

Parent Bulletin

Friday 2nd February 2024

Dates for your diary:

Monday 5th February – Year 10 Poetry Live trip

Monday 5th February – Friday 2nd March – Year 11 mock exams

Tuesday 13th February – Year 9 options evening

Friday 16th February – Last day of term

Monday 26th February – School reopens after half term

Wednesday 13th March – Blood Brothers trip

Friday 5th 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

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.

Canteen Price Increases:

Due to rising supply costs unfortunately we have had to increase our canteen prices on snack items. This will come into effect from Monday 26th February. Our main meal price will remain the same. Thankyou.

Temporary Bus Passes:

We have had several enquiries lately at reception regarding the issue of temporary bus passes. These often come at the end of the school day when hundreds of students are leaving.

When students join the school, if they are eligible for a bus pass this is issued by Norfolk County Council, free of charge. It is valid for all their time at KLA. Students are expected to look after it & keep it with them to show the bus driver when they travel to & from school.

If the original bus pass is lost, stolen or damaged in some way, then a replacement should be purchased at £13.00 from Norfolk County Council, Travel & Transport Services, tel. 0344 800 8020.

We are able to issue a maximum of 2 temporary bus passes if a replacement has been ordered but not received - these last for 2 weeks.

Please be reminded that authorised bus pass holders only should be travelling on the buses, no guests.

Thankyou.

KLA office.



If you order school uniform online as of the 1st December parents will need a password to enter our website to order uniform. The password is KLA001.

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)

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 and 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

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 \(ciphr-irecruit.com\)](http://ciphr-irecruit.com)

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.

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 feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College



National Online Safety®

#WakeUpWednesday



New Lunchtime Extracurricular Timetables – January 2024!

Monday	Tuesday	Wednesday	Thursday	Friday
KS3 Basketball (JOM)	KS4 Basketball (JOM)	Pickleball (JOM)	Table tennis (DHE)	Dodgeball (JOM)
Table tennis (DHE)	Fitness Suite (SCA)			
			Dodgeball (JOM)	Fitness Suite (SCA)

New After School Timetables – January 2024!

Monday	Tuesday	Wednesday	Thursday	Friday
Trampolining (SCA)	Badminton/Pickleball (LCT)	Fitness Suite (JOM)	Table tennis (JOM)	
KS3 Football (DHE)	KS4 Football (DHE)	KS3 Multi Sports (2 activities per night on rota) (LCT)	Volleyball/Kinball (SCA)	
	Netball (SCA/KLW)	Period 6 (SCA)	TBC Kicks	
			TBC Martial Arts	

DROP-IN FOR A SLICE OF HELPFUL YOUTH FOCUSED ADVICE

\$FREE PIZZA \$FREE

PROJECTS



Place: St Edmundsbury Road, King's Lynn, North Lynn PE30 2DH

Fridays 3:30pm - 5pm

Age 11-16

The Targeted Youth Support Service and the Beacon Church have teamed up to provide a free, helpful drop in service on a Friday afternoon. Whether you want to talk about how your week has been, help with your homework or just to have a chat, everyone is welcome to come by.

Drinks and pizza provided, other snacks available to purchase over the counter

CHOOSE YOUR OWN TOPICS!

- Homework
- School
- Friendships
- Family
- Sport
- Relationships
- Teachers
- Mental Health
- Health
- Goals
- Community
- Hobbies



Norfolk
County Council



TARGETED YOUTH

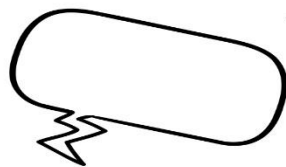
SUPPORT SERVICE

YOUTH XTREME SPORT DROP IN

Join Us Every Tuesday
@ KASET Skatepark PE30 2NB
From 5pm till 6pm
Entry is free
Ages: 11-18

Come receive support, hang out with your
mates and go on the park with BMX,
Skateboards or Scooter.

ALIVE



Your Voice Matters

King's Lynn Mental Health Support Team are holding a themed drop in for students. Our February drop-in session theme is Your Voice Matters.

Come and get involved, take part in discussions and activities around empowering your voice at school.

Get your voice heard!

We look forward to meeting you.

Date: Tuesday 6th February
Time: 13:15– 13:55
Location: CF13



Year 7 Round Up – Compiled by Mrs West:

We have finally arrived in February! I am still hopeful that we might get to enjoy a little snow. It is also a nice, comfy non-uniform day today which is a lovely end to the week. The children are raising money for the Papillon Project and the year 11 prom.

