Parent Bulletin Friday 13th October 2023

Dates for your diary:

Friday 13th October- Wembley football trip Monday 16th October – Ely Cathedral & Cambridge Mosque RE trip Friday 20th October – Last day of term Monday 30th October – School reopens after half term Friday 3rd November – Yr. 7 Colchester Zoo trip Friday 5th July 2024 - Year 11 Prom

Attendance & Medical appointments:

If your child has to have some time off school, please ensure that you contact the absence team if possible before 8.30am preferably via our absence email on

studentabsence@kla.eastern-mat.co.uk

or call the absence line **01553 779635.** Please include your child's name, year group and why they are absent. 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 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.

Internet Safety Webinar:

Recorded Online Safety webinar for parents and carers - YouTube

Norfolk police have put together this webinar for parents, it is split into chunks.

- 1. Introduction
- 2. PC Smith PC Funnell safer schools
- 3. SCOLT (Safeguarding Children Online Team) advice about how to check mobile phones (iPhones and Android)
- 4. Prevent
- 5. Cyber security
- 6. Youth Engagement

Parent Voice:

We would like to advise you that you are able to give your views on the Academy not just during inspections. We value your opinion and would encourage you to do this at:

Parent Voice (office.com)

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 Multi-Academy (ciphr-irecruit.com)

DT department need your help:

Please can we ask all students/parents to save us their plastic bottle tops. We are doing a project where we recycle them.

If students just bring them to the Technology department, we will have a big box to put them in.

Drama department fabric & clothes:

Do you have any fabric materials spare or any old clothes that you are willing to donate to help with the technical theatre topic of costume for my Year 9's as well as workshops for my Year 10's.

The clothing/material will be used to make costumes so please do not donate anything that you would like returned.

Anything received would be appreciated.

Miss Mace

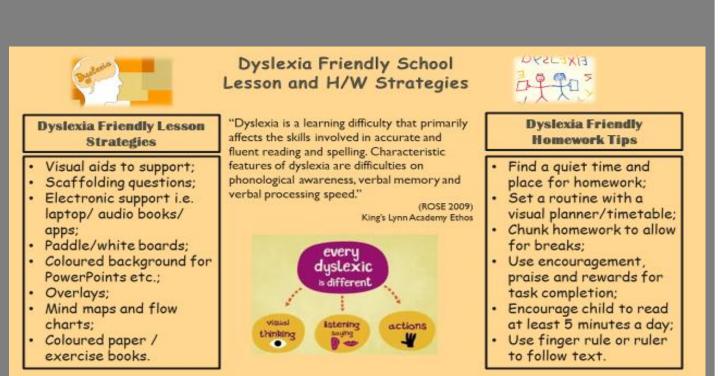


On Monday 9 October, 42 keen year 9 – year 11 KLA scientists visited the Excel Centre in London to listen to talks by scientists and find out about future careers in different areas of science.

Our students' favourite talks involved 'Rude Science' and the 'Maths of Pokemon'. Many got hands-on experience in extracting DNA from fruit, while others watched a real-time video call with an astronaut on the International Space Station. Miss Pullen, visit leader.

Afterschool Late Bus

We run an after school late bus at 4.30 Monday - Thursday for any students who currently travel on school buses so students can stay to any of the after school activities.



If lessons or homework become a concern, please contact the school for support/advice.

Online Safety:

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they heal it is needed. This indide focuses on one of many appendix have hardwere trusted adults should be guare of Plensev bits nationalcollese, can for unther audient, bints and those for adults.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

FIND OUT WHAT YOUR CHILD KNOWS

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There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.

RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.

KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state. P

EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.

MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, contused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.

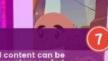
CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.

Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.

SET LIMITS



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Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.

TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once: instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.

ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually imappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.

FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.

BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.

IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



💓 @natonlinesafety

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What's on this week in PE? Week Beginning 16t October

Monday	Tuesday	Wednesday	Thursday	Friday
Girls Football	U16 Netball	Year 10/11 Girls	Dance Club	Fitness Suite
(SLE)	Tournament at	Football at	(Kelly)	(SLE)
	Springwood	TNHA (SLE)		
NO KINBALL - NO	(SCA/KLW)		Year 7 Netball	
SPORTS HALL		Year 7 5 a side	Year 9 Netball	
	KS4 Football	Football at	Year 7 Football	
Year 8 County	(DHE)	TNHA (JOM)	Year 9 Football	
Cup vs Flegg HS	Dedminten	Deskathell	vs Downham (H)	
(H)	Badminton	Basketball		
(DHE)	(LCT)	(LCT)		
		Sport Studies		
		Period 6		
		(SCA)		
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Interhouse Football / Netball

Tuesday 17th October- Junior Football and Netball Wednesday 18th October- Senior Football and Netball

> Football will be 7 aside - Max 10 Players Netball will be 7 aside - Max 10 player

Sign up sheets will be over in PE

PE Weekly Sports Bulletin continued....

