



Friday 10th July 2026

Dates for your diary:

Friday 17th July – Last day of term

Wednesday 3rd September - School reopens

Relaxed uniform:

Looking at the expected temperatures for next week, we have decided that we will amend our uniform expectations until the end of the term. Students will be allowed to wear KLA PE kit but we appreciate that in a cost of living crisis, continual washing of limited kit may not be possible, therefore it will also be accepted for students to wear normal uniform with no tie or blazer.

Communication Chart:

	Who should I contact?	When will I get a response	What should I do if I don't hear back?
My child will be absent from the academy	studentabsence@kla.eastern-mat.co.uk 01553602874	The absence will be added to Arbor, no response is needed	
My child has an upcoming appointment	Head of Year Firstname.surname@kla.eastern-mat.co.uk	The appointment will be added to Arbor, no response is needed	
There is an issue that I would like to discuss	Head of Year KLA reception – 01553 774671	Within 48 hours	Contact the Pastoral Manager Debbie.germaney@kla.eastern-mat.co.uk and KLA reception
I need to speak to the school urgently (same day)	KLA reception – stating that a response if required on the same day. This request will be passed on to the most relevant team member 01553 774671	Within 24 hours	KLA reception Kla.safeguarding@kla.eastern-mat.co.uk

Please be aware that we are not able to see you if you arrive at the academy without an appointment

Work experience Year 8, 9, 10 & 11:

Norfolk and Suffolk NHS Foundation Trust are offering a 2 day Work Experience Workshop for students between 14 - 18 years of age. The workshop will include talks from healthcare professionals, interactive session and career insights. If you are interested in completing a work experience workshop in April 2027 please complete this form:

[Work Experience Summer Workshop 2026](#)

Kind regards,

Mrs Leeming-Watts PE Teacher and Careers Leader

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.

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 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.

Swap Shop:

We run a swap shop here at KLA and our stocks are running low; if you have any uniform you no longer need please consider donating it to our swap shop.

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 \(eastern-mat.co.uk\)](#)

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.

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



Sparx Learning

Maths learning (SPARX Maths) – Every week
English learning (SPARX Reader) – Every Tuesday
Science learning (SPARX Science) – Every Friday

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

MANAGING DIGITAL BOUNDARIES FOR CHILDREN UNDER FIVE

Screens are part of everyday life, but they should not take over early childhood routines. For under-fives, healthy digital habits are built through simple, steady boundaries that protect sleep, play, connection, and development. Current UK guidance advises avoiding screen time for children under two – except for shared activities such as video calls – while children aged two to five should ideally have no more than one hour a day.

1 ASK A GROWN-UP FIRST

For under-fives, autonomy is important, but not when it comes to choosing digital content. Establish an 'ask a grown-up first' rule early, whether at home or in an early years setting. Adults should choose the video, app, or game, therefore helping children avoid unsuitable content and understand that devices are tools to be guided, not toys to control.

2 PROTECT SLEEP BUFFERS

Screens can make it harder for young children to wind down, especially when content is bright, noisy, or fast paced. Aim for a screen-free hour before sleep or start with 30 minutes if that feels more realistic. Use this time for calming routines such as stories, bath time, quiet play, or cuddles, helping children recognise that bedtime is approaching.

3 CO-VIEW AND CHAT

Screen time is safer and more meaningful when adults are involved. Sit with children, even briefly, and talk about what they're watching. Ask simple questions like, "What can you see?" or "How does that character feel?" This turns passive viewing into shared interaction, supports language development, and helps adults spot adverts, unsuitable content, or confusing messages.

4 KEEP DEVICES HIDDEN

Young children are more likely to ask for screens when they can see or reach them. Keep devices out of sight when they're not being used, and consider casting content to a shared screen instead of handing over a phone or tablet to a child. This reduces private scrolling, supports shared viewing, and helps adults stay in control of what appears next.

5 PLAN THE TRANSITION

The hardest part of screen time is often stopping. Before the screen goes off, tell the child what's coming next and offer two acceptable choices, such as blocks or drawing. This gives them a sense of agency without removing the boundary. A planned next activity prevents a sudden gap, which can quickly become frustration or distress.

