

# Parent Bulletin

## Friday 20<sup>th</sup> October 2023

### Dates for your diary:

Friday 20<sup>th</sup> October – Last day of term

Monday 30<sup>th</sup> October – School reopens after half term

Friday 3<sup>rd</sup> November – Yr. 7 Colchester Zoo trip

Thursday 9<sup>th</sup> November – Year 10 remote parents evening

Friday 5<sup>th</sup> July 2024 - Year 11 Prom

### Student Absences & 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](mailto: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](mailto: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

## Student Belongings:

Please can we ask that all students' belongings are clearly named. It is much easier to reunite them with the owner if they are named. Thankyou.



# 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.



## Dyslexia Friendly School Lesson and H/W Strategies



### Dyslexia Friendly Lesson Strategies

- Visual aids to support;
- Scaffolding questions;
- Electronic support i.e. laptop/ audio books/ apps;
- Paddle/white boards;
- Coloured background for PowerPoints etc.;
- Overlays;
- Mind maps and flow charts;
- Coloured paper / exercise books.

"Dyslexia is a learning difficulty that primarily affects the skills involved in accurate and fluent reading and spelling. Characteristic features of dyslexia are difficulties on phonological awareness, verbal memory and verbal processing speed."

(ROSE 2009)  
King's Lynn Academy Ethos



### Dyslexia Friendly Homework Tips

- Find a quiet time and place for homework;
- Set a routine with a visual planner/timetable;
- Chunk homework to allow for breaks;
- Use encouragement, praise and rewards for task completion;
- Encourage child to read at least 5 minutes a day;
- Use finger rule or ruler to follow text.

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

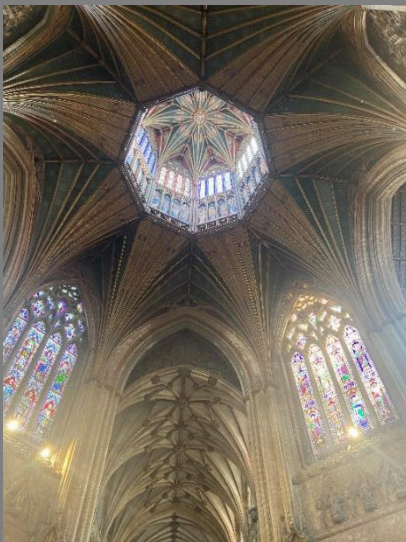
## Canteen Hygiene Inspection:

The canteen has had a full no-notice inspection - their equivalent of Ofsted. Two inspectors thoroughly checked their systems, record keeping protocols and observed both the prep and service. We are very pleased to share that they have, once more, been awarded the highest grade possible - 5 stars! Many congratulations to Wendy and her team and thank you for the great food.

## GCSE RE Trip:

Ely Cathedral & Cambridge Mosque.

On Monday 16<sup>th</sup> October we took our GCSE RE students to visit Ely Cathedral & Cambridge Mosque. This trip was for students to visit these sacred spaces and experience what it is like to be in them, as well as learning about the faith in these places. The trip was a huge success with understanding and appreciation for these faiths deepened.



## War Hammer Alliance at KLA:

Last week the War Hammer Alliance began painting the miniatures that we use in Age of Sigmar and 40K; and for a group that on the whole had never painted such small and intricate figures, the results are already very good.



There will be more painting sessions to come in the following weeks, and new members can also get involved in this.

This week the War Hammer Alliance begins our rotation of learning and playing 40K - the battles between the Space Marines and Necrons. This is a more futuristic setting than Age of Sigmar with different rules and slightly different game mechanics, but planning, strategy and all-out assault are still important themes.

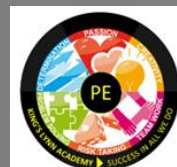
The plan is to begin running both Age of Sigmar and 40K every week to give each member the opportunity to play both games.

As usual the Alliance meets in room S4 every Thursday 3pm to 4:30pm and we are always open to new members, even for an occasional drop in and play (fight to the death).

