news from

King's Lynn Academy

Friday 16th October 2026

Dates for your diary:

Thursday 22nd October – Last day of half term

Monday 2nd November – school reopens after half 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 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)

Student expectations :

Uniform:

Thank you for your continued support in helping us maintain high standards of uniform at KLA. The improvements have been noticed by staff, governors and members of the wider community, and we are extremely proud of how smartly our students are presenting themselves.

We would like to remind families of our expectations regarding jewellery and nails. Students may wear one pair of plain stud earrings and a watch (not a smart watch). Bracelets, facial piercings and any other jewellery are not permitted. In addition, students should not wear nail varnish, gel nails or acrylic nails in school.

Our staff work hard to reinforce these expectations and support students in meeting them. During the week beginning **19 October**, there will be a renewed focus on jewellery and nails, and uniform checks will take place throughout the school day. We kindly ask parents and carers not to arrange for students to have gel or acrylic nails applied during the holiday period unless they can be removed before returning to school.

The vast majority of our students consistently meet these expectations and look fantastic. Thank you for your ongoing support in ensuring that our students continue to represent KLA with pride.

Canteen:

From Monday 12th October, food will be available to purchase in the canteen before school, during break 2, and at lunchtime. Please note that food will no longer be available at first break.

If your child is likely to need a snack before 11:30am, please ensure they bring one from home or encourage them to purchase something from the canteen before the start of the school day.



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

AI COMPANIONS

Powered by generative AI models like ChatGPT and Google Gemini, AI companion apps and virtual chatbots such as Character.ai, Snapchat My AI, Replika and Talkie, allow users to create, customise, and chat to synthetic avatars around the clock. While many young people use them for harmless entertainment, creative writing or homework help, these tools are designed to simulate genuine human empathy, emotional bonding and deep friendship.

WHAT ARE THE RISKS?

EMOTIONAL DEPENDENCY

AI companions are programmed to be endlessly agreeable, attentive, and available 24/7. Unlike human friendships, an AI companion never disagrees, sets personal boundaries, or gets tired. Young people (especially those experiencing loneliness, social anxiety, or low self-esteem) can quickly develop an unhealthy emotional attachment, viewing synthetic software as their 'best friend' or a surrogate romantic partner.

DISTORTED SOCIAL SKILLS

Navigating real-world friendships can be messy, involving dealing with conflict, compromise, boredom, and awkwardness. If a teenager spends hours interacting with an AI that is tailored specifically to validate and flatter them, they may become impatient with real-world relationships. Over time, this can lead to social withdrawal, heightened anxiety in peer groups, and isolation: a vicious circle of growing online dependency coupled with a heightened sense that relationships in the 'real world' are too challenging to maintain.

DANGEROUS MENTAL HEALTH ADVICE

AI chatbots possess no genuine empathy, professional clinical knowledge, or moral reasoning. While developers state these tools are not therapists, vulnerable teenagers often turn to them in crisis. Chatbots have previously hallucinated unsafe medical guidance, validated depressive spirals, and failed to safely escalate disclosures of self-harm or suicidal ideation to real-world protective services.

INAPPROPRIATE OR EXPLICIT CONTENT

CENSORED

While most mainstream platforms feature safety filters and guardrails, young people frequently discover 'jailbreak' prompts to bypass them. Some companion platforms subtly nudge users towards mature themes, romantic roleplay, or sexually suggestive conversations. In worse cases, third-party apps with weak safety checks have been found to generate sexually explicit text or intimate images.

DATA HARVESTING & OVERSHARING

Because conversational bots simulate warmth and understanding, children often lower their guard and treat the chatbot as a trusted friend. They may disclose sensitive personal information, including full names, school details, private family problems, or secrets, unaware that their conversations are being logged, may be analysed by third parties (including advertisers), or used to train future AI models.

"FREEMIUM" UPSELLS & SUBSCRIPTIONS

Many companion platforms operate on a freemium model. While basic chat is free, features like voice calls, uncensored responses, custom avatars, or 'deeper bonding' tiers are locked behind expensive monthly recurring subscriptions or in-app token purchases. This can lead to significant hidden costs and pressure on young people to spend money to maintain the 'friendship'.