6 LEAD BY EXAMPLE

Children notice adult habits long before they understand adult explanations. If they're expected to put their screens away, they need to see adults doing the same thing during meals, play, and conversations. Create a shared 'phone home', such as a basket or shelf, to show that technology has a place in daily life but does not need constant attention.

7 MAKE SCREENS PREDICTABLE

Young children do not always understand minutes, but they quickly learn patterns. When screen time happens at a regular point in the day, it becomes a routine rather than a negotiation. Use the same start and finish signals each time, such as a timer, goodbye wave, or tidy-away moment, so children know what to expect next.

8 CREATE SCREEN ZONES

Physical boundaries help children understand digital boundaries. Keep screens out of bedrooms to protect their sleep and away from tables to preserve mealtime connections. Choose one agreed 'yes space', such as a shared living room area or supervised classroom corner. This makes limits feel less personal and more like a clear family or setting routine.

9 USE SIMPLE SCRIPTS

Transitions are easier when children hear the same calm language each time. Use short, repeatable phrases such as, "First tidy, then tablet," or "When the timer beeps, we stop." Avoid long explanations during emotional moments. Simple scripts reduce negotiation, help adults stay consistent, and give children clear expectations they can gradually understand and follow.

10 PRIORITISE SLOW CONTENT

Not all screen time feels the same to a young child's brain. Fast-paced clips, loud sounds, and rapid scene changes can make it harder for some children to settle down afterwards. Choose slower content with simple stories, gentle voices, and natural pauses. Think of digital content like food, with more calm, nourishing choices than fast-paced, digital 'sugar rushes'.

Meet Our Expert

Neha Agarwal is the founder of Cyber Ved Kids, an innovative educational initiative that transforms complex cybersecurity concepts into engaging, age-appropriate adventures for children aged 3-10. With her unique background leading cybersecurity services for corporates and serving as an expert panel advisor on Internet Matters, Neha brings corporate-grade cybersecurity expertise to the early years world.



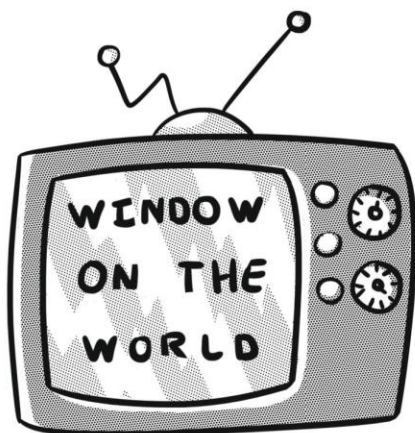
The National College

See full reference list on our website

Social Media: what do we know and what should we do?

Information for parents and carers

Did you know?

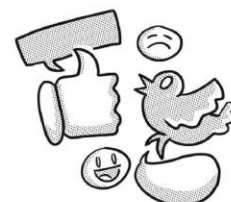


Research shows that high use of social media is linked to poor mental health. One recent study shows that young adults who used social media heavily were three times more likely to be depressed than occasional users. Another study discovered that young people who exceeded two hours of social media use per day were more likely to claim that their mental health was 'fair' or 'poor' than occasional users.

Sleep is crucial for productive engagement and wellbeing. Research has shown that social media and screen time in general is linked to lower quality of sleep.

Each social media site is able to decide how they protect their users; there is no agreed set of child safety rules to protect young people from the risks. Each site will have its own age ratings, for example Whatsapp has recently set its minimum age to 16 years old. Even YouTube has a minimum age requirement, which is 18, but from 13 years old a child can sign up as long as they have a guardian's permission.

What can you do?



Talk to your child about the positives and negatives of social media. Most young people are very aware of these and know that there are changes they could make to use the internet in general in a healthier way. Being

upfront about our own habits (even any unhealthy ones!) and setting goals together can sometimes help to avoid making it a source of conflict. One key aspect of this is discussing how social media can affect our

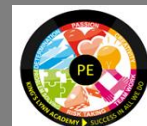
reputation through the digital footprint we create for anyone to access.