Mr Blows







## Football Trip to Wembley England vs Australia

- On Friday 13<sup>th</sup> October, 46 KLA students headed to Wembley stadium to watch England Men play in a friendly against Australia before this weeks' European qualifier against Italy.
- We left on Friday afternoon and headed on a coach down to London. We stopped at services on the way down to fuel up for the big game. We then ventured on towards the stadium and made it through the traffic and into the stadium ready for kick off.
- The first half finished 0-0, with a few chances for either side and England hitting the post. In the second half, England finally got the breakthrough with an Ollie Watkins goal. The crowd went wild!
- After the final whistle we headed back to the coach and made the journey back to King's Lynn.
- The boys had a fantastic evening and represented KLA brilliantly.



This Photo by Unknown Author is licensed under CC BY-NC



On our way!



## PE Weekly Sports Bulletin continued....



Ready for  
the second  
half!



## PE Weekly Sports Bulletin continued....



Final Score 1-0 to England



## Year 10/11 Girls

- Well done to the girls who represented KLA this week in football. They finished undefeated with 1 win and 3 draws!
- Excellent teamwork throughout



## Year 7 Boys 5 a side

- Another 5 a side competition meant a chance for more Year 7s to represent KLA for the first time!
- Well done boys!



## U16 Netball Tournament

- Congratulations to the Year 11 girls who represented KLA at the West Norfolk U16 Netball tournament this week at Springwood

## Loyalty Card Badge

- A massive congratulations to Leo who is the first Year 7 to complete a loyalty card for attendance at KLA clubs and fixtures, earning his KLA PE badge.
- You can collect yours from the PE team and earn signatures every time you attend a club or fixture!



## Interhouse Football / Netball

- Congratulations to Hamburg who won the senior house football this week!
- Junior Football and Netball have been rearranged for 7<sup>th</sup> November please spread the word!!



# STUDENT COMMISSIONER PROGRAMME

## What are Student Commissioners?

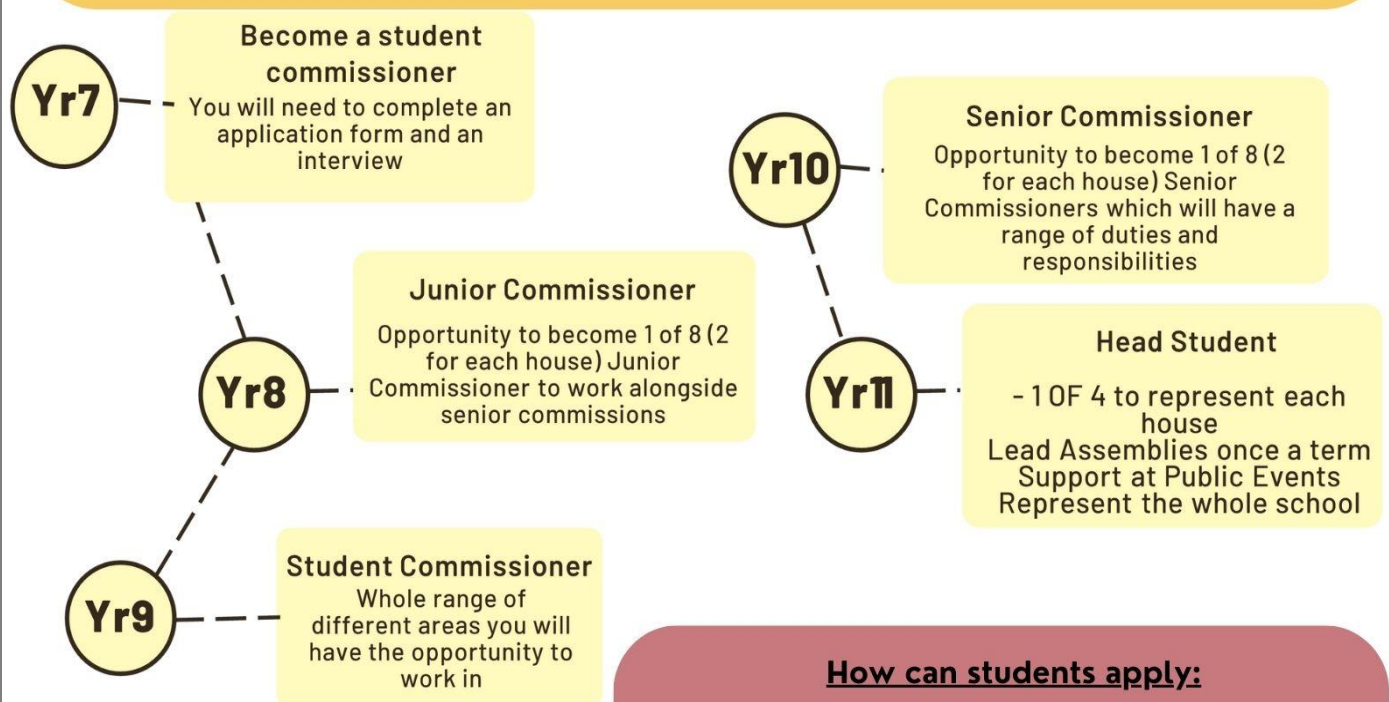
An ambassador for the school that supports School Events. It is a specially recognised role which allows you to wear a different tie.

