

Parent Bulletin

Friday 15th March 2024

Dates for your diary:

Tuesday 26th March – Year 11 Parents Evening

Wednesday 27th March – Last day of term

Monday 15th April – School reopens after half term

Thursday 18th April – National Space Centre trip

Thursday 25th April – Sizewell B 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.

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 Trust - Vacancies and Careers \(eastern-mat.co.uk\)](https://www.eastern-mat.co.uk/vacancies)



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 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





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.

Lost Property:

We have a large number of coats and jumpers which have been left at school, if your child is missing any of these items please ask them to collect them. Any items not claimed by the end of term will be donated to charity.



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. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they've switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep heading to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives, during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up the 'military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.





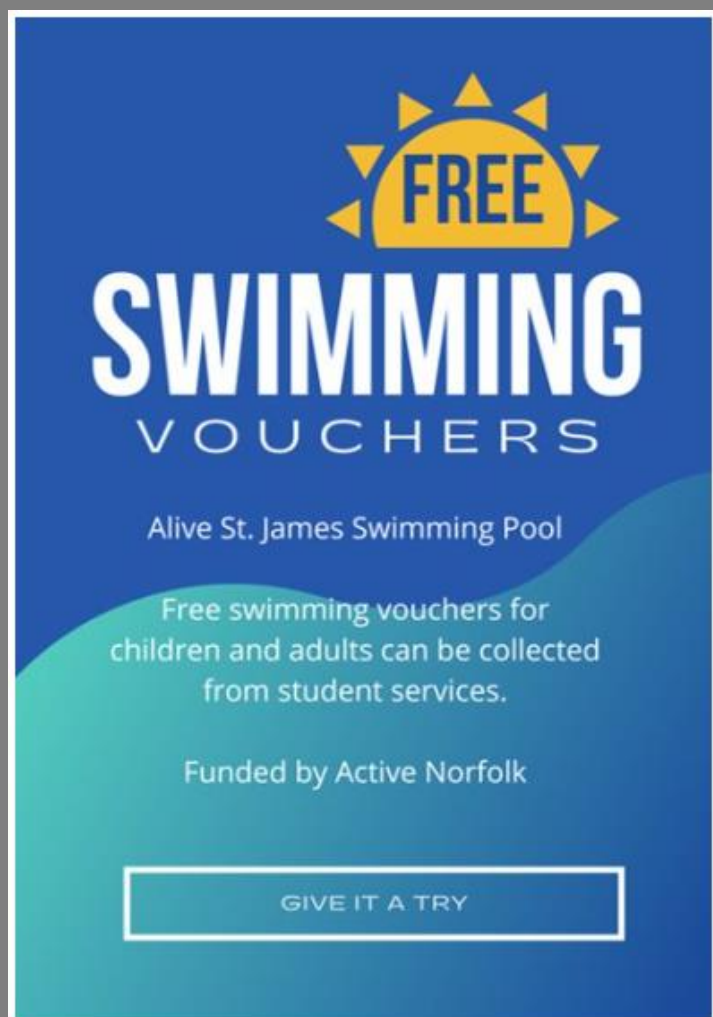
PE Week Beginning 18th March

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------------|---------------------------------------------------------------------------------------------|------------------------|--------------------|---------------------|
| Girls Football (SLE) KS3 Football (DHE) | Fixtures vs TNHA Year 8 Netball Year 8 Netball Year 7 Football Year 10 Football | Fitness Gym (JOM) | Kinball (SCA) | Fitness Suite (SLE) |
| Trampolining Club (SCA) | | Sport Studies Period 6 | Table tennis (JOM) | |

Year 7 Girls Football Festival

Well done to the Year 7 girls who took part in the 5 a side festival at The Nicholas Hammond Academy on Wednesday. Lots of games play with a mix of wins, loses and draws!





A poster for 'FREE SWIMMING VOUCHERS' with a blue background and a yellow sun icon containing the word 'FREE'. The text 'SWIMMING VOUCHERS' is in large white letters. Below it, it says 'Alive St. James Swimming Pool' and 'Free swimming vouchers for children and adults can be collected from student services.' It is 'Funded by Active Norfolk'. At the bottom is a white button that says 'GIVE IT A TRY'.