As the year 7 students have now fully settled after the first term, myself and Mrs Culley-Tea (Head of Key Stage 3) have made the decision that some class changes will be taking place. These decisions were made after some careful considerations, lesson observations and looking at group dynamics. Students have been told today if they are involved in any changes and new classes will commence from Monday 5th February. Should you wish to discuss this further please contact laura.culley-tea@kla.eastern-mat.co.uk

Mr Reeve-Hayes presented a brilliant assembly this week, all about mental health. The students all have so much going on at the moment, it is really important that they are aware of how to keep themselves mentally healthy and happy.

Below is this week's achievement league table:

Student	Week	Term	YTD
Russell, Ralphie	11	67	388
Caponka, Emilis	10	67	386
Mann, Hope	10	64	383
Sudnickis, Damian	7	54	372
Hailstone, Roman	9	53	363

Its getting very close at the top which is great to see.

★ Student of the week this week is **Taylor Sheppard-Allen**. Taylor has achieved a fantastic 20 achievement points this week. He is always a positive and happy student in the year group. Well done Taylor! ★

I really appreciate all of the effort that has been made with uniform this week, it is lovely to see all of the students looking so smart.

I hope you all have a fantastic weekend and look forward to another week in school next week.

Mrs West.

Year8 Round Up – Compiled by Miss Fountain:

Well another week has flown by!

This week Mr Reeve-Hayes presented a wonderful assembly, to give awareness of Children's Mental Health Awareness week. The students all sat and listened as Mr Reeve-Hayes explained how a child's voice matters and, how as a school we listen and want to make our students feel able to talk with us about anything. Following on from that I have introduced a post box in my office, for students to post anything they feel they would like me to discuss with others or them, but feel too shy to ask or mention, out loud / face-to-face. I hope this makes them feel valued and listened to.

Year 8 are still showing us how fabulous they are!! I am so proud of their efforts this term so far, especially with a total of: **2420 achievement points** from Wednesday 24th January to 31st January, so please remember to give them lots of positive praise at home!

The attendance for Year 8 has been an average of 93%, higher than last week, so well done and thank you to you all!!

If your child is poorly, please make sure you contact the absence team via email **studentabsence@kla.eastern-mat.co.uk** or call the absence line on 01553 779635 . 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.

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

Uniform: A big well done to so many of my year 8 little lovelies, for always having the correct uniform. I know as a parent myself, sometimes circumstances beyond our control crop up e.g. trousers aren't dry in time, but if this does happen, please let me know with either a note or a text, **my mobile being 07511 224223**, so I can write the young person a note so they aren't challenged by other staff.

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

Take care and have a great weekend.

Miss Fountain.

Year 9 Round Up – Compiled by Mrs Laws:

Good evening from KLA.

It's been another busy week here in school. On my duties around the academy, I have managed to call into quite a few lessons and the students have been working hard. I stopped in at a cooking lesson and saw some students making chicken fajitas and it smelt divine. Just a reminder to students, please make sure you check on Arbor when you should be cooking so you know when to bring your ingredients into school.

Most of the year end assessments have been completed now and the year 11's are starting their mock exams.

It was non-uniform here today at school.

A reminder that the options evening is Tuesday 13th February; if you've not booked your slot please do so asap as it's a vitally informative and important night for the year 9's ahead of choosing their GCSE subjects. We look forward to seeing you all there.

28 girls from years 8 & 9 took part in plumbing and fabrication welding workshops last Friday at the College of West Anglia. They were outstanding ambassadors for not only themselves, but for the Academy. The tutors were blown away with their positive effort, attitude, and behaviour. Well done girls!



Attendance in year 9 was 89.5% this week which is down 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!

Year 9 Round Up continued.....

As a group we have achieved just over 1000 reward points which is amazing! Our highest achiever was Sam Nelson so congratulations to him!



Student of the Week is **Dominyka Kaciuceviciute** . Dominyka very nearly pipped Sam to the post of highest achiever and I 've had some fantastic feedback from staff about her work and determination. Well done, keep it up.

Our assembly this week was about Childrens Mental Health Week presented by Mr Reeve-Hayes on how students should use their voice to speak up and challenge things that are wrong such as homophobia and racism.

Have a lovely weekend.

Mrs Laws.

Year 10 Round Up – Compiled by Mrs Mann:



I would like to start by sharing some successes from college to end the week.