Students will have the opportunity to develop their leadership, be part of the Academy's development team and student voice.

## Opportunity to work in the following areas:



Pastoral Team  
Curriculum Team  
Library Leader  
Subject Ambassador  
Police  
Allotment  
Environment Ambassador  
Attendance Mentor  
Peer Mentor  
Community Ambassadors



## What is expected of students:

- A Model Student
- Spotless uniform
- Appropriate behaviour
- Appropriate attendance
- Dedication
- Determination
- Approachable
- Committed

## How can students apply:

Collect an application from Miss Bowen

You will need to get a reference from a member of staff to say why you would make an excellent commissioner

Get a parent to sign

Sign the Student Commissioner agreement

Return to Miss Bowen by **20th October 2023**



YOUTH ADVISORY BOARD



**This October!!**

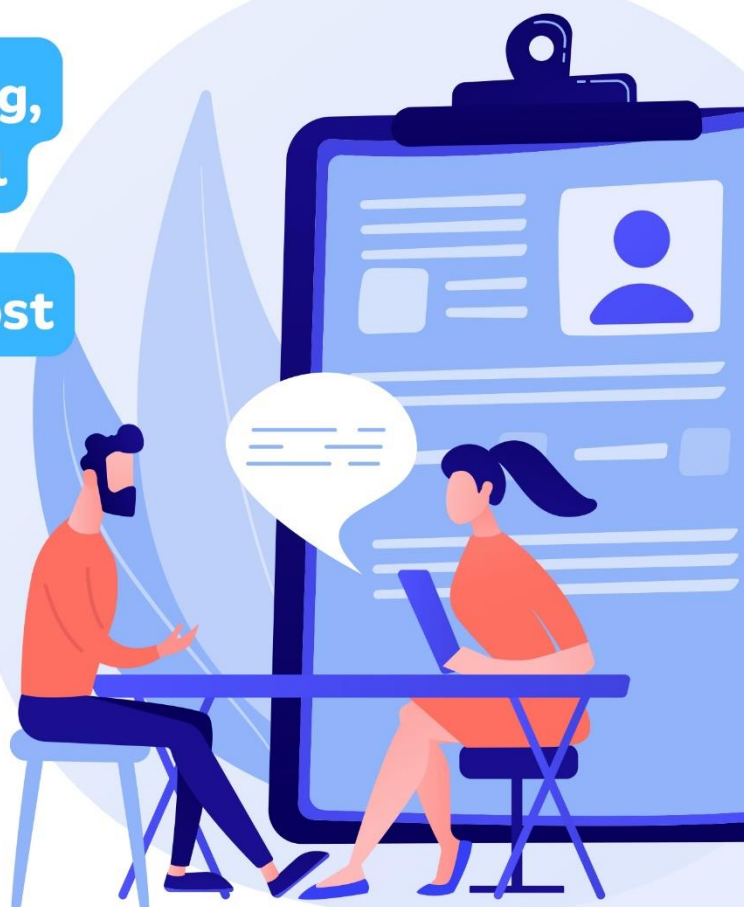
**FREE**

# **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 45-  
minute, in-person  
meeting with a  
skilled and  
knowledgeable  
career advisor.**



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





# THE KING'S LYNN MENTAL HEALTH SUPPORT TEAM

Who are we?