Cross Country

Amazing effort from all our students tonight they worked hard and performed well.

Special mention goes to the below students

- Courtney Price Y7 3rd
 - Bella Lynn Y7 4th
- Polly Anderson Y7 8th
 - Leo wood Y7 2nd
 - Rory Wood Y7 5th
 - Nolan Aris Y8 8th
 - Izzy wood Y9 8th

Thanks goes to Mrs Culley-Tea, Miss Lee, Mr Herring, Mr Bugg, Mr Ellis and Mr Framingham for walking with us and supporting the evening

> Thanks again Miss Campling

Cross Country -SCA





PE Weekly Sports Bulletin continued....

Cross Country







Cross Country







PE Weekly Sports Bulletin continued....

Year 10 County Cup DHE



- On Tuesday, the year 10's played their first-round county cup football game vs a strong Broadland high school side, winning 3-1 in an excellent, disciplined performance.
- Goal scorers were George Payne, Marley Ranger, and Jacob Framingham.
- Player of the match was William Ford. A superb performance in holding midfield, displaying excellent communication and leadership.

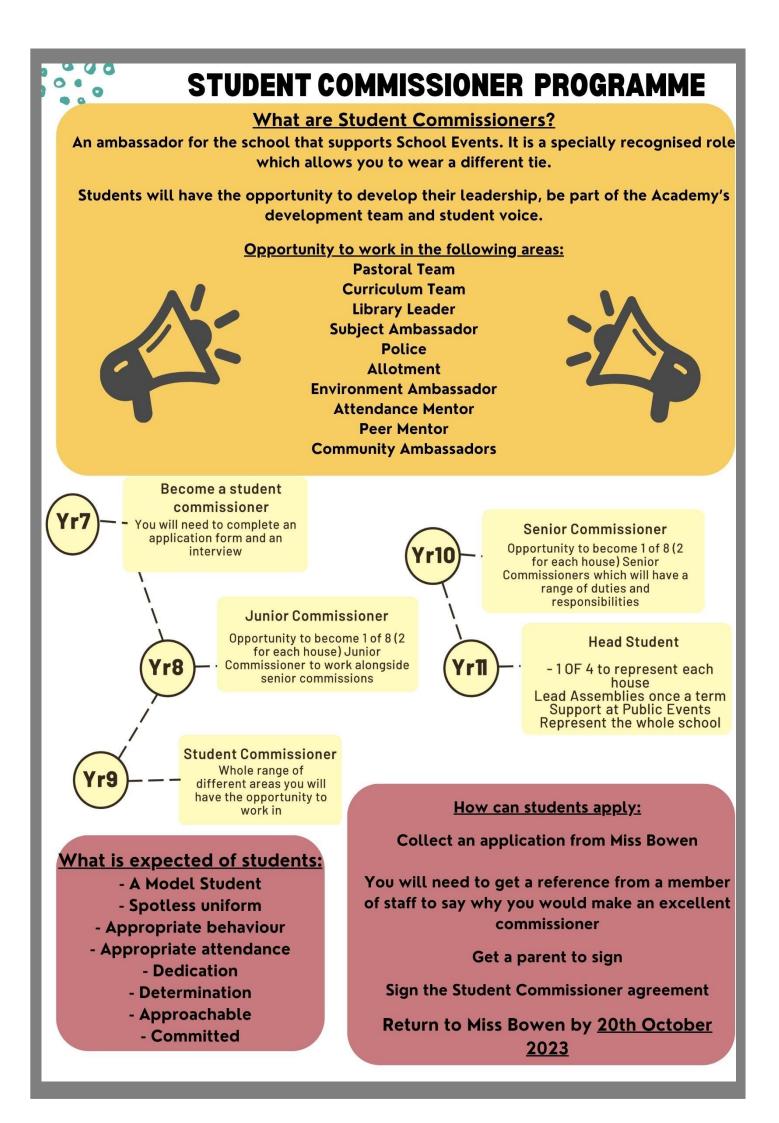
Year 9 County Cup

- Unfortunately, we didn't manage to get a photo after the game due to the pouring rain. However, year 9's played their first-round county cup game on Wednesday vs a very strong Terrington St. Clement's High School side.
- In the first half, conditions had eased, and with the wind and rain fading for a while, KLA made a good start. This was however punctured by an early Terrington goal.
- KLA got 1 back, the scorer being Oliver Reed. We in turn however conceded 2 within the next 5 minutes meaning we got into half time 3-1 down.
- After an uplifting team talk, spirits were high, however after conceding a couple of early goals in the second half, Terrington prevailed victorious. The weather wasn't on our side either, having decided it would throw all its rain at us toward the end of the game. We feel the scoreline didn't reflect our performance, having played some lovely football throughout the game.
- Player of the match: Kaiden Flores-Yallop. A polished midfield performance, with excellent communication and encouragement throughout.

Year 8 Friendly vs KES



The Year 8s made the short trip to KES on Tuesday to compete in a friendly match before their upcoming County Cup game on Monday. The boys came up against tough opposition (last year's County Cup winners!). KES came out comfortable winners in the end, but the team showed great character in the second half to keep going and put up a greater fight.





YOUTH ADVISORY BOARD



This October!!

FREE

CAREERS

ADVICE

Are you 11-19 or up to 25 with a disability?

Need tips on CV writing, interviews or general advice on career opportunities pre or post

16?

If you're interested, scan the QR code to schedule a 45minute, in-person meeting with a skilled and knowledgeable career advisor.

DATE: WEDNESDAY 25TH OCTOBER 2023 AT: MAP, NO8 HIGH STREET, KINGS LYNN

Warhammer Alliance club at KLA:



Warhammer Alliance at KLA

Last week the War Hammer Alliance met together and completed its second part of our return campaign with the expected conclusion of a resounding Stormcast victory against the Kruleboyz.