FREE

SWIMMING VOUCHERS

Alive St. James Swimming Pool

Free swimming vouchers for children and adults can be collected from student services.

Funded by Active Norfolk

GIVE IT A TRY



A poster for the 'LTA Tennis Leaders Course' with a red brick background. The title is in large black letters on a yellow background. The details are in a white box: 'Tuesday 2nd April 2024@ Lynnsport', 'Time: 10am to 12.30pm Cost: £15.00', and 'To Book email or scan the QR code: tracybower@westnorfolkssp.co.uk'. At the bottom are logos for 'NORFOLK SCHOOL SPORT PARTNERSHIPS WEST NORFOLK', 'LTA TENNIS FOR BRITAIN', 'West Norfolk Sports Leadership Academy', a QR code, and a tennis ball. A yellow banner at the very bottom says 'T-Shirt and certificate on completion of the course'.

LTA Tennis Leaders Course

Tuesday 2nd April 2024@ Lynnsport
Time: 10am to 12.30pm Cost: £15.00
To Book email or scan the QR code:
tracybower@westnorfolkssp.co.uk

NORFOLK SCHOOL SPORT PARTNERSHIPS WEST NORFOLK

LTA TENNIS FOR BRITAIN

West Norfolk Sports Leadership Academy

T-Shirt and certificate on completion of the course

Geography Spring Term House Competition

Challenge: Create a cake decorated with the theme of a country. It could be a country's flag, something to do with the culture of the country, or even a famous landmark!

The entries will be judged on appearance (not taste) and you are welcome to take them home afterwards.

You need to bring them to Mrs Bower's room, S8, on 25/3/2023 before school starts.

All entries submitted will receive achievement points and winners and runners up will receive house points.

See below for some ideas:





REDUCE REUSE RECYCLE

CALLING ALL YEAR 7,8 AND 9

IT'S COMPETITION TIME

THE CHALLENGE
YOU ARE ASKED TO MAKE
SOMETHING AT HOME THAT IS
BASED AROUND THE 6 R'S.

THE PROJECT IS FOCUSED ON
SUSTAINABLE DESIGN AND HOW
WE CAN USE THE EVERYDAY
THINGS AROUND US TO MAKE NEW
PRODUCTS





**REUSE
REDUCE
RECYCLE**

**REFUSE
REPAIR
RETHINK**

Deadline:
W/C 18th March 2024
Hand in to your
Technology Teacher



Exam Stress And Sleep

King's Lynn Mental Health Support Team are holding a themed drop in for students. Our March drop-in session theme is around Exam Stress and Sleep.

Come and get involved, take part in discussions and activities around managing worries around exams and how to promote healthy sleep.

We look forward to meeting you.



Date: Tuesday 19th March 2023

Time: 13:15– 13:55

Location: CF13



**KING'S LYNN YOUTH PROJECT
NEEDS YOUR HELP
IN YOUR LOCAL TESCO!**

Stronger Starts.

Throughout April, May and June, you'll be able to vote for us at 4 stores across King's Lynn to receive up to £1,500

We'd really appreciate your support!

Wootton Rd Hardwick
Swotton Gaywood



Year 7 Round Up – Compiled by Mrs West:

Another week has flown by in our journey through year 7. Attendance this week is lower than I would like to see. Can I please ask that every effort is made to come into school. Students are allowed to bring a paracetamol with them to help them with any ailments. If there is any further support, I can offer to help keep your child in school please do not hesitate to get in touch. sam.west@kla.eastern-mat.co.uk



It is an exciting week in our Performing Arts world as tickets for the school show High School Musical have gone on sale. I can't stress enough how important it is to pop on to ParentPay and buy your tickets as soon as you can as we do sell out. Unfortunately, once capacity is reached we are unable to offer any further tickets due to health and safety and fire regulations. It is a fantastic opportunity to see the students doing what they love and showing how much commitment they are willing to put in.