Advice for Parents & Educators

TALK OPENLY ABOUT FAKE RELATIONSHIPS

Demystify how these tools work. Explain to young people that an AI companion has no feelings, memories, or consciousness; it is simply calculating the next most mathematically probable word based on its training data. It is helpful to explain to them the mechanics of large language models so that they understand how they are trained and how they are designed to always flatter and be helpful.

ENCOURAGE REAL-WORLD CONNECTION

Ensure technology habits do not replace face-to-face peer socialisation, sports, hobbies, and family time. Create healthy boundaries at home (such as keeping phones and tablets out of bedrooms overnight) to prevent late-night, unmonitored attachment loops with conversational chatbots when young people are at their most vulnerable.

AUDIT PRIVACY SETTINGS & AGE LIMITS

18 CENSORED

Check which companion apps are installed on your child's phone or tablet. Many dedicated companion apps carry an App Store rating of 17+, while platforms like Character.ai set a minimum age of 13+ (or 16+ in the UK/EU). Review the privacy settings together: turn off data-sharing toggles, disable model training where possible, and ensure location permissions are blocked.

REINFORCE WHERE TO GET REAL HELP

Make sure young people know that a machine can never replace professional pastoral or mental health care. Remind them of the trusted adults they can turn to at school – such as their Form Tutor, Head of Year, or the Designated Safeguarding Lead (DSL) – as well as dedicated youth support services like Childline (0800 1111) or Shout (text 85258).

Meet Our Expert

Darren Coxon is the Founder and Executive Director of Kompass Education, a consultancy specialising in supporting educators, students and parents in making wise choices with AI. His book Ethical AI and Education, co-authored with Clara Hawking, will be released later in 2026 by Taylor and Francis.



#WakeUpWednesday®

The National College®

See full reference list on our website

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P.E Department:

PE DEPARTMENT

Be Active
Be Involved
Be Your Best

SPORTS CLUB & FIXTURE

THIS WEEK IN PE

MONDAY

No clubs

Staff Meetings afterschool

HAVE A GREAT WEEK!

TUESDAY

Year 8 and 10 Netball Fixtures

@ Downham Market Academy

All years Rugby

after school at KLA



WEDNESDAY

Year 9 County Cup Game

against Flegg



THURSDAY

Year 10/11 Girls County Cup

game Alderman Peel





TEAMWORK BUILDS SUCCESS



Year 7 Round Up – Compiled by Mrs Laws:



Good afternoon from KLA year 7. The morning air certainly has had a nip in it this week on arrival to school. I'm glad to see many students are being sensible and staring to wear coats.

On walking around the academy on duty this week it's been great calling into the year 7 lessons and see them beavering away at their work.

I had the pleasure on Monday of going with Mr Herring to take some year 7 girls to play football against Attleborough Academy after school. I stood cheering them on in the wind and rain, the girls put on a valiant effort and as it was the first time they had ever played together as a team they did brilliantly. Player of the match went to Ava for her defending.

Attendance in year 7 was 90.96 %this week which is down slightly on last week. Let's have a big push to get that back up for the last week of term.

Congratulations to those of you who were here all week, and to those of you who have 100% attendance so far, this academic year, that is an amazing achievement! 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. Please bear in mind as Heads of Year we will be calling you daily when your child is absent from school and on the third day of absence, one of us will be doing a home visit to check in with you and your child and see if there is anything we help or support you with.

Don't forget if you are purchasing new uniform during the break to consult the school website to make sure it is suitable.

As a group we have achieved over 2300 reward points which is amazing! Let's try and beat that this week. Our highest achiever this week was **Bethany B** so congratulations to her!



Please feel free to email me at **Jacqueline.laws@kla.eastern-mat.co.uk** with any queries you may have. I will endeavour to answers these asap during my normal working hours but please bear in mind we do have a 48hr return of contact policy.

Don't forget school breaks up on Thursday 22nd October and we are back on Monday 2nd November.

Have a great, restful weekend and see you all on Monday, bright eyed and bushy tailed ready for the last 4 days of this half term.

Mrs Laws.

Year 8 Round Up – Compiled by Mrs Mann:



Every day is the perfect day to be happy. It's always nice to watch friendships blossom and grow and the happiness shared amongst year 8's.

