



Friday 6th February 2026

Dates for your diary:

Friday 13th February – Break up for half term

Monday 23rd February – School reopens after half term

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

Friday 20th March – Non-uniform 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 at reception if you know they have already misplaced their belongings. Thank you.

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)

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

Lunchtime laptop homework club

Wednesday &
Thursday
lunchtime
1.05pm - 1.40pm



We offer help with homework and a safe place to chat.

Find us in the office opposite Student Services

Achievement points given to anyone who attends.

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.

10 Top Tips for Parents and Educators

SUPPORTING SAFE USE OF AI

Artificial Intelligence (AI) is increasingly woven into young people's digital lives. It can offer some educational benefits and day-to-day assistance; however, it also raises concerns about misinformation, privacy, fairness, and safety. This guide provides parents and educators with practical strategies to support young people to navigate AI tools responsibly, and to use them safely and with discernment.

1 DEMYSTIFY WHAT AI REALLY IS

Children encounter AI in most online places, including games, streaming platforms, and school tools. Explain that AI uses patterns from past data to make decisions, but it doesn't think or feel like humans. Use age-appropriate examples, like how recommendations on YouTube or Netflix work, to build understanding and prevent false beliefs about AI being all-knowing or alive.

2 TALK ABOUT RISKS OF MISINFORMATION

AI can create convincing false information, including deepfake videos, photos, and fake 'facts'. Encourage children to think critically about what they see and read. Teach them to double-check information using reliable sources, to look at images and videos carefully, and to ask an adult if something doesn't seem right.

3 DISCUSS DATA AND PRIVACY

Explain that AI systems learn by analysing lots of data, sometimes including personal information. Help young people to be mindful of what they share online and why protecting personal data matters. Model good habits like reading app permissions together or reviewing what's collected by voice assistants like Alexa or Siri.

4 ENCOURAGE CREATIVE USE OF AI

Support children, when using AI tools, to explore ideas, make art, or build projects. This fosters confidence, imagination, and independent thinking. When children use AI creatively, rather than just passively consuming it, they are more likely to stay engaged and make thoughtful choices.

5 USE AGE-APPROPRIATE AI TOOLS

Not all AI platforms are suitable for children. Choose tools designed for education or creativity, with clear safety policies. Review terms of use and privacy settings, and help children use them in age-appropriate ways. For example, some chatbot tools mimic conversation but should only be used with guidance and boundaries in place.

6 USE AI TOGETHER

Exploring AI tools together can help adults understand how they work and spot potential issues. Try co-writing a story with an AI writing assistant or experimenting with an AI art tool. This encourages curiosity, helps you stay informed about the latest AI tools, and allows you to reinforce safe and respectful use while modelling critical thinking.

7 SET BOUNDARIES FOR AI USE

Establish when, where, and how AI tools can be used, just as you would with any digital technology. For example, you might agree not to use AI tools to complete school assignments without permission, or to avoid unsupervised use of voice assistants. Consistent boundaries help manage overuse and misuse.

8 WATCH FOR OVERRELIANCE

Some AI tools, like homework help apps, may be tempting shortcuts. Encourage children to use AI to support their thinking, not replace it. Celebrate effort and process over perfect answers. Reinforce that mistakes are part of learning and that relying too heavily on AI can limit real understanding.

9 TEACH DIGITAL ETHICS AND LITERACY

Help children explore how AI works, where it might be biased, and why ethical thinking matters. Building digital literacy alongside ethical awareness ensures children engage with AI critically, not just conveniently. Help young people to understand that not all people use AI for legitimate purposes; some use it for malicious reasons. Encourage questions about fairness, representation, and who benefits from certain tools; talk about algorithms, echo chambers, and the impact of automation on daily life.

10 STAY CURIOUS AND INVOLVED

AI is developing rapidly, and staying informed helps you support the young people in your care. Follow trusted sources for updates and keep the conversation going. If a child brings up a new AI trend or tool, take the opportunity to learn about it together. Showing interest builds trust and strengthens digital resilience.

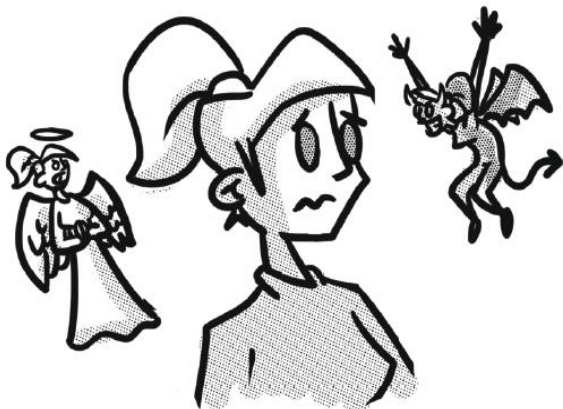
Meet Our Expert

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.

#WakeUpWednesday

The National College

Did you know?



Exam stress can be really challenging, not only for children but for those that live with them. Research shows that having someone to talk to about their work can help. Support from a parent, teacher or friend can help young people share their worries and keep things in perspective.

Survey research has identified that exams are a significant source of stress and worry for pupils in secondary school. In particular, failing important examinations, and the consequences of failing these examinations, are rated as more important than a range of other personal and social worries. (Optimus education)

The NHS highlight that Children and young people who experience stress may:

- worry a lot
- feel tense
- get lots of headaches and stomach pains
- not sleep well
- be irritable
- lose interest in food, or eat more than normal
- not enjoy activities they previously enjoyed
- seem negative and low in their mood
- seem hopeless about the future



What can you do?