All students are continuing to earn an amazing amount of achievement points. Below are the current totals as they stand for the current school year:

| Student | Points |
|------------------------|--------|
| Mann, Hope | 478 |
| Russell, Ralphie | 476 |
| Sudnickis, Damian | 468 |
| Caponka, Emilis | 462 |
| Hailstone, Roman | 453 |
| Rutkauskaite, Urte | 447 |
| Sheppard-Allen, Taylor | 445 |
| Dennis, Ozzy | 442 |
| Rastokas, Dominykas | 439 |
| Swinger, Ashton | 438 |

★ ★ Student of the week this week is **Evie Tuttle**. Evie, you are doing so well on your journey through year 7. All of your teachers are so proud and pleased with your progress. Keep up the good work Evie!! ★ ★

Assembly this week looked at ways the students can support their own mental health. They were taught about a website called Kooth which offers many great tools to help, support and guide. [Home - Kooth](#)

It has been lovely having a non-uniform day as the students always enjoy this and I hope it helps lead to a happy and positive weekend for all.

Mrs West.

Year 8 Round Up – Compiled by Miss Fountain:

Due to staff absence, there is no year 8 report this week.

Year 9 Round Up – Compiled by Mrs Laws:

Good afternoon from year 9 at KLA. It's been another busy and productive week here in school.

As usual non-uniform day today was a hit with the students and helped raise vital funds for Comic Relief (total to follow next week).

I am extremely pleased to announce that one of our year group, William Phoenix, has been nominated and shortlisted for a "Local Hero" award in a King's Lynn newspaper.

Will saved his nan's life back in November 2023.

The finals are at the end of April in the Corn Exchange, and we are all rooting for Will to win. So proud of you, well done Will.

Attendance in year 9 was 87.34% this week which is unfortunately 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! 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.

As part of my role, I, along with the other heads of year 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 in place for lateness, and these will be an after-school detention for 30 minutes on the same day. We appreciate your support with any after-school detentions. If your child is continuously late, if there is no improvement after me contacting you, then I will be inviting you in for a meeting to discuss the issue. So many vital minutes of learning are lost through repeated lateness.

As a group we have achieved just under 1000 reward points which is amazing! Our highest achiever was **Corbyn Coe**, congratulations to him!

Student of the Week must go to **Will Phoenix**.



Our assembly this week was held in personal development classes and related to Kooth and mental health.

Finally, don't forget that if you need to contact me for a pastoral issue that you would like to discuss as your child's Head of Year, then please email me jacqueline.laws@kla.eastern-mat.co.uk or you can call or text me on **07591388678**. 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 before then.

Have a lovely weekend.

Mrs Laws.

DUKE OF EDINBURGH

SPRING TERM UPDATE



Last half term we had an amazing awards evening to recognise all the hard work our Year 10's carried out in order for them to achieve their DofE awards. They were presented their awards by special guest from DofE Jenny Simpson.

We also recognised students that really went above and beyond during their expedition, these being: Ivie, Thomas, Patrick & Georgia

COMING UP

As Spring is on its way the DofE camping season begins, please see the below dates for Year 9 students involved in DofE:

Tuesday Afterschool Training at KLA (3:15pm-4:15pm): - 5th, 12th and 19th March 2024

Weekend Overnight Training - Saturday 27th April – Sunday 28th April – All kit required

Expedition: Friday 14th June – Saturday 15th June. 2024

It is also vitally important that students are still uploading evidence of them completing their different sections onto EdofE as well

If you have any questions or queries please do not hesitate to contact Miss Bowen or email:

kla-dofe@kla.eastern-mat.co.uk

Year 10 Round Up – Compiled by Mrs Mann:



Firstly, I need to thank all the year 10 and 11 students that joined us for the Blood Brothers trip on Wednesday. The show was brilliant, absolutely brilliant! Everyone was gripped from beginning to end. I've had so many lovely comments from the students as to how much they enjoyed watching it and found they learned more about the story now they have seen it live on stage.

Huge congratulations to all the students on the impeccable behaviour. They were all fantastic and we were stopped by several members of the public there who commented how well behaved and polite our students were.

Attendance in year 10 was 83% 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! 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.

This week, we have achieved 1134 reward points. Thank you year 10, you definitely have upped your game! So proud of you all as you have all worked so hard, great week!. A HUGE well done to our highest achievers this week. They are **Calum Burt, Isla Garrod** and **Liam Wright**. These students have all received 16 or 17 reward points this week, which is excellent.