Special mention going to **Thomas Anderson** for heroically making a last man standing attack and kill with his single Gutrippa. The Gods of dice rolls saw Thomas take down a member of the Vindictor troop led by **Andrew Blows** in glorious battle; but sheer numbers and bad planning meant that a Stormcast victory followed on the next turn. The field of battle can be a cruel place at times.

The campaign taught the club the importance of planning and organisation which should mean a different game next time.

This week the War Hammer Alliance is starting the first phase of painting the miniatures that we use in our games (you may have seen me spray painting some outside the South Block this week) to add another level of detail to the game. All the materials were kindly supplied by Games Workshop and extra figures have been donated by the Games Workshop in Norfolk St which we recommend you pay a visit when you are in town.

Next week we begin our first Warhammer 40,000 campaign. A more futuristic setting where the Spacemarines will be taking on hordes of Necrons. Special mention going to Mr Anderson for creating special terrain for us to use in the game next week.

As always, the whole alliance encourages new members to come in and see what we are doing every Thursday 3pm to 4:30pm in S4, especially as we will soon have the resources to play 4 games at the same time with the possibility of more after Christmas.

Mr Blows





Year 7 Round Up – Compiled by Mrs West:

Year 7 attendance for the last week is up at 95.04% - well done everyone.

If your child has to have some time off school, please ensure that you contact the absence team if possible before 8.30am preferably via our absence email on

studentabsence@kla.eastern-mat.co.uk

or call the absence line **01553 779635.** Please include your child's name, year group and why they are absent. 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.

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.

One more week to go until half term. How amazingly quick the time has gone. I have added a few more names to my brain this week but sadly think with that a few may have escaped!

The Ava Burton has scored the most points this week, with an amazing 14. Hope Mann is still top of the year group with 142 points!! Come on, get chasing her everyone! We have 3 students on 134 points Emilis Caponka, Robert Kordovic and Aston Swinger. I admire how hard all the students are trying during their school day.

All students should have had a proof of their photo if it was taken in school. Please make contact if this has not made it home as the deadline is Monday 16th October for any orders.

Can we please make sure that the students are coming into school in tailored trousers. Leggings and jeans are not part of school uniform and I am doing my best to spot any unsuitable uniform so that we are all looking smart.

I have had a lot of queries with regards to student commissioners and how the students become involved in this. I believe this will be in Friday morning's assembly so the children should come home with more information.

I would also like to thank all parents/carers for having patience with me in getting back to you with any concerns/queries you have had. The start of a new year is always full of questions especially when it is the first year in high school. My email is sam.west@kla.eastern-mat.co.uk

Have a restful weekend - ready to finish the last week of this half term in style!