As usual, year 8's have been very busy again this week, working hard and showing dedication and commitment to their learning. As a year group, we have achieved **2367** achievement points which is fantastic.

Congratulations again to our highest achiever, **Annabel T-S**. Annabel has worked incredibly hard this half term, and it has been a pleasure to see. Keep this up Annabel, super proud of you.

Thank you so much for your continued support with our uniform expectations. Overall, the students are looking incredibly smart around the academy. In year 8, we do still have a small number of students wearing jewellery, sometimes in a variety of forms, to school each day. Bracelets, bangles and necklaces are **NOT** to be worn, **ONE** stud, not a hoop, per lower lobe only. **NO** facial piercings are allowed unless there are clear retainers. If your child has a nose piercing or multiple ear piercings, please ensure you purchase clear retainers for them to wear at school Every morning and social time, I remind all students of these expectations and ask staff to address any issues. I have small, plastic jewellery bags that I will provide for students to keep jewellery in however, if I have asked for jewellery to be removed, and then the student is seen wearing it again that same day, it will be confiscated until 3pm. I expect to receive respect to me and the policy, this is a rule throughout the academy and we all need to get it right.

With the half term holidays just around the corner, I just wanted to give you all a little reminder of our uniform policy which states the following. All students MUST wear a KLA blazer, white shirt, KLA tie, black tailored trousers or black tailored shorts, KLA skirt or a **knee length** alternative skirt, black socks and leather shoes or all black leather trainers There are to be **NO** air bubbles or gaps in soles of trainers. Hair must be that of a **natural colour**, acrylic nails are **NOT** allowed either. 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 during those hours. If I can, I will answer however please bear in mind that we also have a no phone policy for staff and I will return your call when I can. In addition to this, every Thursday morning I will be offsite conducting absence home visits between 9-11am. If you wish to meet with me, please let me know and I will be in touch to book a formal meeting. I am unable to see parents first thing in the morning due to being on the main doors welcoming all our students each day and then between 8.45-10am when we are covering attendance, safeguarding and home visits. My duties determine my availability however I will always do my best to meet with you.

Have a great weekend and stay safe.

Mrs Mann.

Year 8 Round Up continued…



Year 9 Round Up – Compiled by Mrs Lockey:



Just a gentle reminder from me about uniform, thanks to you for 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, including retainers in nose piercings please, also bracelets to be also left at home.**

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 **90.19%** this is 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 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 you are all aware the mobile phone policy came into place well over 2 years ago. To support the students and to set the right example, I will not be using my mobile phone when I'm out and about around the school. Please take this into consideration when contacting me, I may not be able to answer your call or text as quickly as I would like. I will endeavour to return your call/text as soon as I can during my working hours. If you have a pastoral issue you would like to discuss with me as Head of Year, then please email me on **Hayley.Lockey@kla.eastern-mat.co.uk**

Thank you all so much for your support with your child arriving on time this week.

If your child is late without a valid reason time will be made up and they will work in the late room on arrival. Detentions are then set followed by after school detentions without good reason for lateness.

As a year group we have achieved **2651** points this past week up to yesterday! **Well done year 9 that is amazing!** Keep up all your hard work!

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

Student of the week this week goes to **H Locks** an amazing start here in school. Well done, 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 ; I'm so happy to share please email me. I always love to know what the students are doing in their own time. Hayley.Lockey@kla.eastern-mat.co.uk

Dates for diary

Break up for half term Thursday 22nd October 2026

Have a wonderful weekend take care and stay safe ☺

Mrs Lockey.

Year 10 & 11 Progress reports from the College of West Anglia:

Progress reports from the College of West Anglia for Engineering, Hair and Beauty, Child Development and Health and Social Care, are now available to read on the students CWA portal. Students will have already read these, but now is an excellent opportunity for parents to see both the reports and the CWA portal. If your child has problems logging onto the CWA portal, please contact Mr Docking and he will support.

Year 10 Round Up compiled by Mrs West:

Happy weekend to you all. Another week of school studies is complete and we now only have 4 school days left until the half term break.

Absence

A reminder that the school needs to be contacted daily if your young person will not be attending school. You may end up with a phone call from me as well, this is simply me checking in to make sure this is nothing KLA can do to help with attendance. We continue to complete door step visits on day 3 of absence.