Sarah McKeiver,  
Education Mental Health  
Practitioner



Stacie Mann, Senior  
Clinician



Adele Pool, Trainee  
Education Mental Health  
Practitioner


## HELLO!

We are part of the King's Lynn mental health support team. The team is made up of different clinical staff who are trained in mental health.

We provide early mental health support for children and young people within schools. We also work with parents and teachers to help them support children and young people's mental health.

To find out more about our service or request a referral please speak to:

# Mental Health Support Teams Leaflet:



## How do I get help?

All of our referrals must come directly from the mental health lead in your child's school or college.

If you are concerned about your child, please contact school staff and request a referral to be made.

For urgent medical advice, contact NHS 111 (option 2 or ask for the First Response Service)

This service provides free and confidential mental health advice and information 24 hours a day, 365 days a year.

If you feel that you or your child are unsafe call 999 or go to A&E

For more information about supporting your child's mental wellbeing please visit:

**Supporting Smiles**  
<https://www.ormiston.org/>

**Just One Norfolk**  
<https://www.justonenorfolk.nhs.uk/emotional-health/norfolk-waveney-mental-health-advice-support-for-0-25-s/>

**NSFT**  
<https://www.nsft.nhs.uk/parent-workshops/>



## Mental Health Support Teams

### Information for Parents

Mental Health Support Teams (MHSTs) support children and young people in selected schools and colleges across Norfolk and Waveney. We operate 9am-5pm Monday-Friday and are open during school holidays.

## What do we do?

We offer short term (6-10 sessions) interventions based on cognitive behavioural therapy, catered to the current difficulties your child is experiencing. We may also put you in touch with other services for further support.



## What can we help with?

### Anxiety and Worry

It is normal to worry. We all feel anxious from time to time; anxiety is a response to us feeling in danger or threatened. Worrying or feeling worried all the time however, can be a problem. If fears and worries are impacting your child's daily life, at school or at home, they may need some extra support.

Anxiety might feel like a nervous tummy before school, a racing heartbeat or trouble breathing. Anxiety and worry may also involve having lots of 'what if' and negative thoughts.

## What we offer

**For primary schools**  
Anxiety: support for parents/carers using the 'Helping Your Child with Fears and Worries' programme. This is delivered by working directly with parents/carers to give you tools and techniques to support your child in dealing with their anxiety. One to one or group sessions with a practitioner.

**For secondary schools/colleges**  
Worry Management - tools to help your child cope in anxious situations. This is delivered directly to young people, with the opportunity for parents/carers to attend sessions where appropriate. One to one sessions with a practitioner.

Graded Exposure - slow, small steps building up to face what makes your child anxious. This is delivered directly to young people, with the opportunity for parents/carers to attend sessions where appropriate. One to one sessions with a practitioner.

Mind & Mood - group work around supporting mental health

**Behaviour Management**  
**How we can help**

All children misbehave and all parents/carers need support sometimes. We offer 6-8 one to one behavioural support work with parents/carers focusing on boundary setting, positive attention, praise and improving communication for primary school aged children.



## Depression/Low Mood

Feeling sad or low from time to time is normal, especially after distressing events or life changes. Sometimes children feel sad for no reason whatsoever. If this feeling doesn't go away after 2 weeks, your child might need some extra support.

Your child may feel empty, hopeless, angry or lonely. They might have lots of negative thoughts about themselves and the future. They might struggle to stick to their usual routine.

