news from

King's Lynn Academy

Friday 25th September 2026

Dates for your diary:

Monday 28th - Wednesday 30th September – Year 7 PGL trip

Thursday 22nd October – Last day of term

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

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.

We're now on Facebook!

We're excited to announce the launch of our **brand-new Facebook page!**

Our page is the perfect place to keep up with everything happening in our school community, including **exciting events, school news, pupil achievements, activities and special moments.**

King's Lynn Academy | King's Lynn | Facebook

👉 **Give us a follow today** so you never miss an update!

Drama classroom update:

The Drama classroom has had an update and we now have carpet on the floor. Students will be required to take their shoes off for the lesson. Please ensure students have suitable socks on for their Drama lesson.

Miss Mace.

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 ad Careers (eastern-mat.co.uk)



Online Safety:

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about

CHARACTER.AI

Character.AI is an entertainment platform where users create and chat with AI-powered characters. These chatbots can act like existing favourite characters from movies or books, or like friends, mentors, or even romantic partners, responding in an emotional, personally engaging way. Although this can encourage creativity, it can also make a generated conversation feel like a genuine relationship, which is concerning if it takes the place of human relationships.

WHAT ARE THE RISKS?

INAPPROPRIATE CONTENT

AI replies are generated in real time rather than chosen from a fully checked script. Even with safety filters on, conversations can still move into sexual, violent, discriminatory, or self-harm material. These AI characters are often made by users, so a familiar name or child-friendly description does not guarantee that every response from the character will be suitable for a young person.

BLURRED BOUNDARIES

Characters on Character.AI can use the language of friendship, love, and empathy without ever feeling anything. Vulnerable young people may struggle to separate this simulation from genuine understanding. Romantic role-play or a character that demands attention, loyalty, or secrecy could also risk distorting young people's expectations around consent, disagreement, and the give-and-take involved in healthy human relationships.

UNRELIABLE ADVICE

Characters, like other chatbot platforms, are at risk of inventing facts or giving inappropriate advice while sounding completely confident. Characters may also echo a young person's assumptions instead of questioning them. This can become particularly risky when users rely on a character for guidance about health, mental wellbeing, relationships, money, or personal safety instead of checking with a credible source or trusted adult.

EMOTIONAL DEPENDENCY

Character.AI chatbots can appear endlessly attentive, supportive, and affectionate, which is one of the hallmarks of the generative AI models that such companions are built on. A young person may start turning to a character chatbot whenever they feel lonely or upset and believe that it understands them better than the humans in their life. This can become more concerning when chatting starts to replace sleep, schoolwork, hobbies and friendships.

PRIVACY CONCERNS

Character.AI chats may feel private, especially when a bot sounds personal and caring, but they take place on a company's online systems. Users could intentionally or unintentionally reveal their name, school, location, routines, images, or intimate concerns. Character.AI says some data may be retained to improve its services and AI models, so young people should never treat a chatbot like a confidential diary.

UNHEALTHY ENGAGEMENT

Be aware of warning signs such as secret accounts, bypassing age restrictions, hiding phone use from adults, chatting late at night, distress when access to the platform or character stops, withdrawal from other people, falling interest in school, or believing the character is conscious. Increased use may also signal that the young person is already lonely, anxious, or seeking help.

Advice for Parents & Educators

KEEP CONVERSATIONS OPEN

Ask what the young person enjoys about Character.AI and invite them to show you how the platform and their favourite characters work. Useful questions include, "Has it ever said something that felt wrong?" and "How can you tell it doesn't have feelings?" Avoid shaming them for using platforms like Character.AI or making them feel there is something wrong with them for doing so.

PAUSE, CHECK AND ASK

Teach young people to pause before accepting an answer from characters on Character.AI. Encourage them to check important claims against a trustworthy source and ask a safe adult when the issue matters. Never use a character as the sole source of medical, mental health, legal, financial, or safeguarding advice. Remind them not to share passwords, contact details, school information, live locations, or private images.