Encourage screen-free time before bed. If possible, having a family-wide screen-free curfew could help model good use of screens and place value on everyone caring for their wellbeing through winding down activities and increased quality of sleep.

Help your child to spend more time on activities they enjoy and which make them feel good. Perhaps encourage them to re-join a sports team they used to like, take up a hobby that they've expressed an interest in, or spend time as a family doing things together. This could include, for example, family movie time using films your child has recommended, or trips out together etc.

e: enquiries@pixl.org.uk www.pixl.org.uk

PE Weekly Sports Bulletin:



Next week the PE staff are out Monday - Wednesday on a PGL residential. Please be prepared to have your groups doubled up and potentially outside - we provide students with suitable breaks in the shade and always have cups and water over in PE to rehydrate. As always, we encourage you to send your child to school with sun cream, hats and plenty of water.

Year 7 Round Up – Compiled by Mrs Mann:



Another Friday and another week closer to beach days and holidays! I don't know about you guys, but these Friday newsletters come round a bit too quick for my liking. That said, we just have one more! One more week of Year 7!!!!!!!!!!!!!! That's insane. How has this happened? Where has the first year gone? ? ? ?

It has been a fun week with the senior sports day on Tuesday (years 9 & 10) and the junior sports day on Wednesday (years 7 & 8). Despite it being incredibly hot out on the field, it definitely didn't hinder the determination of all participants. It was, as always, a fantastic, well organised event by the brilliant Mrs Mason and her amazing team over at PE; filled with competitiveness, support for their peers, friends and houses and overall, a brilliant day of fun.

Congratulations to all in La Rochelle who overall took the win on the day. I am very proud of all my year 7's from every house that took part today.

As we are experiencing some extremely high temperatures again, we will continue to relax the uniform until we break up next Friday. They can wear their KLA PE kit, which is a KLA polo top and KLA shorts or a white shirt with no tie or blazer and either tailored trousers, a KLA skirt or tailored shorts.

Please also ensure that your child has suncream on or in their bag, a sun hat if required and plenty to drink. A refillable bottle would be great as water is available to fill them up during the school day.

A huge congratulations to Harry Ely who is at the top of the leader board again this week with the highest number of positive achievement points. It has been a cracking year for Harry who has consistently performed well this first year. No pressure Harry but you've set the bar now kiddo!

Dates to remember

Break up FRIDAY 17th JULY for SUMMER.....more details have been sent out via ParentMail.

Have an amazing weekend and enjoy the England game on Saturday night!

Mrs Mann.



Year 8 Round Up – Compiled by Mrs Lockey:

Happy Friday! I really cannot believe we only have a week to go! YEAR 9 HERE WE COME!

Something that needs to be celebrated since starting back in September we have racked up - 111,418 achievement points, how amazing!

Wishing all our year 11's the best of luck for the future. They had their prom last night at the Corn Exchange. All the best to you all in all you do.



Next week the uniform has been relaxed once again - KLA PE kit or no blazer/tie and normal uniform. NO SLIDERS are permitted, thank you for your co-operation.

It has been a busy week with the senior and junior sports days - a really fabulous effort made by all staff and students that made this happen. It was so great to see the students all taking part and working as part of a team. The PE team will release all the winning results.

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. PE kits are part of KLA uniform and are expected to be brought in for the lessons needed. We do have spares but not always enough to go round. If your child is unable to take part in PE for medical reasons, we kindly ask that they bring a written note from a parent or guardian, or medical evidence if the issue is ongoing.

Attendance this past week has been 89.2%, 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 is unable to take part in PE for medical reasons, we kindly ask that they bring a written note from a parent or guardian, or medical evidence if the issue is ongoing.

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** to explain why; if we send you a text message and you are unable to respond, please send a note in with your child when they return to school explaining why they have been away. Please can I ask that if you do text my work phone or email me directly with absences, please contact the attendance officer as well.

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**.

As a year group we have achieved **2,151** points this past week up to yesterday! **Well done year 8! Keep up all your hard work!**

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

Student of the week this week goes to **Tia Barrett**, she has made an effort each and every day here in school. Well done, keep up the amazing work, you have been fabulous.