## What we offer

**For secondary schools**

Behavioural Activation - this focuses on finding out what is important and planning this into their day to help them feel better. This is delivered directly to young people, and parents/carers are given the opportunity to attend where appropriate. One to one sessions with a practitioner.

Mind & Mood - group work around supporting mental health

Our service can also signpost and refer to alternative services for further support.



## Year 7 Round Up – Compiled by Mrs West:

The 20<sup>th</sup> of October, how has that happened! We have made it to half-term and I must say it has been a lovely period of time getting to know all the students. I do feel that now the students are all settled, and we have sorted out all the initial teething problems we are really getting to know each other as a year group. Within this settling in I am also aware that friendship groups are being formed and disagreements are also happening. Please encourage your child to come and see me if they are on the receiving end of any behaviour that is upsetting them. As always, I am contactable via email on [sam.west@kla.eastern-mat.co.uk](mailto:sam.west@kla.eastern-mat.co.uk), please email me with any worries or concerns as I am getting the odd case where students are not letting me know and I don't want them sat in school unhappy.

Year 7 attendance this week has been at 94.77%. I really appreciate the students that are coming in even when they are not feeling great. It is so important they miss as few lessons as possible.

We have a tie this week for the most points earned - [Hope Mann](#) and [Kara Hayden](#). Well done to you both, it is great to see you achieving so many attainment points.

I would also like to start adding a student of the week and this week this goes to ★ [Cody Peacock](#) ★ Cody is always positive and polite. He is a real asset to the year group, trying hard in all lessons and producing work of a high quality.

I hope you all have a fantastic break and that all the students come back refreshed and ready to start the new half term. We have a lot to look forward to including the ❄ Winter Showcase ❄ that I am looking forward to attending.

Mrs West

## Year 8 Round Up – Compiled by Miss Fountain:

And so, we come to end of the first half-term and what a term it has been. So many highs and memorable moments!

I am proud to inform you that this week from 12th to 18th October, year 8 earned between them an amazing.....

**1578 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 going to a young man who happily volunteered to help another student this week, without any hesitation, even though he may not have been feeling great himself. Around the school, he always tries to 'get it right', and that young man is....

**Charlie Mason!**

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

1st - **Rosie Ebbens** with 21 points

2nd - **Lola Frary** with 19

3rd - **Shyanne Bramwell** with 18

**A HUGE WELL DONE TO THEM ALL!!**

Remember, if there are any out of school activities our students take part in please let me know, as I absolutely love celebrating my year 8's achievements, not just from in school, but out too.

If anyone is unable to log onto any online homework platforms we use, PLEASE ask them to make themselves known to me.

For Arbor, 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.

Going on to uniform, so many students are getting it right every day and for that I am so proud and incredibly grateful for your support. If your child 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.

Leggings and jeans are not acceptable as part of uniform. If repeated incorrect uniform is worn, after school detentions will be issued, unless there is very good reason. The reasons need to come from yourselves via email/call/letter, as via a student cannot be accepted. Please remember we do have the school swap shop which is accessible to all students.

Students are to arrive before 08:30am with lessons beginning at 08:35am. If, for any reason, students cannot get here on time, please let us know as soon as possible so we are aware.

Please can I ask that if you do text my work phone or email me directly with absences, please contact the absence email too as I cannot guarantee that I will always see the messages. 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.

Hope you all have a wonderful week off, whatever you may be doing.

Stay safe and have fun,

Miss Fountain



## Year 9 Round Up – Compiled by Mrs Laws:

Well, that is the first half of the term well and truly under our belt.

One of the things I'd like to see more of in our newsletters is any successes our year 9 students have had with their hobbies/extra-curricular activities, so if your child is in a club, please let me know if they win any special awards so we can celebrate their achievements. This week I am immensely proud of 2 of our students: **Travis Bush** and **Mila Salisa**.



On Saturday 14<sup>th</sup> & Sunday 15<sup>th</sup> September, Travis and Mila participated in an expedition to go towards achieving the Chief Scouts Gold Award (the highest award there is in scouting).