CHECK AGE, SETTINGS & LIMITS

Character.AI's minimum age is 16 in the UK, but open-ended companion chat is restricted to adults aged 18 or over. Users aged 16 to 17 receive a different experience built around guided 'Stories' and other creative or social features. Check their current settings, never help or encourage a young person to give a false age, and apply the same safety rules to other chatbot apps.

NOTICE AND RESPOND

Take action if chats involve sexual content, threats, coercion, abuse, self-harm or danger. Save relevant evidence, report the character and follow the setting's safeguarding process; educators should involve the designated safeguarding lead. If anyone is in immediate danger, contact emergency services. Childline is available on 0800 1111 and the NSPCC Helpline on 0808 800 5000.

Meet Our Expert

Darren Coxon is an educator with almost 30 years' experience across teaching, school leadership, and governance. He works internationally, supporting schools and colleges with AI leadership and governance, as well as teaching the key fundamentals of AI use and safety to educators at The National College.



#WakeUpWednesday®

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See full reference list on our website

@wake_up_weds /wuw.thenationalcollege @wake.up.wednesday @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 09.09.2026

PE Weekly Sports Bulletin:

PE – Welcome back!
We have lots planned this term, both within lessons and through our extracurricular programme. Please see our **Week A and Week B extracurricular timetable** below.

PE Extracurricular Timetable

Day	Week A – Week Beginning 28th September	Week B
Monday	Department Meetings	Department Meetings
Tuesday	Badminton – JOM Limited Clubs Due to DHE LCT and SLM on PGL Trip	All Years Multi Sports – DHE Badminton – JOM
Wednesday	Boys' Basketball - JOM Limited Clubs Due to DHE LCT and SLM on PGL Trip	All Years – Football – DHE Boys' Basketball – JOM Netball – SLM & LCT
Thursday	Year 7 & 8 – Rugby - GRO Year 9 & 10 – Rugby DHE Girls' Basketball - LCT	Year 7 & 8 – Rugby – GRO Year 9 & 10 – Rugby – DHE Girls' Basketball – LCT

We will always do our best to keep parents and students informed if a club is unable to run. We will aim to stick to the timetable above wherever possible; however, we have a full fixture timetable coming up this term, which may occasionally affect our after-school clubs.
If a club needs to be cancelled or changed due to fixtures or other school commitments, we will communicate this as soon as possible.
We really appreciate your understanding and support while we balance our extensive programme of clubs, fixtures and competitions. We are excited to give as many students as possible the opportunity to get involved in sport both in school and through representing KLA.

Please ensure that your child has the appropriate footwear ready for their PE lessons. Having the correct kit and footwear allows students to get the most out of every lesson, whatever the weather!
Thank you again for your continued support and for such a positive start to the year. We are really looking forward to another fantastic year of PE, with lots of opportunities for students to get involved, develop their skills and represent the academy.

League Fixtures at Smithdon

On Tuesday, our year 8 and year 10 students travelled to Smithdon for their first league fixtures of the season, competing in both football and netball.

Year 8 Netball – Drew 4–4
Our year 8 netball team played a fantastic game in their first match of the season. It was a closely fought contest, with the team showing great teamwork, determination and some excellent passing throughout. The game finished 4–4, a brilliant result and a great start to their league campaign.

🏅 Player of the Match: **Eve A**



PE Weekly Sports Bulletin continued:

Year 10 Netball – Lost 5–14

It was a challenging first outing for our year 10 netball team, who were playing together as a team for the first time. Despite the result, the girls continued to work hard and showed a positive attitude throughout the match. There is plenty to build on as the season progresses, and we look forward to seeing the team develop their understanding and teamwork.



🏅 Player of the Match: **Summer E**

Year 8 Football – Won 4–0

A fantastic performance from our year 8 football team, who came away with an impressive 4–0 victory. The team worked hard for one another and showed excellent effort and determination from start to finish. A brilliant way to begin their league campaign!