Mrs West

Year 8 Round Up – Compiled by Miss Fountain:

Happy Friday!

I hope you're well.

I am proud to inform you that this week year 8 earned between themselves a whopping......

2516 ACHIEVEMENT POINTS!!

They are all wonderful!! I am so proud of each and every one of them.

The student of the week for year 8 is someone who, every day, is happy, friendly and ALWAYS asks how I am however she may be feeling herself. This young lady also acts with the greatest of respect to staff and students, but also towards the school itself. So, the student of the week is Lexi Gill.

The top 3 students who have received the most achievement points this week are: -

1st - Kain Hastings with 30 points

2nd - Shyanne Bramwell with 28 points

3rd - Alisha Orlova with 27

WELL DONE TO THEM ALL!!

I would also like to say a massive well done to one of our students, in year 8, who is doing some amazing things out of school (as well as being a fab member of my year 8 group!).

Hugh Hobson only stepped into a kart three years ago but is now competing for the Sodi UK factory team as he continues his remarkable rise on the track.

This week on Friday 13th October Hugh is at Rye House Karting Track with his Personal driving coach David Bellchambers from DBC Driver Development in readiness for the London Cup Competition later in the month.



We wish him well!! Good luck Hugh!!

Remember, if there any out of school activities our students partake in, please let me know, as I absolutely love celebrating my year 8's achievements.

Year 8 Round Up continued.....

I know there are still some students having trouble logging in to Arbor.

Please ask them to make themselves known to me if this is the case.

The students must use the webpage: -

https://login.arbor.sc/ Log in to your School to log in and not the app.

The app is for parent/carer accounts only and the student log in details will not work on this.

I would like to thank you all so much, for the continued effort you have all put in to get our students into school, on time, looking smart in the correct uniform and with the correct equipment, but if your young person doesn't have the uniform required, i.e. blazer, shirt, tie, black trousers or skirt (jumper is optional) and black shoes and socks, or is without the equipment required, PE kits, stationery, bag etc. please do not hesitate to contact me so I am aware, as I may be able to help.

Please remember we do have the school swap shop which is accessible to all students.

If, for any reason, students cannot get here on time, please let us know <u>as soon as possible</u> so we are aware.

Students are to arrive before 08:30am with lessons beginning at 08:35am.

If your child has to have some time off school, please ensure that you contact the absence team if possible before 8.30am preferably via our absence email on

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or call the absence line **01553 779635.** Please include your child's name, year group and why they are absent. 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.

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.

Have a wonderful weekend.

Lucy Fountain

Year 9 Round Up – Compiled by Mrs Laws:

Good evening from King's Lynn Academy



10th October was World Mental Health Day which was celebrated across the continents reminding people to talk about mental health and show everyone that mental health matters. It is also a day to let people know that it is okay to ask for help, no matter what you are going through. Various organisations have made different adverts with the slogan "it's #Timetotalk". We all look after our physical health, and we should all be doing the same with our mental health. In school we are lucky to have youth mental health first aiders and outside agencies who can come in and help our students with their mental health and problems, so please if you think your child needs someone to talk to get in touch and we can refer them.

Just a reminder that the school does have a 48hr return call policy, if parents contact us needing to speak to a staff member but as always, we will endeavour to call you back as soon as possible.

Can I take this opportunity to thank all the year 9's who are coming to school in correct uniform every day. We are still having a few issues with leggings/jeans especially some girls, so please can this be sorted asap our unform policy is tailored trousers only.

Attendance in year 9 was 90.89% this week, which is up on last week, so keep it up everyone. 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 some time off school, please ensure that you contact the absence team if possible before 8.30am preferably via our absence email on

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or call the absence line **01553 779635.** Please include your child's name, year group and why they are absent. 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.

As a group we have achieved just under 1000 reward points this week which is amazing! Our highest achiever was again Elijah Gedge, followed very, very closely by Sephira Griggs-Williamson and a new contender in the race, Thomas Jackson. There is literally only 1 point between each of them!!!

Student of the Week is Chloe Couzins, for her resilience in school.



Our assembly this week was about resilience and how we can help each other by talking and coinciding with World Mental Health Day, it was presented by Mr Reeve Hayes. Ms Bowen also did a brief presentation about how the role of the student commissioners is changing and how people can apply should they want too.

Mrs Laws

Year 10 Round Up – Compiled by Mrs Mann:

What a great week it's been for Year 10!