Leaving Gaywood on their push bikes, Travis, Mila and 4 other scouts navigated a route to Hunstanton through the back villages of places such as Wootton, Castle Rising, Dersingham, Shernbourne and Ringstead totalling around 25 miles and finally arriving in Hunstanton. The Scouts then camped at 1<sup>st</sup> Hunstanton headquarters, buying their own meals and entertaining themselves in the evening.

Waking on the Sunday they had to do it all again in reverse to get home. The riders were on their own during the bike ride, stopping at regular points to check in with the Scout Leaders.



I am sure you agree this is amazing achievement, so congratulations to Mila and Travis.

Attendance in year 9 was 91.2% this week which is up on last week. 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!

As a group we have achieved 1200 reward points which is amazing! Bringing our total to this half-term to nearly 14,000 which is fantastic so well done everyone, keep it up.

Our highest achiever was **Thomas Jackson** congratulations to him! Student of the Week is **Tilly Gardener**. Tilly is making fantastic progress in especially Maths and always gives 100% in class. So well done Tilly.

Our assembly this week was about different cultures and their foods. Miss Bowen had kindly brought in some nibbles from 4 different countries, and she got 4 volunteers from each house up to try and guess what they were eating.

## Year 9 Round Up continued...



They ended up trying sauerkraut from Germany, kabonass from Poland, cassava from South America and Africa, mango bite sweets from India.

Next week is half term so I hope you all have a restful week at home, and we will see you on Monday 30<sup>th</sup> October.

Mrs Laws



# Year 10 Round Up – Compiled by Mrs Mann:

Happy half-term year 10.

As a group we have achieved an amazing 1445 achievement points this week! Fantastic end to the first half term. You have all worked so hard and this needs to continue. Our highest achievers this week were **Lilly Luker**, **Joshua Coady** and **Isla-Mae Garrod**. A huge congratulations to all three of them and well done to everyone else for their fantastic efforts this half term.

Attendance in year 10 was 86% this week which is higher than last week but this needs to improve this next half term. 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! 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 **Patrick Foster**. Patrick is a fantastic student who has embraced year 10 with both hands. Patrick has settled into every lesson with ease and is really enjoying college too, showing a mature and positive attitude. The work Patrick is producing in class is amazing. Keep it up Patrick, we are all very proud of you.

Every week I have the pleasure of joining the students at the college on Friday afternoons. They are all doing so well and enjoying their courses so far. In the salon the girls were going for full facials of cleansing, toning and moisturising before priming the skin ready for the make-up. Whilst over in the workshop, the engineering crew were busy on the lathes. They were all so busy and the concentration was unreal!



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.

Have a lovely week off and see you all back and refreshed on Monday 30<sup>th</sup> October!

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. On Monday year 11's sat an assessment under exam conditions in the sports hall; well done to them all for being well behaved throughout.

After school lessons, period 6, have also been put in place for year 11. These run after school Monday-Thursday. Many thanks to 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 food day and she set the students an eating challenge alongside this. Many thanks to Miss Bowen.

On Wednesday year 10 & 11 had a presentation given to them about gangs and county lines. This was very eye opening and informative, thank you to St Giles Worksop for delivering this.

Attendance in year 11 has been lower this week due to being hit by many bugs and colds, it was 86.64% this week, 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.

Please do not text my work phone with absences as I cannot guarantee that I will 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 is 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.

As a year group we have achieved 1,628 points this past week which is good! Our highest achiever this week in the year group was **Braydon Griggs** a massive well done goes to him. 😊

Student of the week this week goes to **James Flynn** a well done goes to him for really working hard and making a great start back to year 11. It has been noticed, well done James keep up the great work, you've got this! James always works and tries hard in all his lessons.



A special shout out goes to the netball team for their great efforts after school Tuesday night against Springwood. The girls have all been working so hard inside and outside of school. Well done ladies.

Year 11 Prom Friday 5th July 2024. I will be organising fundraising again for after half term.

Have a wonderful half-term take care and stay safe. 😊