Our students of the week are **Thomas Howard, Will Dunn** and **Alfie Ellis**. A few weeks ago these 3 young men took part in a Schools Sports Partnership tag rugby festival at West Norfolk Rugby Club. Throughout the day, 29 teams played non-scoring games and had the opportunity to participate in skill drills led by some of the club coaches. The boys had a great day and I am proud of their dedication and support to rugby. Well done boys.



Year 10 Round Up continued.....

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 will be an after-school detentions for 30 minutes the same day. We really do appreciate your support with any after-school detentions. If your child is continuously late, if there is no improvement after me contacting you then I will be inviting you in for a meeting to discuss the issue. So many vital minutes of learning are lost through repeat lateness.

Just a reminder that if you need to contact me for a pastoral issue that you would like to discuss with me as Head of Year, then please email me Emma.Mann@kla.eastern-mat.co.uk. Alternatively, you can 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, send a text to give me a little reminder nudge!

I would just like to take the opportunity to remind you all of the following dates -

Thursday 4th July – Year 10 College Taster Day (details nearer the time).

Thursday 11th July – Year 10 Parents Evening at KLA.

Have a fab weekend.

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. We are looking at something for us all to do together as a reward.

Many thanks go to **Andrew Nattrass** from Norfolk Police for delivering our assembly about F4TAL, keeping young people and adults safe on our roads. Andrew explained about awareness and the dangers and how to protect ourselves, not to encourage others when in passenger seats and the importance of not egging others on to speed dangerously!

Many thanks also to Mrs Mann who organised our wonderful trip to the Corn Exchange to see Blood Brothers. We took 120 students on Wednesday afternoon. Huge thanks go to all that walked and supported students on the day. The show was amazing and year 10 and 11 were a credit to us and comments from other theatre goers proved this.

Head Students in Year 11 for each house have been announced this week; huge congrats to:

Riga: **Rhoea Manickham**

Hamburg: **Iliana Skabrina**

Stargard: **Charliene Murombo**

La Rochelle: **Callum Barber**

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, 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, please send them our way as we have a rail full that have not been claimed! Please ask your child to check as these will be donated to charity at the end of term.

Attendance in year 11 has been lowered this week due to being hit by bugs and colds and recovering from exams we really need that last big push it was **83.9%** this week! We are really 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 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 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 ,many thanks in advance.

The number of year 11 students arriving late at school has slightly decreased 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. There are sanctions in place for lateness, and these are followed by after school detentions and parents contacted daily.

Year 11 Round Up continued....

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 now. Bags need to be part of our day too and these should contain your child's knowledge organiser and equipment ready to learn.

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. Nose piercings are creeping back in, these are also not permitted and a clear retainer needs to be worn. Hair and Beauty students especially need to be mindful about not wearing jewellery, especially in the salon.

Year 11 need to keep up uniform standards even though we only have a few months left.

As a year group we have achieved **614** points this past week which is lower than normal for year 11. 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 **Holly Rogers**, well done to her for really working hard and making a great start back to this year. It has been noticed **Holly**, keep up the great work, keep going you can do this!

Shout out this week goes to **Lilly-Grace Archer**, she was fortunate enough to have been invited to see Queen Camilla at Buckingham Palace on Tuesday. Lilly-Grace was selected as she had been working hard in her spare time helping others.



Dates for your diary:.

Easter Raffle on sale all next week - proceeds go year 11 Prom. Thanks to you all in advance. £1:00 per ticket, lots of goodies and treats to be won. Tickets will go on sale at lunchtimes or alternatively from me and at parents evening.

Year 11 Parents Evening Tuesday 26th March 2024 - you may now start booking face to face appointments. If you need support with this, let me know.

Re-Dazzle Prom Shop - I have a selection of new and used suits, dresses, shoes, and handbags. If any student would like to have a look at any items, please feel free to send them my way. I will put a selection out during parents evening.

Easter holiday – last day of term Wednesday 27th March 2024, returning Monday 15th April 2024.
Year 11 Prom Friday July 5th – tickets **£23 each**, go on sale after Easter half term, tbc nearer the time.

Information about **leavers hoodies** has been sent to you via ParentMail. Final orders will need to be placed by **Saturday 7th April 2024**. Apologies for the delay there has been a new website set up they are unable to accept orders after this deadline.

Stay safe and keep safe have a lovely weekend.

Mrs H Lockey.