🏅 Player of the Match: **Lincoln M**

Year 10 Football – Lost 1–6

Our year 10 football team faced a tough game against a strong Smithdon side. Despite the scoreline, the boys continued to work hard and showed good resilience throughout the match. There were some positive moments to build on, and we will look forward to seeing them bounce back in their next fixture.



🏅 Player of the Match: **James B**

A huge well done to all of our students who represented KLA. It was fantastic to see so many students getting involved in competitive sport and representing the school with such a positive attitude. Well done everyone!

Open Evening

I wanted to take a moment to share how proud we are of our sports leaders following their first assignment of open evening last night.



It was a packed evening, and they ran a huge range of events, including football, basketball, kinball, pickleball, spikeball and races. Every one of them stepped up brilliantly, and they stayed calm, organised and enthusiastic while running the evening extremely well. That is a lot to ask of anyone, let alone on their first outing, and they handled it with real maturity.

Their energy and professionalism made the whole evening run smoothly and gave everyone who took part a great experience. They should be very proud of themselves.

Year 7 Round Up – Compiled by Mrs Laws:



Good afternoon from KLA year 7.

It's been a busy week here at the academy again. Students are quickly settling into the daily routine of school. We do still have a few students coming in without equipment, so please make sure students come with at least a pen, pencil and a ruler every day.

Non-uniform day on Friday in aid of Macmillian Cancer Support was a great success.

Just a reminder that I am on the PGL trip next week from Monday to Wednesday with 70 of the year 7 students, so I will not be in the academy to answer any queries etc. I will get back to you as soon as I can on my return to work. Keep your fingers crossed this lovely weather holds for us whilst we are there.

If your child does anything outside of school like kickboxing, swimming, running, cadets etc. and wins an award or takes part in something special, please let me know. I love to showcase the activities and interests of our year group.

Attendance in year 7 overall was 92.88%. This has dropped this week, so we need to be getting that back up please.

Well done to those of you who were here all week, and to those of you who have 100% attendance this academic year, that is an amazing achievement! 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.

As a group we have achieved nearly 2400 reward points which is amazing! Our highest achievers this week were:

Isabelle S

Bethany B

Molly-Rose M

Bella H

Issy H,



Congratulations to them all.

My normal working hours are Mon –Thurs 8am to 4pm & Fri 8.30am to 3.30pm so please be aware any contact after that time will not be seen until the next working day. Remember we have a 48hr return call policy as it may not always be possible to return your call/email the same day, but I will endeavour to get back to you as soon as I can. My contact details are **07591 388678** or **jacqueline.laws@kla.eastern-mat.co.uk**

Have a fantastic weekend. I'm looking forward to a few days away with the students next week getting to put more names to faces.

Mrs Laws.

Year 8 Round Up – Compiled by Mrs Mann:



'RESPECT' - A word I have reminded year 8's of a lot this week. Sadly, some students' behaviour, at some musters has not been respectful, to the staff, the school or other students in their class. This makes me sad as I know they are an amazing year group however I will not accept disrespect to anyone at musters. They know that we will stand outside and line up until they can get it right. Come rain or shine, they will get this right. I know they can do it. Overall, much of my year group are perfect at musters but sadly that small handful spoil it. I praise those getting it right constantly and thank them for all they do. Positive behaviour, manners and respect make me a happy Head Of Year (obviously not as much as a Curly Wurly but a close second!)

On a more positive note, year8's have achieved a total of 3,033 positive achievement points this week, giving them an almighty total of 13,024 already this term. That is FANTASTIC! Well done to you all, your hard work and efforts really are paying off.

Once again, thank you to you all for your support and cooperation with the uniform expectations so far. As you know, I will continue to remind you of the uniform expectations, but will contact you if items are not corrected to fit within our uniform policy.

Our uniform policy states the following - KLA blazer, white shirt, KLA tie showing 7 black stripes, black tailored trousers, (or tailored shorts), KLA skirt or a **knee length** alternative skirt, black socks and leather shoes or all black leather trainers. **NO** air bubbles or gaps in soles of trainers. Hair must be that of a **natural colour**, acrylic nails are **NOT** allowed and one stud only per lower lobe. Hoops or earrings that dangle are **NOT** permitted. Students **MUST** bring a bag daily and not just on PE days. All students **must** bring **3** basic pieces of equipment **every day** -a black pen, a pencil and a ruler.