🎶 🎶 Could I please ask that all students are in black socks each day. 🎶 🎶

A reminder as the cold weather approaches we do have a school jumper that can be added as part of daily uniform. This can be worn under out blazers, but not instead of - a blazer must be in school each day. V-neck jumpers are available from Stratfords starting at £22 and this will be the only jumper that can be worn under the school blazer.

Email and log ins

It is essential that all year 10 students can log into the school email accounts. If anyone is unsure Mr Neo is available at social times to help set students up with this. Email access to their school accounts really helps them to communicate with their teachers and will prevent them from missing any important emails.

GCSE Pod - all students should be able to access this resource online with a log in and password. Log in details can be obtained from students' English teachers.

Students should also be able to access Sparx English, Maths and Science. There are weekly homeworks on these platforms. If there are any problems logging in students can see their teacher to obtain help and support.

Whilst I am happy to support with any issues with Log-ins students will be encouraged to seek out the correct staff member to sort out any problems. This means they can ask any questions they need to. I am also trying to encourage independence now that we are in year 10 to enable students to take skills with them into their futures.

College students

Progress reports from the College of West Anglia for Engineering, Hair and Beauty, Child Development and Health and Social Care, are now available to read on the students CWA portal. Students will have already read these, but now is an excellent opportunity for parents to see both the reports and the CWA portal. If your child has problems logging onto the CWA portal, please contact Mr Docking and he will support.

🏆 Achievements 🏆

The table below highlights those who have been awarded the most achievement points. Well done to you all and thank you for your hard work.

Student	Wed - Wed
M, Martha	94
C, Wesley	92
D, Dexter	90
G, Martynas	90
C, Harry	85

⭐ ⭐ ⭐ Student of the week this week is **Gabriele J**. I am extremely proud of you Gaby. You have shown great resilience. Thank you for the hard work and effort that you have put in this week. ⭐ ⭐ ⭐

Have a restful weekend. Take care.

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 to keep them safe.

This week:

This week has been quite quiet for year 11, although I am busy working behind the scenes, sorting leavers hoodies, finalising prom details and discussing upcoming mock exams, which start on 4th November at 9am. Timetable below for the full mock exam list.

Period 5!!! Please can I ask you encourage your young people to attend at least 2 period 5 sessions a week.

Information for College of West Anglia students:

Progress reports from the College of West Anglia for Engineering, Hair and Beauty, Child Development and Health and Social Care, are now available to read on the students CoWA portal. Students will have already read these, but now is an excellent opportunity for parents to see both the reports and the CoWA portal.

If your child has problems logging onto the CoWA portal, please contact Mr Docking and he will support.

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.

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.

That's all from me. Have a fabulous weekend whatever you do. I am going pumpkin picking with my family so that should be fun (and most likely a little messy too ☺).

Take care.

Miss Fountain.

Year 11 Period 5 and lunchtime sessions:

Monday	Tuesday	Wednesday	Thursday	Friday
German – CF7 DCH Computing Club (Lunchtime) - CG2 History – S4 ABL Computer Science P5 – CG2 NEO Week B Music – S1 GWO Maths (Higher) - CF3 AGI	3D, Art & Photography – N19/20 Maths – CF2 RES (Higher) Maths – CF4 JRC (Foundation) Maths – CF4 CKW (Foundation) Drama– S1 SMA Biology S18 LBE Sports Studies-Week B PE Classroom Computing Club (Lunchtime) - CG2	English - English classrooms RE - CF11 MBO Drama – S1 SMA Physics – LSH S11 Geography –S8 NBO Citizenship – (lunchtime) – CF6 GRO Computing Club (Lunchtime) - CG2 3D, Art & Photography – N19/20	Chemistry – S16 LJO Drama– S1 SMA Business – CG6 RDA Computing Club (Lunchtime) – CG2 3D, Art & Photography – N19/20	Computing Club (Lunchtime) - CG2
Homework Club – CG2 (MST)	Homework Club – CG2 (MST)	Homework Club – CG2 (MST)		
Late bus leaves at 4.30pm (Mon, Tues, Wed & Thurs only)				

Year 11 Period 5 and lunchtime sessions:



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
- 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