Shout out section,



Shout out this week goes to **Milena Minister**, well done Milena for gaining grade 1 In kickboxing. Well done to you, we are so proud of you.

Have a wonderful weekend take care and stay safe 😊 Mrs Lockey.

Year 9 Round Up – Compiled by Mrs West:

Another 5 days have flown by and the students have dealt with the heat fantastically. It is difficult for us all but with fans dotted around in classrooms and the uniform relaxation it has been manageable. These uniform changes remain in place until the end of the term. I do need to stress that the requirement that school PE kit is worn and not casual shorts and t-shirts. A school shirt is also extremely cool to wear in this hot weather if you are finding the washing hard to keep up with during the week!!

Year 9 and 10 had the excitement of sports day on Wednesday. It is fantastic to see all students getting involved whether it be taking part in the sports activities or cheering their friends and peers on. Below are the house results and new records that were set by students across both year groups.

🏆 1st – Hamburg – 303 🏆

2nd – LaRocheville – 293

3rd – Stargard – 277

4th – Riga – 265

🏆 🏆 🏆 Record Breakers 🏆 🏆 🏆

Oscar Godfrey – High Jump – 1.70m

Zac Purser – 200m – 33.47 sec

Ayddden Almeida – Welly Wanging – 20m

Natalija Lypko – 200m – 30.78

Ellie Wright – 800m – 3.08 mins

Clara Zalums – High Jump – 1.21m

★ ★ Student of the week this week is **Dominykas Rastokas**. Dominykas ,you always work hard in your lessons putting in great effort. Well done fantastic year 9 and all of your achievements. ★ ★

I am looking forward to spending one last week with the year group before the summer. I know they are all looking forward to the break and some will be apprehensive returning with the pressures of what year 10 can bring with it. Please be assured that I will be there waiting for them on the first day and we will navigate through another year together.



school days to go!!

Have a wonderful weekend, take care and stay safe.

Mrs West.

Year 10 Round Up compiled by Miss Fountain:

Well, that's the end of the penultimate week of year 10! And what a year it has been; lots of ups, a few downs and plenty of laughter throughout. I am so very proud of them all. Each student has grown in their own way, in preparation for year 11. From September we all need to ensure each student is in every day and if not, it needs to be a very good reason as attendance is so important in every year, however for year 11, it is imperative, as the link between exam results and attendance is huge. National data confirms a powerful, direct link between school attendance and GCSE results. The government state correlation is so significant that:

"missing just 10 days of school (dropping from 95-100% to 90-95% attendance) nearly halves a student's chances of achieving a Grade 5 in English and Maths." [Gov.uk 2026](https://www.gov.uk/government/news/missing-school-days-reduces-chances-of-achieving-good-gcse-results)

Together we can and will do it! Let's give them the best chances possible of great results. I will help in any way possible, just reach out and let me know if there is anything I can do to support you and your young person with any barriers or reasons for not attending regularly.

Achievements: This term the top 10 achievement points are as follows:

Student	Year 10
Mycock, Jacob	1132
Rutter, Freya	1071
Tann, Nancy	935
Strauts, Kevin	933
Watts, Samuel	925
Dey, Millie	915
Miller, Albie	900
Goodbourn, Ella	893
Horner, Charlie	893
Bussey, Lily	879
Ebbens, Rosie	860

What an amazing number of points achieved, well done to them all!

Please enjoy whatever time you get together as a family this holiday and please stay safe in the sun.

Ensure your young people are aware of water dangers and stay safe if out and about with friends.

That's all from me this year, other than to say thank you for all your support this year.

Take care.

Miss Fountain.

Year 11 Round Up compiled by Mrs Laws:

GCSE results :

GCSE results can be collected from the school between the hours of 08:30 and 11:00am on Thursday 20th August.

Unless students have arranged an alternative way to receive results with the exams officer, they will need to be the ones to collect them on the day.

Should you have any queries, please email the exams officer directly amanda.rutter@kla.eastern-mat.co.uk