Just a reminder that I am available Monday to Thursday from 8am – 4pm and my work mobile will be on. If I can, I will answer however please bear in mind that we also have a no phone policy and I will return your call when I can. If you wish to meet with me, please let me know and I will be in touch to book a formal meeting due to being on different duties throughout the day, particularly first thing in the morning on the main doors welcoming the students each day and then between 9-10am when we are covering attendance, safeguarding and home visits.

Dates to remember

Thursday 22nd October – Break up for half term

Monday 2nd November – Return to school

Have a wonderful weekend.

Mrs Mann.

Year 9 Round Up – Compiled by Mrs Lockey:



Happy Friday! We had a Macmillan Cancer Support non-uniform day today; thank you to all that donated towards such a worthwhile charity that resonates to each and every one of us. Monies raised I will reveal next week.

Just a gentle reminder from me about uniform, thanks to you all have been fantastic supporting us with this. 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. Some parents have been contacted regarding their child not wearing blazers and ties - these are not optional I'm afraid, they need to be worn every day. Please remember **black socks** only and no **fluffy socks** to be worn. Jewellery reminder - studs only please and no smart watches.

We have also had a small 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 **89.9%** this is slightly higher 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 some time off school, please ensure that you call the absence line on **01553 602874** or email us on **studentabsence@kla.eastern-mat.co.uk** If we send you a text message and you are unable to respond, please send a note in with your child explaining why they have been away. 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. 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.

As a year group we have achieved **3,552** points this past week up to yesterday! **Well done year 9!** Keep up all your hard work!

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

Student of the week this week goes to **Nicky B,** he has made an amazing start here in school. Well done, keep up the amazing work, you have been fabulous.

Shout out section

Andrew L has told me he has won Grimston Cricket Club's coaches' youth player of the season award. He started in the U13's team and was selected to play with the U15's and has had a few games with the Mixed Adults Lions Team. Well done Andrew, how amazing, what an achievement. We are really proud of you.



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**

Dates for Diary

Half term Thursday 22nd October 2026

Have a wonderful weekend take care and stay safe 😊

Mrs Lockey.

Year 10 Round Up compiled by Mrs West:

I do hope all the children have enjoyed a more comfortable Friday this week due to our non-uniform day. We thank you all for any donations that were made on the morning by the students.

Our year group uniform is looking outstanding and I need to thank you all for your support with this. Can I please ask that students wear **black socks** to school. I only have very few calls left to make in the coming weeks to get us all looking top notch! I now need to ask for your support with any facial piercings. Students have been given advanced warning that sanctions would be set if clear retainers are not worn in any facial piercings. These sanctions will begin on Monday. I have clear nose retainers that I will happily give to any student in the year group. Please support your young person with this if needed. The wearing of facial piercings will unfortunately mean at each muster they are sent to see me and I would rather avoid this for them if we can.

Year 10 have done a fabulous job of representing KLA this week. Football and netball teams have had away matches and I have heard nothing but positive remarks about their behaviour. Year 6 students have been touring the school ready to make their decisions for next year; year 10 made sure they saw us learning at our best. Finally, the open evening for year 6 students was a great success and there were many students that chose to stay and help out in their chosen subject areas. It is fantastic to see them so proudly representing KLA!!!

Our year group have managed to earn a total of 1548 achievement points in the last week!! (Wed-Wed). Thank you to you all for working so hard.

The top students that have helped to raise this figure this high this week are:

Student	Wed - Wed
C, Wesley	60
C, Oliver	59
M, Martha	59
G, Elisa	55
D, Dexter	53

⭐ ⭐ Student of the week ⭐ ⭐

Well done to **Hope G** on a fantastic start to Year 10. You have come back showing great dedication to your studies. Your books are neat and show great understanding of what you have learnt in your lessons.