As a group we have achieved an amazing 2106 achievement points this week! That's over 700 more that last week! You guys have done me super proud this week! Our highest achievers were Liam Wright and Isla-Mae Garrod both with over 20 achievement points each this week. A huge congratulations to them both and well done to everyone else for their fantastic efforts this week.

Attendance in year 10 was 90.3% this week which is higher than last week. Every day counts. 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 some time off school, please ensure that you contact the absence team if possible before 8.30am preferably via our absence email on

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or call the absence line **01553 779635.** Please include your child's name, year group and why they are absent. 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.

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.

My student of the week is **Will Ford.** Will is an amazing student who works hard in all lessons and is a credit to my year group. Will, like many of my boys, is passionate about his football and in their first county cup game this week, Will was crowned Man of the Match. It was lovely to see Will out on the pitch, supporting his teammates and really showing his skills. Well done Will.

With that I'd like to say a huge WELL DONE to all the year 10 boys that played in their first county cup game on Tuesday. Congratulations to Mason Rix, Harvey Gaskins, Aaron Minister, George Payne, Marley Ranger, Will Ford, Alfie Ellis, Jordan Cooper, Jack Bratton, Jacob Frammingham, Braydon Hitchcock, Corey Barwell and Calum Burt. First home game and your first WIN! 3-1. Well done to the goal scorers Jacob, George and Marley. It was great to watch you all. Fantastic team!



The head of year team monitor the number of students arriving late at school so I would like to remind you that all students need to be in school and ready to learn before 8:35am please. There are sanctions that are in place for lateness, and these can be followed by after school detentions for 30 minutes the same day. We really do appreciate your support with the after-school detentions.

We are aware that our phone lines seem to be a little temperamental again this week, so if you are struggling to report an absence then please email studentabsence@kla.eastern-mat.co.uk. If it is a pastoral issue which you would like to discuss with me as head of year, then please email me on 07511 225248.

Have a lovely weekend everyone!

Mrs Mann

Year 11 Round Up – Compiled by Mrs Lockey:

Happy Friday!

Many thanks to all students in year 11 for their work in lessons this week, I have seen some great work in progress. Year 11 behaviour has been phenomenal, a big well done to you all. After school lessons period 6 have also been put in place for year 11. These run after school Monday-Thursday. Many thanks for all those students that have attended this week. I have been contacting some of you with regards to your child attending these sessions.

Our assembly this week was brought to us by Miss Bowen talking about Student Commissioners and Mr Reeve-Hayes spoke about mental health which was extremely useful and informative. Many thanks to them.

KLA swap shop has been open again this week to students. This is proving to be successful especially when ties and blazers are forgotten. There is a small amount of lost property please send your child over to it if they have lost any uniform this week.

Attendance in year 11 has been lowered this week due to being hit by many bugs and colds - **87.9** this week, but we are still falling short of where we should be which is 95%. Well done to those of you who were here all week, and to those of you that have 100% attendance this academic year. so far.

If your child has to have some time off school, please ensure that you contact the absence team if possible before 8.30am preferably via our absence email on

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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.

The number of year 11 students arriving late at school has decreased significantly this week, I really appreciate your support with this. All students need to be in school and ready to learn before **8:35am** please this so important as learning time is lost. Thank you all so much for your support with this.

There are sanctions that are in place for lateness, and these are followed by after school detentions and parents contacted.

All heads of year are checking uniform **EVERY** day and are contacting home, if necessary; no jeans or leggings please and blazers and ties are a must. If your child has been loaned a tie, could they please bring them back, we have a shortage of them at the moment. Bags need to be part of our day too and these should contain your child's knowledge organiser.

Please let us know if we can support in any way as we have a swap shop here at KLA whereby students can bring any unwanted uniform and exchange for larger sizes if needed. Please be reminded no fluffy coloured socks are permitted as uniform. We have also noticed acrylic nails popping up again; these also are not allowed these are dangerous especially when taking part in practical subjects.

As a year group we have achieved **1,704** points this past week which is good! Our highest achiever this week in the year group was **Josh Cole**, a massive well done to him.

Student of the week this week goes to Jade Taylor-Fisher. Well done to her for really working hard and making a great start back to year 11. It has been noticed. Well done Jade, keep up the great work you've got this!

Year 11 Round Up continued...

Parents if you have anything to share about any achievements outside of school, please let me know. Well done to **Christopher** and **Emily Barnett** for completing a beginner's course in archery last weekend. Well done to them both.

Mrs Lockey