On Friday the students were awarded with 100% attendance certificates and shiny gold badges which was great to see as so many were handed out. This was for attendance last term from September to December. The 4 course tutors were also asked to nominate a student who has stood out, worked to a high standard, produced some excellent work and been an all-round delight to teach. Hollie, the Hair and Beauty tutor wanted to nominate too many however she managed to settle for 2 winners. Congratulations to **Lexy Flores** from Engineering, **Sephy Milburn-Norris** from Child Development, **Laila George** from Health and Social Care and **Georgia Whitehead** and **Maliya Manickam** from Hair and Beauty.



This week, year 10's achieved 1586 reward points. Much higher than last week, almost double actually! Well done to you all as you have all worked so hard and long may this continue.

A HUGE congratulations to our highest achievers this week. They are **Liam Wright, Harry Fish, Calum Burt** and **Jack Bratton**. Well done to the boys and a big well done to everyone else for their fantastic efforts the past few weeks. January felt like it at 51 days not 31!

Our student of the week is **Sophie Dunne**. Sophie is a fantastic student who works hard in all subjects. However, this has been a joint nomination by Miss Hammond and I. Sophie has worked so hard in History and has impressed Miss Hammond with her recent exam scores. We are so proud of you Sophie and you should be super proud of yourself. Amazing work, keep it up.

Sad to say the germs and bugs really are out and we have been hit again this week. Attendance in year 10 was 89% this 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!

Year 10 Round Up continued...

We do love to celebrate any successes in school and outside of school so please let me know if your child participates in any extracurricular activities they would like to share, competitions they have attended, awards, trophies, tournaments, you name it, I'll give them a shout out!

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.

Just a reminder that if you need to contact me for a pastoral issue you would like to discuss with me as, then please email emma.mann@kla.eastern-mat.co.uk or call me on 07511 225248. Please remember that we have a 48-hour return of contact policy, but I always try my best to return calls and reply to emails. If, on the odd chance you don't hear from me and still want to discuss something, please try again, and give me a little nudge!

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 fabulous this week, a big well done to you all.

Many thanks also to Mr Reeve-Hayes for our assembly this week to explain about “My voice matters.” As next week is Children’s Mental Health Week he was reminding us we need to be kind to ourselves and others. There will be some forms for students that may need them, to request help and support if and when needed.

Well done to year 11’s that have been in Art assessments this week and also to MFL students that have completed their speaking and listening exams.

After school lessons period 6 are ongoing for year 11; these run after school Monday-Thursday. Many thanks for all those students that have attended this week; these extra lessons are really important for embedding their knowledge.

KLA swap shop has been open again 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. Many thanks to the student commissioners in year 10 and 11 that help this to open every day. We also have a few coats that were unclaimed last term if your child has misplaced theirs. Please send them our way as we have a rail full that have not been claimed!

Attendance in year 11 has been lowered this week due to being hit by bugs and colds - **89.2%** 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, there is an absence email you are able to contact us on studentabsence@kla.eastern-mat.co.uk If it is 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

If your child attends college on Thursday’s and they are absent or have an appointment, you will also have to let them know of their absence. Their number is 01553 761144.

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. This is so important every minute counts, including every single lesson. There are sanctions that are in place for lateness, and these are followed by after school detentions and parents are contacted on a daily basis.

As a year group we have achieved **1,349** points this past week which is good! Our highest achiever this week in the year group was **Braydon Griggs**, a massive well done to him.

Student of the week this week goes to **Izzy Beech**, well done to her for really working hard and making a great start back to this year. It has been noticed **Izzy**, keep up the great work.

Shout out this week goes to **Christopher Barnett!**

Well done Christopher, he won his first medal at his first competition for archery.

Big congrats to him.



Year 11 Round Up continued...

Year 11's will be continuing to sell roses for Valentines Day at £1:00 each, with a personalised message. These will be available every morning and lunch time until Valentine's Day. Many thanks to the year 11's that have come forward to offer support with this, they are selling really fast!



Dates for diary:

Non-uniform day Friday 2nd February £1 donation monies raised to be announced next week. Year 11 donations will go towards their Prom.

Year 11 mock exams Monday 5th February until Friday 2nd March.

Break up for Half term last day Friday 16th February.

Valentine's Roses on sale at £1 each all next week before school and lunchtimes; proceeds to year 11 Prom.

Blood Brothers trip for year 10 and 11's Wednesday 13th March.

Year 11 parents evening TBC.....

Year 11 Prom Friday July 5th tickets £23 each, on sale before Easter half term.

Information about leavers hoodies to follow and how to order. You will have been contacted regarding consent for your child's name to go on the back of these. If you could let me know ASAP regarding names if you would **NOT** want your child's name on these, we can then start to get ordering.

Stay safe, keep safe and have a lovely weekend.

Mrs H Lockey.