As always I wish you all a restful, positive weekend and look forward to welcoming the students back on Monday morning.

Mrs West.

Year 11 Round Up compiled by Miss Fountain:

Happy Friday everyone ☺

What a beautiful week weather wise, but the nights are starting to draw in now. If your young people bike, can you make sure they have lights on their bikes please, just to keep them safe.

This week:

This week Mr Rawlings, Head of Year 12 at Springwood High School came to host an assembly for our year 11's to explain how amazing the opportunities are once at 6th form.

If you haven't already, please book on the open evenings which were sent to you by Mrs Leeming-Watts.

What's on offer at KLA:

Just a reminder of what's on offer during lunchtime and afterschool, from sports, such as badminton or trampolining at lunchtime or afterschool training for KLA teams, down to **homework clubs at lunchtime and afterschool from Monday to Wednesday 3-4pm.** Please keep a check on the bulletin each week to see what is available.

Celebrating our achievements:

This week as a year group we achieved a fantastic 2789 achievement points! Well done year 11!

Uniform:

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

The following rules are non-negotiable:

- Skirts which are knee length are permitted, **anything shorter will need to be changed.**
- Leggings are NOT permitted.
- The only jumpers we should be seeing are KLA jumpers, no hoodies or sports jumpers please.
- **Blazers are to be worn at all times, as are ties**.

Attendance:

Can I ask you keep me updated when your young people are too unwell to attend by contacting KLA on either:

studentabsence@kla.eastern-mat.co.uk or call the absence line **01553 602874**.

Anything else:

If you have anything you think deserves a shout-out, please let me know and I will pop it into the bulletin next week. I have nothing left to say other than have a fabulous weekend and stay safe.

Miss Fountain.

Year 11 Period 5 and lunchtime sessions:

KS4 Lunchtime/P5 After school Sessions (3-4.15pm)

Monday	Tuesday	Wednesday	Thursday	Friday
German – CF7 DCH Computing Club (Lunchtime) - CG2	3D, Art & Photography – N19/20 Maths – CF2 RES (Higher) Maths – CF4 JRC (Foundation) Drama– S1 Biology S18 LBE Sports Studies-Week B PE Classroom Computing Club (Lunchtime) - CG2	English - English classrooms RE - CF11 MBO Drama – S1 Physics – LSH S11 Geography –S8 NBO Citizenship – (lunchtime) – CF6 GRO Computing Club (Lunchtime) - CG2	Chemistry – S16 LJO Maths – CF4 CKW (Foundation) Drama– S1 Music – S1 Business - CG3 Computer Science – CG2	Computer Science - CG2
Homework Club – CG2 (MST)	Homework Club – CG2 (MST)	Homework Club – CG2 (MST)		

Late bus leaves at 4.30pm (Mon, Tues, Wed & Thurs)

Year 11 Period 5:

Year 11 period 5
For Art and Photography

All year 11 photographers and artists are invited to period 5

Tuesday, Wednesday & Thursday in N19, N20

Wednesday also in S14

Late bus leaves at 4.30pm (Mon, Tues, Wed & Thurs)

Year 11 The college and 6th form application window :

The college and 6th form application window opens from the 1st October. Students applying to somewhere in Norfolk will need to use Help You Choose. Account details have been emailed to student school emails. Those wishing to apply to a provider in Cambridgeshire will need to use My Choice 16 and register as 'out of area'.

Here are the dates and links for the various open evenings:

- **College of West Anglia** – Saturday 17th October, 9.00 - 12.30
- **KES** – Thursday 15th October, 6.00 - 8.00
- **Springwood** - Thursday 8th October, 5.30 - 7.00
- Fakenham - Wednesday 30th September, 6.00 - 8.00
- Athena - TBC
- **Cambridge Regional** - Wednesday 21st October, 4.30-7.00
- **Cambridge Academy for Science and Technology** – Wednesday 21st October, 5.00 - 7.30

Kind regards,

Mrs Leeming-Watts

PE Teacher and Careers Leader