to young people's health: <https://www.youtube.com/watch?v=0Wocj5oTReU>

Staying connected with different people in our lives is the basis for building resilience. Help your child to understand who is in their support network when they

face difficult situations. This may be a grandparent, friend, teacher, sibling or sports coach etc. Encourage your child to make time to build relationships, see friends, have fun, take part in hobbies and connect with others regularly.

Encourage your child to build resilience by taking on new opportunities, challenges and achieving goals by stepping out of their comfort zone. This will help them to develop self-respect, be organised, promote positive thinking and to build confidence to deal with different situations.

PE Weekly Sports Bulletin:

Clubs week beginning – 2nd February 2026



Date	Club	Staff
Monday 2 nd February	No clubs due to meeting + Fixture	
Tuesday 3 rd February	Trampolining / Basketball	Mrs Cully-Tea/Mrs Mason
Wednesday 4 th February	KS3 Rugby	Mr May
Thursday 5 th February	Netball + KS4 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 4th 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 8 Football

Our year 8's came out 4-1 winners today against Ormiston Victory Academy and are through to the next round of the cup!

The boys were fantastic and represented the school so well, especially considering we lost 2 players today due to illness.

Goal scorers were:

Henley Berry x3

Max Whitmore x1

Player of the match:

Hayden Hunt - a very solid performance from right back.

A big thanks also to year 10's **Blake Perry** and **Zac Purser** for officiating the game, setting an example as sports leaders.



Year 7 Round Up – Compiled by Mrs Mann:



Once again it has been a mega busy week. Year 7's are working hard and it really is wonderful to see.

The scores are high this week on the highest achiever's board and the competition is tight.

Congratulations to our highest achiever, Harmony Keegan with a whopping 47 points. Huge well done to all seven students on the board this week.

Student	Custom
Keegan, Harmony	47
Head, Alice	45
Freestone, Elliott	43
Ely, Harry	41
Low, Finlay	41
Peplow, Tyler	38
Zelenkova, Sofija	38

As a year group we have achieved 3718 achievement points which is a HUGE amount!

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.

Star students for each subject last week in assembly were as follows –

English – **Poppymae Wood** and **Ayden Smith**

Maths – **Alice Head**

Science – **Harry Hackett-Fairhead, Poppymae Wood, Ayden Smith** and **Joshua Norris**

Geography – **Willow Copeman**

History – **Jacob Langbridge**

DT – **Eve Aldous**

Art – **Jordan Russell-Scott**

Food Tech – **Rosie Oliver**

PE – **Lacey Garrod** and **Noah Abel**

PD – **Summer Reed**

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.

This week's student of the week is **Kristine Edelmane**. Kristine is a hardworking young lady who consistently works well across every lesson. Kristine has a lovely group of friends and is enjoying KLA and everything that it offers. Keep up the hard work Kristine, you are a little star!



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.

Have 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 really important issue. Please remember leggings are not permitted. Parents this week have been fabulous supporting with this. 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.

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 be much appreciated.

Year 8 boys had a fabulous match on Tuesday **Henley Berry** and **Max Whitmore** our goal scorers, well done boys! **Haydn Hunt** was man of the match. Well done to all the boys, you were amazing despite it being so cold outside. Massive thanks to Mr Herring for organising.

A huge thanks goes to Miss Bowen who led our assembly on Holocaust Memorial Day. This was done in such a lovely and moving way.

Star students this week: you have all been amazing!



Geography - **Harley Stock**

Science - **Dom Hines**

Maths - **Lacey Waterson**

English - **Jesie Widdows**

English - **Annalise Dunn**

DT - **Henry Locks**

PD - **Annabelle Howe**

PE - **Harry Collier**

PE - **Madeline Baker**

Attendance this past week has been **90.02%** 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. 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. 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. Thank you all so much for your support with arriving on time this week.

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

As a year group we have achieved **3,519** points this past week up to yesterday! Well done year 8 that is fabulous.

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

Student of the week this week goes to **Jack Rye**, he has made an amazing start back to school. Well done **Jack** 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 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

Have a wonderful weekend, take care and stay safe.

Mrs Lockey.

Year 9 Round Up – Compiled by Mrs West:

We are now halfway through this half term! It has been a really productive week and was lovely to see so many of you at the options information evening. If you were unable to attend please do not hesitate to contact me with any questions or queries. sam.west@kla.eastern-mat.co.uk

Uniform, I am proud to say, is looking really smart. I thank you for all your help and support with this. A clear message was sent to all students in assembly that leggings are not accepted as part of our uniform. If these are worn to school without a note from home a lunchtime detention will be issued.

The building work continues around school. The concrete floors were poured this week which really did feel like a bit of a milestone and a step in the direction of getting a whole lovely school back! Students are still coping so well with the changes we have had to make to their school day.

Below are those superstars at the top of the achievement points for the date range stated. Well done to you all.

Student	20.01.26 -27.01.26
Rutkauskaite, Urte	47
Nicol, Alfie	46
Lambert, William	44
Tomkin-Adams, Amelia	44
Caplinskyte, Zhoiee	43
Goncharova, Elisa	43
Simper, Esmee	43
Dennis, Ozzy	42
Ellis, Sophia	40
Istrati, Andreea	37

★ ★ ★ Student of the week this week is **Evelina Istrati**. Evelina, you put so much commitment into everything you do. I know your peers value you so highly. Thank you and well done!! ★ ★ ★

Have a lovely weekend.

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.

The first set of mocks start next week on Thursday & Friday for Hospitality & Catering, RE & business. Then we start full speed the following week and the week after half term.

Today was non uniform day at the academy with donations being split between prom and the Costa Rica trip.

We held a bake sale today in school, a big thanks to Mrs May and the year 11 Hospitality students who made some lovely cakes & biscuits to sell in aid of the prom.

There will be an email coming out to you over the next couple of weeks with regards to the year 11 leavers hoodies; it will have all the details you will need to order them from the suppliers.



Year 11 attendance was 90% this week, which is down on previous weeks, we need to work at getting that back up please. 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 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.

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.

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 asap.

As a group we have achieved over 1500 reward points this week which is amazing! Our highest achiever was **Elijah Gedge**, congratulations to him!

Have a great 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 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 have period 5 on Monday.

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

English have 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 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 Sprr 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