Watch out for signs of stress and encourage your child to talk to a member of school staff or someone who they feel is supportive. If you feel your child isn't coping, it may also be helpful for you to talk to their teachers at school.

Encourage and support your child to build and maintain healthy habits before and during the exam period, such as eating a healthy balanced diet, staying hydrated, getting enough sleep, doing exercise, having time to relax and to socialise with friends.

Remind your child that feeling nervous and anxious is

normal. Support them to be organised, have a routine and build a revision timetable. Try not to add to their pressure by being flexible with them. Talk to them about how they feel, remind them of their goals in life and motivate them to stay focused. Staying calm will help them remain calm - and exams don't last forever.



PE Weekly Sports Bulletin:



Clubs week beginning – 9th February 2026

Date	Club	Staff
Monday 9 TH February	Football Club all years	Mr Herring
Tuesday 10 th February	No sports hall due to exams	
Wednesday 11 th February	All year's rugby	Mr May/Mr Herring
Thursday 12 th February	No sports hall due to exams PE Afterschool detentions 3-3.30pm	Mrs Mason

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.

Basketball Trip Friday 30th January

On Friday evening Mrs Mason and Mr Herring took 14 students from years 7-9 on the minibus to Leicester to watch the basketball; it was such a fun evening for all involved and the student's behaviour was excellent. We watched Leicester Riders V Surrey 89ers; It was a very close game and the students did not take their eyes off the court.

The journey home was a lot quieter than the journey there, getting back to school at 11.30pm and all that was stuck in my head was DEFENCE DEFENCE.



Year 7 Round Up – Compiled by Mrs Mann:

Hello Friday!!!! It's fair to say the weeks are flying by. I think it's because the year 7's continue to work like machines!

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 fabulous 41 points. A huge well done to all seven students on the board this week.



Student	Custom
Keegan, Harmony	41
Rollings, Katy	40
Freestone, Elliott	39
Crofts, Mylee	30
Ely, Harry	38
O'Neill, Darcie	32

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. This is 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 **Eve Aldous**. Eve is a lovely young lady who is positive and passionate about everything she loves. Eve works incredibly hard at school and enjoys several extra-curricular activities such as performing arts and hockey. Eve is a member of Pelicans hockey club where she trains hard and participates in games. Well done Eve, keep up the hard work.

Dates to remember

Friday 13th February– Break up for half term

Monday 23rd February – Back to school

Friday 20th 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, please remember leggings are not permitted. Parents this week have been fabulous supporting with this. Some girls are creeping in with them but 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 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 it would be much appreciated.

Attendance this past week has been **90.74%** 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 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. 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 **1,874** points this past week up to yesterday! Well done year 8.

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

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

Shout out section:

Shout out this week goes to **Riley Price**, he competed in the Regional Sports Hall Final representing Norfolk U13 boys in athletics. Riley did exceptionally well and as a team they came first overall. Well done Riley and your team.



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

Dates for diary

13th February 2026 break up for half term.

Have a wonderful weekend, take care and stay safe.

Mrs Lockey.

Year 9 Round Up – Compiled by Mrs West:

5 school days to go!!

All students should have now received their email regarding picking their option subjects. I have already supported many in accessing their emails and will continue to do so. Please remember that this is not a 'first come, first serve' situation and I will make sure that all have managed to submit their choices by the required deadline.

I was lucky enough that I was able to watch the boys in the football team play their match on Wednesday. Sadly, I seemed to be bad luck for them and the match ended in a loss. The boys all played fantastically as a team and kept their heads up until the end of the match. Well done to all involved and a special thanks to Mr May for organising the team and giving up his time.

It has also been lovely to see some of the creations the students have been making in Food Technology this week. The independence the students now show when cooking is great. I hope a few of them have started to show their skills off at home.

Uniform has been fantastic this week. Thank you for all your help and support.

An amazing amount of achievement points as always. Congratulations to those below on a fantastic week.

Student	Wed - Wed
Ellis, Summer	53
Lypko, Natalija	45
Nicol, Alfie	43
Tomkin-Adams, Amelia	38
Caplinskyte, Zhoiee	34
Mironov, Theo	34
Oughton, Olivia	34

★ ★ ★ Star student of the week this week goes to **Rosie Eastwood**. Rosie, I was lucky enough to witness your hard work in English this week. Thank you for always showing such commitment to your work. Well done!! ★ ★ ★

Have a lovely weekend. I hope all students manage to come back feeling refreshed for the last 5 days of this half term. We are nearly there!!

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:

That's another week completed here at KLA for year 11's.

The year 11 mocks started on Thursday and continue next week here at the academy as well as the first week back after the half term break.

Quick update on the bake sale from last week. We made £146.50 and sold out after 1 break!! So, for the Easter bake sale we need to bake more!! Thanks to those that helped me sell them.



This week we started selling the Valentines roses to help raise money for prom and will keep selling these up until Thursday 12th February at lunchtimes.



Yesterday saw the first part of the Hair & Beauty practical exam in college.

We seem to have a few students slipping back into old habits of arriving to school late so a reminder school starts at 8.35am and the academy doors close at 8.40am after which point you will need to come in the late room resulting in a break detention, continual lates means we will have to get parents in for a meeting.



Year 11 attendance was 86% this week, which has dropped again. I can't stress enough how important it is that students attend school every day. 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 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!

An email will be coming out shortly launching the year 11 leavers hoodies so look out for that.

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 have commenced 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